



OHIO  
UNIVERSITY  
Zanesville

1425 NEWARK ROAD  
ZANESVILLE, OHIO  
43701  
740-453-0762  
740-453-6161  
[www.ohio.edu/zanesville](http://www.ohio.edu/zanesville)

## *Regional Higher Education Bachelor of Science in Sport and Lifestyle Studies*

### Program Description

The Sport and Lifestyle Studies program is a liberal arts degree which focuses on preparing students for entry level positions in sports and recreation. The interdisciplinary approach provides a foundation in understanding sport, recreation and health/wellness along with developing basic skills in leadership and management. Through the choice of a required minor or certificate program, students can tailor the degree towards their personal interests, as well as their projected community needs, thus enhancing their potential to meet job market demands.

### Program Requirements

The curriculum is comprised of core didactic courses and a set of departmental and professional requirements. The Core requirements introduce the foundations of sport, recreation, health/wellness, and ethics; and provide theoretical and practical development in the areas of leadership and management. Courses emphasize practical application and experimental learning involving volunteer activities and peer leadership. The extra-departmental and professional requirement component has four subsets; students will choose from a variety of activity courses designed to build their personal recreation and sports skills; select from a choice of introductory business courses; select from a choice of biological science courses; and select from upper level courses in related discipline offerings. In addition to these 63 semester hours of core major requirements, the degree requires the completion of a minor or certificate to be selected in consultation with your Academic Advisor. Suggested minors include: **Coaching Education, Business, or Communications**. Students are also encouraged to consider a dual major in Applied Management (BSAM).

### Opportunities Upon Graduation

Graduates of the Sport and Lifestyle Studies program will be prepared for positions in a variety of sport and activity settings including coaching, youth sports leagues, senior centers, nursing homes, community recreation centers, commercial recreation settings, and government parks and recreation departments. Additional certifications will enhance the SLS graduate's employment potential in areas such as personal training. The 2013 Hard Times report by Georgetown University's Center on Education and the Workforce listed majors in Physical Fitness, Parks and Recreation as one of the seven majors with the lowest unemployment rate. Their 2015 report on Economic Value of College Majors lists an average yearly salary of \$49,000 for parks and recreation jobs.

### Contact Information

**Kathy Normansell, Sport & Lifestyle Studies Coordinator (SLS)**

[normanse@ohio.edu](mailto:normanse@ohio.edu)

740.588.1430

## Sport and Lifestyle Studies

### Fall Semester - Year 1

REC 2010 Recreation & Leisure	3
PETE 2000 Cultural Perspectives & Phys Activity	3
MATH 1200 College Algebra (1M)	4
PED/REC skill/activity course	1
PED/REC skill/activity course	1
UC 1000 Mastering the University Experience	2
	<b>14cr</b>

### Spring Semester - Year 1

COED 2130 Youth & Sports	3
EXPH 1490 Intro to Exercise Science	3
HLTH 2020 Intro to Hlth & Lifestyle Choices	3
ENG 1510 Intro to Freshman Composition	3
TIER II Fine Arts (2FA)	3
PED/REC skill/activity course	1
	<b>16cr</b>

### Fall Semester - Year 2

REC 2150 Outdoor Recreation & Education	3
COED 2120 Intro to Coaching	3
BIOS 1030 Human Biology	3
SLS 2000 Sport & Phys Activity Skill Development	3
PED/REC skill/activity course	1
Tier II (See Advisor)	3
	<b>16cr</b>

### Spring Semester - Year 2

REC 2750 Inclusive Recreation	3
TIER II Humanities & Literature (2HL)	3
Business Option	3
Minor Requirement	3
TIER II (See Advisor)	3
	<b>15cr</b>

### Fall Semester - Year 3

TIER I Junior Composition (1J)	3
Select 3xxx or 4xxx	3
SLS 3010 Ethic & Risk Management	3
Minor Requirement	6
	<b>15cr</b>

### Spring Semester - Year 3

REC 4210 Aging and Physical Activity	3
REC 3620 Convention Event Planning	3
COED 3130 Human Dynamics in Sport	3
Minor Requirement	3
Tier II (See Advisor)	3
	<b>15cr</b>

### Fall Semester - Year 4

SLS 3900 Professional Development	1
REC 3910 or COED 3910—Practicum	2
Select 3xxx or 4xxx	3
Minor Requirement	3
Electives	6
	<b>15cr</b>

### Spring Semester - Year 4

SLS 4500 Capstone (T3)	3
Minor Requirement	3
PED/REC skill/activity course	1
PED/REC skill/activity course	1
Electives	6
	<b>14cr</b>

The above represents a suggested course of study. Certain courses are offered on an every other year basis or may be offered a different semester than outlined above. Therefore, every student is strongly encouraged to meet with the SLS program advisor each semester to select courses that will best meet the student's needs.