

RECREATION & SPORT MANAGEMENT (RSTM)

RSTM 080 Adult and Pediatric CPR/AED (0)

Follows the American Red Cross CPR/AED program guidelines, which helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. This course will teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

RSTM 100 Introduction to Recreation and Leisure Delivery Services (3)

Introduces the student to recreation professions and organizations: public, nonprofit, and commercial; surveys professional preparation; outlines development of society's uses of leisure; and examines history of recreation, parks, natural resources conservation, and issues affecting leisure services.

RSTM 103 Wellness and Lifestyle Satisfaction (3)

Provides knowledge and skills needed to adopt and maintain a healthy lifestyle. Emphasis is on mental, spiritual, physical, nutritional, emotional and social health environments. Different models of holistic health are examined. The course promotes an understanding of the significance of play, recreation and leisure in contemporary society and to holistic health across the lifespan. Students examine how wise use of leisure can positively influence wellness and life satisfaction.

Meets general education requirements: GE-Social Awareness

RSTM 110 Experiential Learning: (1)

This course is a one credit course associated with an experiential learning opportunity. This course seeks to provide academic credit for the experiential learning that can take place during an extended (single long term) or extensive (multiple short term) experiences guided by a full time/adjunct faculty member. This course focuses on self-development and subject learning through reflective exercises, assignments, and practical real-world experience. In order to be selected an Experiential Learning course, an experience must include a minimum of 45 hours of practical experience coupled with a minimum of 4 hours of classroom instruction. The 45 hour requirement may be found in experiences such as a weeklong backpacking trip over spring break, a weeklong service trip over spring break, or 6-8 one day experiences over the course of a semester.

RSTM 115 Golf (1)

Provides basic rules and techniques, opportunities for improving personal skill, in-depth understanding of golf as a student and prospective teacher.

RSTM 120 Fitness (1)

Provides basic rules and techniques, opportunities for improving personal skill, and in-depth understanding of different area fitness activities as a student and prospective teacher.

May be repeated for up to 3 hours

RSTM 125 Tennis (1)

Provides basic rules and techniques, opportunities for improving personal skill, and in depth understanding of tennis as a student and prospective teacher.

RSTM 131 Yoga 1 (1)

The focus of this course is for students to build a safe and effective home yoga practice. Each session will center on a different breathing (pranayama), physical (asana), and meditation practice that can be safely maintained at home. Students will learn the basic standing, balance, twisting, seated, forward-bending, back-bending, and inversion postures, their practical application (to include use of the affected muscle groups), and contraindications. Each class will consist of an asana, pranayama, and meditation practice.

RSTM 132 Yoga 2 (1)

The focus of this course is for students to build a safe and effective home yoga practice. Each session will center on a different breathing (pranayama), physical (asana), and meditation practice that can be safely maintained at home. Students will learn the basic standing, balance, twisting, seated, forward-bending, back-bending, and inversion postures, their practical application (to include use of the affected muscle groups), and contraindications. Each class will consist of an asana, pranayama, and meditation practice.

RSTM 133 Yoga 3 (1)

The focus of this course is for students to build a safe and effective home yoga practice. Each session will center on a different breathing (pranayama), physical (asana), and meditation practice that can be safely maintained at home. Students will learn the basic standing, balance, twisting, seated, forward-bending, back-bending, and inversion postures, their practical application (to include use of the affected muscle groups), and contraindications. Each class will consist of an asana, pranayama, and meditation practice.

RSTM 150 Racquet Sports (1)

Provides basic rules and techniques, opportunities for improving personal skill and in-depth understanding of racquetball as a student and prospective teacher.

RSTM 180 Sport Officiating (2)

Offers students interested in officiating sports at all levels a practical guide in the techniques, skills, and psychology of officiating. At student option, the course provides opportunity for state officiating certification in basketball, baseball, football, soccer, softball, and volleyball.

RSTM 194 Topics (1-4)

Is a title given to a sport coaching and activity course which covers broad themes, practices, and subject content. Courses are focused on coaching and self-development in areas of athletic interests. Courses are directed primarily at non-majors.

Restrictions: Students cannot enroll who have a major in Recreation Administration.

RSTM 200 Outdoor Leadership (3)

A seven-day wilderness camping experience with multiple foci. In addition to learning outdoor living skills, students will learn and practice leadership and teamwork skills including concepts such as communication, respect, trust-building, responsibility, decision-making, and problem-solving. Additionally, students will experientially examine natural and cultural history and the local ecosystem. Throughout the course students will practice principles of environmental stewardship while examining one's personal relationship to the natural environment. The course involves personal reflection and spiritual exploration through journaling and group discussion activities. Course includes required reading, written work, and participation in pre and post-trip meetings and activities.

Meets general education requirements: GE-Social Awareness

RSTM 210 Foundations of Recreation Therapy (3)

Covers therapeutic recreation concepts, programming, practices, service models and setting, and types of disability and special population groups with an emphasis on the therapeutic recreation specialist's role in clinical and non-clinical settings. The purpose of the course is to help the student develop a working knowledge and understanding of therapeutic recreation by studying the development of programming and service delivery principles and techniques.

RSTM 211 Program Design and Leadership (3)

Emphasizes the methods and techniques of program planning, design, and leadership. Special attention is given to the implementation of programs in community and public recreation; and inclusion of persons with special needs. The focus of this course is on the ability to enhance individual, group, and community quality of life. Students gain practical experience in recreation leadership, program design and promotion, pricing structure and marketing, needs assessment, development of outcome-oriented goals and objectives, and program evaluation. This course involves field experience (20 hours).

RSTM 215 Team Sport: Basketball (2)

Prepares the student to coach basketball on all levels of competition. Knowledge of fundamental skills, rules, theory, game strategy, team selection, and organizational techniques will be stressed.

RSTM 220 Team Sport: Baseball (2)

Prepares the student to coach baseball on all levels of competition. Knowledge of fundamental skills, rules, theory, game strategy, team selection, and organizational techniques will be stressed.

RSTM 230 Team Sport: Football (2)

Prepares the student to coach football on all levels of competition. Knowledge of fundamental skills, rules, theory, game strategy, team selection, and organizational techniques will be stressed.

RSTM 235 Adventure Sports I (3)

Studies the nature of sport related activities set in the outdoor recreation realm. Specifically, this course will examine the historical perspective, skills, equipment and knowledge necessary to become an entry level practitioner in the adventure sports of rock climbing (both indoor and outdoor) and backpacking. This course will include both classroom and field experience including evenings at in indoor climbing gym, a day trip to an outdoor climbing location and a four day backpacking trip over Fall Break.

RSTM 236 Adventure Sports II (3)

Studies the nature of sport related activities set in the outdoor recreation realm. Specifically, this course will examine the historical perspective, skills, equipment and knowledge necessary for successful participation in the adventure sports of kayaking (both flat and moving water) and caving. This course will include both classroom and field experience including evenings at local waterways, a day trip to white water park on a four-day caving trip over Fall Break.

RSTM 245 Team Sport: Volleyball (2)

Prepares the student to coach volleyball on all levels of competition. Knowledge of fundamental skills, rules, theory, game strategy, team selection, and organizational techniques will be stressed.

RSTM 250 Recreation and Youth Development (3)

Examines community factors and forces that influence youth. The course will review service models and approaches that affect positive youth outcomes with an emphasis on recreation agencies that have developed successful program approaches.

RSTM 275 Sport, Culture and Society (3)

Investigates sport from a historical, philosophical, and social perspectives. Various social theories will be used to examine the interaction of sport and society through exploration of issues related to business, deviance, disability, gender, media, social class, politics, and race as they pertain to sport.

RSTM 290 Care Management and Athletic Injuries (3)

Covers general first aid with an emphasis on specific techniques of recognition, treatment, and rehabilitation of athletic injuries with a focus on athletics.

RSTM 294 Topics: (1-4)

Is a title given to a course which covers specific themes, practices, and subject content not currently offered in the curriculum. This course is directed primarily for students with an interest in a specific topic area related to the recreation, sport and tourism management discipline. The course will provide an in-depth study of a specific topic.

Restrictions: Enrollment is limited to Undergraduate level students.

RSTM 299 Inclusion and Leisure in Society (3)

Examines leisure and recreation services with a focus on: access and inclusion of special population groups, multiculturalism and diversity issues, barriers to participation, disabling conditions, program development, service delivery, and legislation. Emphasis is on the impact of leisure service delivery systems on a wide diversity of populations. The course examines how agencies address inclusiveness within the operation of programs and services. This course involves fieldwork experiences.

Meets general education requirements: GE-Social Awareness

RSTM 300 Team Facilitation and Leadership Principles (3)

Trains students to facilitate team building experiences. The course covers theory and philosophy of experiential education, activity design and process, facilitation techniques and methods, discussion leadership and processing skills, group dynamics, stages of group development, and risk management. This course involves a two-day challenge course training and five (5) or more hours of field experience with a USF or community organization.

RSTM 301 Sustainable Community Development & Planning (3)

Examines development and planning influenced by economic, social ecological and institutional issues. These changing demands often require an interdisciplinary approach. Providing a community building model organized around a set of integrative experiences focused on recreation, sport, park and tourism services, this course prepares student in community development, policy, planning, human and leisure services delivery models. The course bridges traditional boundaries, building on the concept of fostering healthy and sustainable communities as the unifying principle of sustainable development by integrating scholarship with a more meaningful understanding of community life and dynamics.

RSTM 316 Design, Operations and Management of Community Recreation and Park Resources (3)

Covers quality, location, and design standards for facilities. Includes safety, functionality, durability, and maintenance demand criteria in planning and design; programmatic and operational objectives to be met, including user comfort and convenience, crowd management, traffic flow, and space relationships.

RSTM 319 Sport Organizations and Business Practices (3)

Examines topics relevant to sport management. It deals with some of the basic concepts of organizational theory, and to a lesser degree, organizational behavior. Focus is on the concept of effectiveness and central issues/problems facing sport managers. There is emphasis on structure and design and different structural elements. There is emphasis on how to develop strategic alliances and the influence of politics in sport organizations. In addition, the course looks at applied management skills with an emphasis on managing conflict, organizational change and decision making. Topics of discussion include sport law, event management, sponsorship and endorsement, risk management, sports betting and the future of sport business. The course also examines the relationships between sport and public policy from social, political and economic perspectives.

RSTM 320 Sign Language (3)

Introduces finger spelling and a basic sign vocabulary for communication with the deaf. Both the production and recognition of this manual language will be stressed at a level for those who have never before signed.

RSTM 323 Outdoor Recreation and the Environment (3)

Surveys the philosophy and history underlying the development of the field of outdoor recreation. Students explore the relationships between recreation and the natural environment, defining the difference between outdoor recreation and typical recreation, ethical outdoor behavior, therapeutic and/or educational use of the outdoors, and management of outdoor spaces. In addition, the course examines the future career paths that exist in the field of outdoor recreation and the impact of those careers on both urban and natural areas. Various outdoor recreation skills will be presented and practiced. This course involves multiple required field experiences.

RSTM 325 Administration and Resource Management (3)

Prerequisite: RSTM 211

Serves as a basic background in recreation and leisure services administration. Emphasis is on leadership skills, management techniques, human resource management and examines practices related to training and development. The course also focuses on supervisor skills and servant leadership and provides a foundation for understanding, risk behavior, budgetary and internal marketing processes for the non-financial manager.

RSTM 331 Program Planning and Evaluation in Recreation Therapy (3)

Prerequisite: RSTM 210

Examines the process of planning and evaluating comprehensive, specific, and individualized therapeutic recreation programs. Topics include systems theory, models and standards of TR practice, comprehensive and specific program planning, assessment tools and techniques, individualized/treatment planning, program documentation and evaluation, and quality improvement issues.

RSTM 333 Principles and Practice of Interventions in Recreation Therapy (3)

Prerequisite: RSTM 210

Covers basic concepts, methods and techniques associated with the practice of therapeutic recreation. The purpose of this course is to understand and apply the therapeutic recreation process through intervention and facilitation methods that are critical to helping clients in health and human service settings. The goal of the course is to assist students in developing the ability to use recreation, leisure and play and therapeutic recreation programs as intervention in the treatment process. This course involves fieldwork experiences.

RSTM 335 Recreation Therapy Assessment and Documentation (3)

Prerequisite: RSTM 210

Examines client assessment and documentation including instrument construction and use, interviewing techniques, treatment planning, progress notes, and discharge/referral summaries used in the therapeutic recreation process. Field experience is required.

RSTM 337 Diagnostic Groups in Recreation Therapy (3)

Prerequisite: RSTM 210

Emphasizes the delivery of recreation therapy services for persons with illness, disabilities, and those who are disadvantaged. Includes a focus on etiology, symptomatology, psychosocial impact, and interventions that facilitate functional outcomes.

RSTM 350 Fiscal and Operating Management in Recreation/Leisure Services (3)

Prerequisite: RSTM 211

Examines principles and practices of budgeting methods, fiscal accountability, fiscal policies, purchasing, inventory control, marketing techniques and strategies. Emphasis is on financial decision making and linking budgetary planning to strategic planning, management of agency resources, and development of long range fiscal business practices. In addition, this course examines aspects of facility operations management to include: maintenance venues, assessment of needs, functional design, and facility planning and evaluation.

RSTM 390 Professional Development Seminar (1)

Prepares students for the internship and job search. Topics include career goal-setting, professional networking, resume and cover letter writing, interviewing, professional communication, and electronic portfolio preparation.

RSTM 391 Intermediate Field Experience (2)

A minimum of 50 hours of site-based field experience. The field experience is intended for students to develop entry-level skills in a professional work environment, gain exposure to professional opportunities in one's area of concentration, develop an understanding of professional issues and trends, and apply one's academic preparation within the workforce. To be taken during the same semester as RADM 390. Note: Students enrolled in the Recreation Therapy concentration are required to conduct the field experience for this course in a non-clinical setting.

RSTM 392 Clinical Field Experience in Recreation Therapy (2)

Prerequisite: RSTM 210

Requires a minimum of 50 hours of site-based field experience in a clinical setting under the supervision of a Certified Therapeutic Recreation Specialist and the academic supervisor. The field experience is intended for students to develop entry-level skills in clinical recreation therapy practice, gain exposure to professional opportunities in health care, develop an understanding of professional issues and trends and apply one's academic preparation within the workforce.

RSTM 399 Research Methods in Recreation and Leisure Services (3)

Prerequisite: RSTM 211

Teaches the application of the basic concepts and methods of research and evaluation in recreation to the interpretation and critical analysis of representative research reports in recreation studies. Students participate in a semester long research project developed in conjunction with a community organization to orient them to the role of professionals in recreation and social science research. This course involves fieldwork experience. Students are required to use the technology tools of professional practice.

RSTM 405 Issues and Trends in Recreation Therapy (3)

Prerequisite: RSTM 210

Explores the current issues and challenges affecting professional practice in therapeutic recreation. A variety of topics will be discussed to familiarize students with best practices and current trends in the professional field. The course includes topics such as certification standards, advocacy, ethics, research, legal aspects, and reimbursement issues.

RSTM 410 Issues in Outdoor Recreation (3)

Explores the current issues affecting professional practice in the field of outdoor recreation. Topics surveyed in the course will expose students to the challenging dilemmas facing professionals in the outdoor recreation industry and will assist the student in developing an understanding of best practices. Topics in this course will include issues such as risk management, certifications, and expanse of the industry, diversity and technological implications.

RSTM 422 Senior Seminar (3)

Prerequisite: RSTM 390 and RSTM 391

Reviews theory, philosophy, ethical decision making, current issues and trends, and professional advocacy in the leisure services professions.

RSTM 494 Topics in Recreation (0-3)

Is a title given to a course which covers specific themes, practices, and subject content not currently offered in the curriculum. This course is directed primarily for students with an interest in a specific topic area related to the recreation, sport and tourism management discipline. The course will provide an in-depth study of a specific topic.

RSTM 495 Directed Study (1-3)

Is an intensive directed study and research in any of the sub-fields of Recreation, Recreation Therapy and Sport Management. Prerequisite: permission of department chair.

RSTM 496 Independent Study (1-3)

Allows students to select their own topic of investigation and determine their own way of pursuing and reporting work. A faculty advisor serves as resource person. Students provide goals, materials, and criteria for evaluation. Prerequisite: permission of department chair.

RSTM 498 Advanced Field Experience (12)

Provides a supervised practical experience. During the senior year, and upon completion of the Recreation and Sport Management major, students will spend 40 hours per week for a minimum of 12 weeks working in a leisure service setting for the purpose of on-the-job training within the student's concentration. The student, with the approval of the AFE supervisor, applies for the AFE, interviews, and selects an agency. Recreation Therapy concentration requirements include a minimum 14-week internship. Prerequisites: Completion of all general education requirements and all core and concentration courses within the Recreation and Sport Management major. Must provide evidence of current certification in CPR/AED for the Professional Rescuer by the American Red Cross, and must have a minimum 2.5 overall GPA at the time of registration for and start of the AFE.