

# Recreation (REC)

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## **REC 1500. Canoeing I. (1 Credit)**

Teaches basic canoeing techniques including safety, technical information, equipment, paddling skills, and canoe maneuvering. Requires overnight camping. Requires the ability to swim 100 yards without stopping on the first day of class.

Course fee of \$88 for transportation, equipment applies.

## **REC 1501. Canoeing II. (1 Credit)**

Prerequisite(s): REC 1500 or Instructor Permission

Prepares students to qualify to become instructors who will teach on water up to and including Class I on the International Scale of River Difficulty.

Prepares students to teach the American Canoe Association's Intro to Canoe course on flat water, and the Basic River Canoe course in a river environment and to teach students fundamental river paddling skills including boat handling, paddling technique, identifying hazards, river reading and self-rescues in moving water.

## **REC 1505. Whitewater Kayaking I. (1 Credit)**

Teaches basic kayaking skills to the beginning kayaker. Includes roll techniques, paddle strokes, eddy turns, ferrying, river hazards, and rescue techniques. Requires the ability to swim 100 yards without stopping first day of class.

Course fee of \$150 applies for transportation, equipment applies.

## **REC 1506. Whitewater Kayaking II. (1 Credit)**

Prerequisite(s): REC 1505

Builds on whitewater skills initially taught in Whitewater Kayaking I. Develops the skills and knowledge to assist in instruction and river rescue. Prepares students to help others learn to kayak, preparing them for ACA whitewater certification.

## **REC 1512. Fly Tying I. (1 Credit)**

For students interested in learning or perfecting fly tying skills. Discusses and demonstrates necessary fly tying tools, materials, and knots. Introduces aquatic entomology. Studies various fly types including wet fly, dry fly, nymph, and streamer. Includes hands-on experience.

## **REC 1513. Fly Casting I. (1 Credit)**

For students interested in learning or perfecting fly casting skills. Studies types and classification of fly rods and reels. Teaches the physics of casting and casting techniques. Includes hands-on experience.

## **REC 1516. Ropes Course and Teambuilding. (1 Credit)**

Provides participants with the opportunity to participate in a group and personal development process which utilizes the ropes course as an educational tool. Consists of 3 phases. Phase I - game and exercises designed to help participants get to know and feel at ease with each other. Phase II - group initiative games/ problem solving activities which develop group communication skill, cooperation, and problem solving ability. Phase III - Ropes Course activities/individual challenge which allows class members to test their physical capabilities and individual limits.

Course fee of \$80 for transportation, equipment, and support.

## **REC 1521. Indoor Rock Climbing I. (1 Credit)**

Teaches basic rock climbing skills to the beginning indoor rock climber. Includes knot tying, belaying, rappelling, fixed anchors, beginning indoor climbing, and rescue techniques. Prepares student for enjoyment of indoor climbing facilities, and introduces concepts related to sport climbing.

Course fee of \$90 for support, equipment applies.

## **REC 1522. Indoor Rock Climbing II. (1 Credit)**

Prerequisite(s): REC 1521

Builds on skills and experiences gained in Indoor Rock Climbing I. Focuses on lead climbing in the indoor sport context with emphasis on higher skill development, onsite and red point techniques.

Course fee of \$90 applies for support, equipment applies.

## **REC 1525. Mountaineering. (1 Credit)**

Prerequisite(s): REC 1535, REC 1527

Covers mountaineering subjects including hiking, rock climbing, mountain camping, and mountain survival. Requires good health and fair physical condition in order to enjoy the class. Provides technical climbing and safety equipment. Students provide camping equipment (this may be rented at a low cost at the Outpost on campus), boots or shoes, clothing and leather gloves suitable for hiking and climbing. Taught on block only.

Course fee of \$70 for transportation, materials, and equipment applies.

## **REC 1527. Rock Climbing I. (1 Credit)**

Teaches basic rock climbing skills to the beginning rock climber. Includes knot tying, belaying, rappelling, top-rope anchors and site management, beginning lead climbing, and rescue techniques.

Course fee of \$20 for equipment applies.

## **REC 1528. Rock Climbing II. (1 Credit)**

Prerequisite(s): REC 1527 or Instructor Approval

Teaches intermediate rock climbing skills. Includes placing passive and active anchors on simulated lead climbs, multi-pitch belaying and rappelling.

Teaches self- and partner-rescuing, ascending, route finding, crack and face climbing techniques, rock shoe resoling, and an introduction to aid climbing.

Course fee of \$90 for transportation, equipment applies.

**REC 1535. Backpacking. (1 Credit)**

Prerequisite(s): Ability to carry a 40 lbs pack for 15-25 miles

Covers the basic aspects of backpacking, camping, and wilderness travel. Includes labs, lectures, demonstration, audio-visual and extended field trips. Teaches basic components of backpacking and lifelong values of outdoor recreation. Requires multi-night backpacking trip.

Course fee of \$88 for transportation, equipment, and support applies.

**REC 1542. Wilderness First Responder. (2 Credits)**

Teaches advanced emergency care specific to situations encountered in a wilderness context. Prepares students for certification exam in Wilderness First Responder (WFR) or Wilderness Emergency Medical Technician Module (WEMT). Experiential Learning Credit must be from a WFR course with at least 72 hrs of contact time.

**REC 1550. Mountain Biking. (1 Credit)**

Prerequisite(s): Ability to carry a 40 lbs pack for 15-25 miles

Provides the students with knowledge of cycling techniques when traveling off the pavement. Teaches bicycle maintenance and tuning. Includes several off-road rides. Stresses the enjoyment and lifetime benefits of mountain biking riding. Taught on block only.

Course lab fee of \$16 applies.

**REC 1580. Kayak Touring. (1 Credit)**

Prerequisite(s): Must be able to swim 100 yards without stopping

Introductory course which teaches basic skills necessary to safely enjoy flat water (non-tidal) kayak touring. Teaches equipment selection, strokes, safety and rescue techniques. Field trip required for course completion.

Course fee of \$84 for transportation, equipment applies.

**REC 1600. Winter Exploration. (1 Credit)**

Prerequisite(s): REC 1535

Teaches basics of snowshoeing, cross-country skiing, and winter camping, including Leave No Trace, cooking, staying warm, and building shelters. Covers risks and hazards of the winter environment. Requires overnight camping.

Course lab fee of \$45 course fee for equipment applies.

**REC 1605. Skiing I. (1 Credit)**

For the beginning skier. Covers basic skiing concepts including straight runs, stops, turns, traverses, and beginning parallel. Includes demonstration and participation. Grading is based on attendance. Lessons are at the Sundance Ski Resort. (Transportation is not provided.) Uses UVU and Sundance instructors. Students are required to have own equipment and purchase a half-day pass each ski day.

**REC 1606. Skiing II. (1 Credit)**

For the intermediate skier. Designed for those with basic ski skills and who would like to improve their skiing technique. Instruction is given in parallel skiing over bumps and flat terrain, hockey stops, moguls and traversing steep terrain. Uses demonstration and participation. Grading is based on attendance. Lessons are at the Sundance Ski Resort. (Transportation is not provided.) Uses UVU and Sundance instructors. Students are required to have own equipment and purchase a half-day pass each ski day.

**REC 1615. Snowboarding. (1 Credit)**

Provides a fun challenge to snow boarders of every ability level, starting with the beginning novice to the advanced boarder. Gives instruction in straight runs, stops, turns (falling leaf, heel edge, toe edge), and carving. Includes skill demonstration and student participation. Grading is based on attendance, participation, demonstrating skills, and tests. Lessons are at the Sundance Ski Resort. (Transportation is not provided.) Uses UVU and Sundance instructors. Requires students to have their own equipment and purchase a half-day pass each ski day.

**REC 1625. Cross Country Skiing. (1 Credit)**

Presents basic ski touring techniques. Studies selection and utilization of winter touring equipment and clothing in relation to varying climatic and terrain conditions. Includes trail etiquette, avalanche avoidance, and other important factors for a successful winter tour. Includes classroom instruction and ski touring. Taught on block only.

**REC 2010. Avalanche Awareness. (1 Credit)**

Examines the relationship of people in the backcountry and their cause/effect relationship with ever-changing snow conditions. Prepares students to safely and effectively venture into the winter backcountry.

Course fee of \$170 for equipment applies.

**REC 2200. Foundations of Recreation. (3 Credits)**

Pre- or Corequisite(s): ENGL 1010 or ENGH 1005

Introduces the study of Recreation. Studies the history and philosophy of the field of Recreation. Analyzes problems in areas covered under the umbrella of Recreation. Explores the Recreation sub-disciplines and related career and employment opportunities in this area.

**REC 2400. Principles of Experiential Education in Recreation. (3 Credits)**

Prerequisite(s): REC 2200, ENGL 1010 or ENGH 1005

Pre- or Corequisite(s): ENGL 2010 and MATH 1000 or higher

Introduces the principles and concepts of experiential education in the general context of recreation programming and prepares students for further study and skill development in context specific experiential education programming. Teaches history, theory, and ethics in the domain. Offers experience in the use of learning cycles, facilitation, feedback, processing, and effective communication techniques, risk management from both physical and emotional perspectives. Uses pedagogical lecture methods and experiential learning. Requires participation in experiential education programming and observation and participation in programs outside of class time.

**REC 2450. Rock Climbing Site Management and Facilitation. (3 Credits)**

Prerequisite(s): REC 1527, REC 2400

Introduces the principles and concepts of experiential education in the general context of recreation programming and prepares students for further study and skill development in context specific experiential education programming. Teaches history, theory, and ethics in the domain. Offers experience in the use of learning cycles, facilitation, feedback, processing, and effective communication techniques, risk management from both physical and emotional perspectives. Uses pedagogical lecture methods and experiential learning. Requires participation in experiential education programming and observation and participation in programs outside of class time.

**REC 2500. Introduction to Adventure Recreation. (2 Credits)**

Explores the philosophy, meaning and value of outdoor adventure recreation. Studies planning, organizing and leading outdoor excursions. Includes hiking, canoeing, camping, scuba diving, cross-country skiing, snowshoeing, compass navigation, outdoor cooking, archery, golfing, etc.

**REC 2600. Principles of Outdoor and Adventure Education. (3 Credits)**

Prerequisite(s): REC 1535 and REC 2400

Teaches leadership of outdoor and adventure education topics necessary for instructing the beginning student. Uses pedagogical lecture methods and experiential learning. Includes industry standard presentations and critiques of orienteering, map reading, packing, backcountry cooking, campsite set-up, food rationing, river crossing, proper clothing, water purification, hygiene, weather forecasting, backcountry travel, Leave NO Trace ethics, and personal risk management. Requires hiking or orienteering assignments outside of class. Prepares students to qualify for certification as Wilderness Stewards through the Wilderness Education Association. Addresses risk management from both physical and emotional perspectives. Uses pedagogical lecture methods and experiential learning. Requires observation and participation in programs outside of class time.

**REC 2650. Principles of Challenge Education. (3 Credits)**

Prerequisite(s): REC 1516, REC 2400

Prepares students for employment in the challenge education and experientially-based training and development sectors. Teaches students functional aspects of challenge education, facility design and use, program design for specific populations, facilitation and processing; as well as, assessment and evaluation of programs. Addresses risk management from both physical and emotional perspectives. Utilizes pedagogical lecture methods, experiential learning, and participation in challenge education programming. Requires observation and participation in programs outside of class time.

Course fee of \$95 for transportation, support applies.

**REC 2700. Leave No Trace Trainer. (1 Credit)**

Prerequisite(s): REC 1535

Designed to train environmental leaders and interpreters in the delivery of Leave No Trace (LNT) principles and practices. Emphasizes the skills and ethics necessary for low impacts on the environment.

**REC 2750. Principles of Water Based Adventure Education. (3 Credits)**

Prerequisite(s): REC 2400, Swim equivalency test

Develops the principles and concepts of experiential education in the water-based context and prepares students for further study and skill development in context specific experiential education programming. Teaches history, theory, and ethics in the domain; as well as, develops experience in the use of learning cycles, facilitation, feedback, processing and effective communication techniques. Includes industry standard presentations and critiques of water safety, hydrology, paddling and stroke technique, self and group rescue techniques, decision-making and judgment, program planning, weather, leave no trace, personal risk management, and equipment care and maintenance. Addresses risk management from both physical and emotional perspectives. Utilizes pedagogical lecture methods and experiential learning, and participation in experiential education programming. Requires observation and participation in programs outside of class time. Prepares students to seek professional certification.

**REC 3100. Recreation Program Planning. (3 Credits)**

Prerequisite(s): (REC 2200 or instructor approval) and University Advanced Standing

Pre- or Corequisite(s): MATH 1000 or higher

Investigates program planning and development in outdoor programs, camps, agencies, and education organizations. Emphasizes writing of technical program plans that state goals, program organization, curriculum, budgets, marketing, and evaluation.

**REC 3200. Inclusive Recreation. (3 Credits)**

Prerequisite(s): REC 2400, REC 3100, and University Advanced Standing

Recreation service delivery for individuals with disabilities and other under-represented groups. Presents solutions to full recreation participation for individuals with physical, sensory, emotional and/or intellectual impairments. Incorporates hands on experience working with diverse populations.

Course fee of \$22 for field entrance charge applies.

**REC 3300. Wilderness Skills. (1 Credit)**

Prerequisite(s): REC 1535 and University Advanced Standing

Pre- or Corequisite(s): REC 2200

Teaches tools and skills needed for surviving in the wilderness. Includes orienteering, map reading, packing, backcountry cooking, campsite set-up, food rationing, river crossing, proper clothing, water purification, hygiene, weather forecasting, backcountry travel, Leave NO Trace ethics, and personal risk management.

Course fee of \$30 for transportation, equipment, and support applies.

**REC 3400. Risk Management. (3 Credits)**

Prerequisite(s): REC 2200 and University Advanced Standing

Pre- or Corequisite(s): MAT 1010

Studies outdoor recreation risk management. Focuses on applying models of risk management, negligence, torts, risk management planning, and outdoor recreation safety.

**REC 3500. Recreation Administration. (3 Credits)**

Prerequisite(s): REC 3100 and University Advanced Standing

Analyzes the internal organization of a recreation department dealing with finances and accounting, records and reports, publicity and public relations, state and federal legislation, staff organization, coordination of community resources.

**REC 3700. Natural Resource Interpretation. (3 Credits)**

Prerequisite(s): REC 2400 and University Advanced Standing

Investigates theories, principles, and techniques of interpreting park, cultural, and natural resources to the public. Emphasizes techniques for providing interpretive programs developed for natural resources.

**REC 385G. Ethical Concerns in Recreation GI. (3 Credits)**

Prerequisite(s): REC 2400, PHIL 2050, and University Advanced Standing

Examines the complex and controversial world of ethics as it pertains to the fields of outdoor recreation and natural resource management. Examines these fields from numerous perspectives; anthropocentric, biocentric and ecocentric, and theocentric.

**REC 4000. Outdoor Leadership. (4 Credits)**

Prerequisite(s): REC 1535, REC 3300, REC 2600, REC 1542, and University Advanced Standing

Examines principles and practices of leadership in outdoor recreation programs. Focuses on the examination of theories, practices, and problems of leadership in an adventure environment. Provides hand-on experiences with students required to plan and be in a leadership position. Requires 30 hours of volunteer work experience.

Course fee of \$126 for transportation, equipment, and support applies.

**REC 410R. Experiential Learning Expedition. (1-6 Credits)**

Prerequisite(s): Department approval and University Advanced Standing

Teaches experiential learning and leadership in a expedition context. Includes but not limited to expedition planning, hard skills development, expedition behavior and group dynamics, team building, adventure tourism, and local cultural/natural resources. Repeatable up to 12 credits.

Course fee of \$700 for transportation, activities applies.

**REC 420R. Outdoor Leadership and Management Practicum. (2 Credits)**

Prerequisite(s): REC 2400, Instructor approval, and University Advanced Standing

Provides students with practical work experience (volunteer or paid) either through a program offered by the college or in an existing outdoor or experientially based agency. Includes participation in a 150 hour department approved supervised outdoor recreation service. Examines topics that vary by practicum experience. May be repeated for a total of 6 hours toward graduation. May be graded credit/no credit.

**REC 430R. Teaching Assistantship in Outdoor Recreation. (1-4 Credits)**

Prerequisite(s): Instructor Approval and University Advanced Standing

Provides students who have demonstrated a high level of proficiency to serve as assistant instructors in selected Outdoor Recreation courses. Requires students to take active leadership roles. Includes planning, sequencing and teaching outdoor recreation topics and skills with faculty supervision. May be repeated for up to 8 credit hours toward graduation. Graded Credit/No Credit.

**REC 4350. Research Methods in Outdoor Recreation. (3 Credits)**

Prerequisite(s): REC 2400 and (MAT 1010 or higher) and University Advanced Standing

Introduces students to key research in their field. Emphasizes analytical and interpretive skills. Develops scientific writing skills. Promotes design and utilization of comprehensive research methodologies commonly applied in Outdoor Recreation.

**REC 4400. Natural Resource and Protected Area Management. (3 Credits)**

Prerequisite(s): REC 2200 and University Advanced Standing

Examines topics in the management of Nation Parks, National Forests, Bureau of Land Management, and other public lands and protected areas focusing on management strategies and techniques for addressing common resource and social problems in natural resource recreation management. Emphasizes case studies and problem analysis.

Course fee of \$30 applies for transportation, support applies.

**REC 4500. Wildland Recreation Behavior. (3 Credits)**

Prerequisite(s): REC 4400 and University Advanced Standing

Studies behaviorally-based models and relevant research in wildland recreation. Provides an in-depth analysis of human behavior influences and topics including visitor satisfaction, crowding, carrying capacity, resource destruction, motivations, attitudes, preferences, norms, conflicts, and specialization. Using these theoretical concepts, visitor-based management models will be presented and criticized. Emphasis on critical problems affecting public land recreation management.

**REC 4800. Professional Preparation in Recreation. (1 Credit)**

Prerequisite(s): University Advanced Standing

Pre- or Corequisite(s): REC 2400

Prepares the student to make the transition from student to professional in Outdoor Recreation. Includes discussion of internship selection, application materials, interviewing skills, job search, salary negotiation, and other professional issues. Provides mentoring during the internship search process.

**REC 481R. Senior Internship. (1-8 Credits)**

Prerequisite(s): REC 4800, REC 420R, 80 credit hours completed, minimum 2.5 GPA, instructor approval, and University Advanced Standing

Provides supervised, hands-on field experience for excellent students preparing to take entry-level positions in recreation. May be repeated for a maximum of 12 credits toward graduation. May be graded Credit/No Credit.

**REC 489R. Undergraduate Research in Recreation. (1-4 Credits)**

Prerequisite(s): REC 2200, Departmental approval of research proposal, and University Advanced Standing

Provides students the opportunity to conduct research under the mentorship of a faculty member. Students will put in practice the theoretical knowledge gained in prior major courses. Students will create a significant intellectual or creative product that is characteristic of the recreation discipline and worthy of communication to a broader audience. May be repeated for a maximum of 8 credits toward graduation.

**REC 490R. Topics in Recreation. (1-3 Credits)**

Prerequisite(s): (REC 2200 or Instructor Approval) and University Advanced Standing

Focuses student reading, research, and discussion on specific areas of concentration within the field of outdoor recreation management. (Specific areas of focus will change as the instructor and his or her focus or expertise changes.) Analyzes how outdoor recreation affects and is affected by culture, ideology, socio-economic factors, history, etc. Focuses may include: Recreation and Popular Culture, Recreation and Diversity, and History and Philosophic Issues in Recreation, among others. May be repeated for up to 6 credits toward graduation.

**REC 4950. Senior Seminar. (2 Credits)**

Prerequisite(s): REC 2400, REC 3100, REC 4800, STAT 1040 or higher, and University Advanced Standing

Examines current outdoor recreation topics that allow senior students the opportunity to relate academic studies to the latest problems, changes, and trends in the field.