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MINNESOTA STATE
UNIVERSITY
MANKATO

CAMPUS RECREATION

WHAT PROGRAMS ARE OFFERED?

The Office of Campus Recreation at Minnesota State Mankato offers seven major program areas:

- Open Recreation
- Intramural Sports
- Fitness Activities
- Sport Clubs
- Maverick Adventures
- Outdoor Equipment Rental
- Outdoor Programs
- Team Building and Leadership Development
- Rock Climbing

Currently enrolled students, faculty and staff are eligible to participate in the above mentioned programs. Memberships at the Otto Recreation Center are also available for spouses, and alumni.

Open Recreation

The Open Recreation program offers both indoor and outdoor facilities for recreational activities. Indoor facilities include: Otto Recreation Center with three basketball/volleyball courts, a weight room and cardio area featuring cardiovascular and resistance training opportunities including treadmills, bicycles, ellipticals and other cross training machines, variable resistance selectorized weight equipment, free weights and other fitness accessories, a 3-lane walking/jogging track, and a lounge with TV; Highland pool offers a 25 yard, six-lane swimming pool; Myers Field House boasts an 8-lane 200-meter indoor track with four sport court surfaced basketball, volleyball, tennis and badminton courts on the infield; Schellberg Gym offers two basketball/volleyball courts; Pennington Hall is home to two fitness/dance studios; a matted martial arts multi-purpose room; and four racquetball/handball courts. Outdoor facilities include: a 9-hole disc golf course, three softball/flag football fields; two soccer field; a lacrosse field; a rugby pitch; a multipurpose field; sand volleyball courts; outdoor basketball courts; outdoor track; fitness trail, seasonal sports dome with synthetic turf, and six tennis courts. Equipment is available for check out at Otto Recreation Center with a current University MavCARD and includes: basketballs, volleyballs and standards, soccer balls, softball equipment, footballs and flag football equipment, floor hockey and broomball equipment, weight belts, racquetball/handball equipment, tennis equipment, badminton equipment, jump ropes, frisbees, wallyball equipment and more. Locker rooms are available in Otto Recreation Center and by Schellberg Gym.

Intramural Sports

The Intramural Sports program offers competitive and recreational leagues, tournaments and special events. The following is a list of the offerings: flag football; 3-on-3 and 5-on-5 basketball; slow pitch softball;

volleyball; soccer; ice hockey; bowling; dodgeball; 8-boll pool; table tennis; racquetball singles; hot shot contest; NCAA football & holiday bowl pick-em; tennis singles; free throw contest; NCAA basketball tourney pick-em; 2-person golf scramble, sports trivia, sand volleyball, golf singles, wollyball, wrestling and more.

Fitness Activities

The Fitness Activities program offers individuals the opportunity to enhance their personal fitness and wellness through participation in group exercise classes, use of recreation facilities, and services such as exercise testing and prescription, personal training, wellness services, and special events. Group exercise classes change each semester and may include, but are not limited to: High Intensity Interval Training (HIIT), Yoga, Zumba, and Strength Training. Opportunities to participate in nationally accredited group exercise and personal training certifications and continuing education workshops are available.

Sport Clubs

The Sport Clubs program offers a unique experience for students and student leaders to participate or compete in local, regional and national competition. Current sport clubs include: badminton, baseball, cricket, men's ice hockey, handball, men's & women's lacrosse, men's and women's rugby, Shotokan karate, Okinawan/Kobudo karate, men's soccer, mixed martial arts, ultimate frisbee, table tennis, and men's and women's volleyball. New sport clubs may be started with interest from other students.

Maverick Adventures

Maverick Adventures program offers a variety of adventure-based experiences to our campus and surrounding community

Outdoor Programs

Join us for our series of Maverick Adventures outdoor programs, opportunities to get outside and explore the natural world. Past outdoor programs have included bike rides, caving trips, hikes, snowshoeing, and outdoor cooking events.

Teambuilding & Leadership Development

Maverick Adventures offers teambuilding and leadership development workshops to the University and surrounding community members. The extensive High Ropes and Challenge Course facility on the south side of campus is used throughout the warmer months as a tool for participants to challenge themselves both individually and together as a group. Maverick Adventures also provides indoor/traveling teambuilding and leadership development events year-round for groups of all ages. Learn more at www.mnsu.edu/adventure/

Rock Climbing

Rock Climbing opportunities on campus are found at both indoor and outdoor rock climbing facilities. The Outdoor Climbing Pinnacle is located on the south side of campus adjacent to the High Ropes and Challenge Course and offers scheduled climbing times during the spring, summer and fall. The Indoor Rock Wall located in Myers Field House offers scheduled open climb times on a year-round basis. Our rock walls host annual rock climbing competitions and special events throughout the year. Rock climbing equipment and instruction are available for rock climbers of all ages and skill levels.

Outdoor Equipment Rental

The Outdoor Equipment Rental program offers canoe packages (canoes, life jackets and paddles), tents, and snowshoes for rent. Check out <http://www.mnsu.edu/campusrec/outdoor/> for more information.

ARE THERE CAREER OPPORTUNITIES IN RECREATION AND SPORT?

Many careers exist in the recreation and sport profession and are varied. Jobs exist in both the private and public sector and include the following: professional sports marketing, sales, and administration; public and private school activities directors; college and university athletic directors; coaches; recreation/fitness/wellness professionals in corporations; the health and fitness club industry; correctional institutions; the military; community recreation; parks and recreation; not for profit agencies (ex. YMCA's, YWCA's); outdoor recreation agencies; federally funded youth programs; day care and preschools; hospitals (therapeutic recreation, occupational therapy, cardiac rehabilitation); developmental/adapted recreation; public and private school system recreation; secular programs; student activities; teaching at public and private school systems and colleges and universities; and college and university campus recreation. In most situations in order to obtain a college-university professional level position, individuals must have a master's degree.

Salaries may range from an entry level campus recreation or professional sports position (\$25,000) to an upper level university coach or athletic director (well over \$100,000).

Are there student employment opportunities in Campus Recreation?

Employment opportunities exist for currently enrolled undergraduate and graduate students in Campus Recreation in the following areas: facility managers, ID checkers, weight room and cardio area supervisors, intramural sports supervisors and officials, office aides, equipment check-out personnel, group fitness instructors, lifeguards, ropes course facilitators, and rock wall staff.

Campus Recreation also may hire graduate assistants (GAs) to coordinate the different programs, allowing them to gain valuable educational experiences inside and outside of the classroom, preparing them for careers in recreation. GAs receive a monthly stipend and a full or partial tuition waiver during their contract period, usually lasting two years. Graduate degrees exist in sports management, sports psychology, exercise physiology, preventative and rehabilitative cardiovascular health, developmental/adapted physical education, elementary/secondary physical education and experiential education.

Alumni Successes

Former Minnesota State Mankato undergraduates and graduate assistants enjoy successful careers in Campus Recreation programs throughout the country; in professional sports with teams such as the Minnesota Twins, Minnesota Vikings, Minnesota Timberwolves and the Milwaukee Brewers; as teachers and coaches at both the high school and collegiate level; in corporate fitness; with outdoor recreation programs; in community recreation; in the health and fitness club industry; in not-for profit agencies; and in therapeutic recreation, occupational therapy, cardiac rehabilitation, adventure education, rock climbing gym management, and more.

FOR MORE INFORMATION PLEASE CONTACT

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You are encouraged to visit the campus.
To arrange for a visit, please call:
Office of Admissions: 507-389-1822
Toll-Free: 800-722-0544

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For additional information about course requirements, please visit <https://mankato.mnsu.edu/academics/academic-catalog/>



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