



Pittsburg State University

Department of Health, Human Performance, & Recreation

Offering a Bachelor of Science in...
**Recreation Services,
Sport, & Hospitality Management**

With an Emphasis in...

Community & Worksite Wellness



An emphasis in Community and Worksite Wellness prepares students to advocate and create a culture of wellness both in a community setting as well as the workplace. Wellness coordinators often focus on healthy eating, physical activity, reduction in tobacco use, stress management, fitness programs, use of preventive screenings, programs and services, and improved physical environments (such as walking paths, healthy food choices and nutritional information provided on site).

The job outlook for Health Educators and Community Health Workers is expected to grow much faster than average (16% from 2016-2026) as reported by the Bureau of Labor Statistics (U.S. Department of Labor).

Agencies/Job Settings

Private Business
Medical Centers
Healthcare Systems
Retirement Communities

Colleges
Municipalities
Recreation Centers
Fitness Centers

Non-profit Agencies
YMCA, American Heart Association
Parks & Recreation Departments

Sample Job Titles

Wellness Coordinator
Wellness Center Director
Recreation Program Coordinator
Coordinator of Health & Fitness
Corporate Health Promotion Specialist
Employee Health Coordinator
Health & Wellness Coordinator

Director of Fitness Center
Fitness Specialist
Corporate Wellness Coordinator
Director of Community Health & Wellness
Director of Worksite Prevention Health
Health Promotion Manager
Health Education & Wellness Manager

For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

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RECREATION SERVICES, SPORT & HOSPITALITY MANAGEMENT CORE CLASSES ROTATION

EVERY FALL

REC 160: Intro to Professions in Rec, Sport & Hospitality
 REC 280: Methods & Leadership
 REC 419 : Research in Recreation
 REC 461: Professional Conference
 REC 462: Pre-Internship

EVERY SPRING

REC 160: Intro to Professions in Rec, Sport & Hospitality
 REC 311: Program Design and Leadership
 REC 461: Professional Conference
 REC 462: Pre-Internship
 REC 470: Administration of Rec.

ODD SUMMER

REC 426: Law of the Professions

ODD FALL

REC 320: Promotion in Rec, Sport & Hospitality
 REC 426: Law of the Professions

EVERY SEMESTER

HHP 260: First Aid & CPR
 REC 275: Recreation Practicum
 REC 317: Camping & Outdoor Ed.
 REC 498: Internship

EVEN SUMMER

REC 320: Promotion in Rec, Sport & Hospitality

COMMUNITY & WORKSITE WELLNESS EMPHASIS COURSE ROTATION

EVERY FALL

REC 350: Promoting Com. & WS Wellness

EVERY SPRING

HHP 349: Group Fitness Instruction
 HHP 425: Personal Training & Fitness

EVERY SUMMER

HHP 425: Personal Training & Fitness

ODD FALL

REC 430: Commercial Recreation

REFER TO COURSE SCHEDULE

BIOL 257 & 258: Anatomy & Physiology
 HHP 460: Kinesiology
 HHP 464: Physiology of Exercise
 FCS 203: Nutrition & Health