

## **Bachelor of Science**

### *Sport and Lifestyle Studies*

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Upon completion of the sport and lifestyle studies major, students will be:

- Knowledgeable of the value of sport and physical activity to the individual and society.
- Able to develop and implement comprehensive sport and physical activity programs.
- Competent in administrative skills including budgeting, record keeping, data assessment, and program marketing/promotion.
- Knowledgeable in the rules and skill development for a variety of sport and recreation programs and be able to adapt to various populations including youth and seniors.
- Able to demonstrate effective leadership of sports and physically active games for individuals and groups of varying ages and abilities.
- Knowledgeable of ethical and legal practices which apply to the sport and physical activity settings and scope of practice.
- Able to utilize current best practices in the field toward the development of future entrepreneurship.