

Exercise Science and Outdoor Recreation, A.S.

Students who complete an Associate's Degree in Exercise Science and Outdoor Recreation have received the basic knowledge necessary to continue their education in a Bachelor's Program or pursue employment in the Fitness industry.

Program Requirements

Code	Title	Credit Hours
Total Credit Hours		60
General Education Requirements		35 Credits
ENGL 1010 or ENGL 1005	Introduction to Academic Writing CC Literacies and Composition Across Contexts CC	3
ENGL 2010	Intermediate Academic Writing CC	3
Complete one of the following:		3
MAT 1030	Quantitative Reasoning QL (3) (recommended for Humanities or Arts majors)	
MAT 1035	Quantitative Reasoning with Integrated Algebra QL (6)	
STAT 1040	Introduction to Statistics QL (3) (recommended for Social Science majors)	
STAT 1045	Introduction to Statistics with Algebra QL (5)	
MATH 1050	College Algebra QL (4) (recommended for Business, Education, Science, and Health Professions majors)	
MATH 1055	College Algebra with Preliminaries QL (5)	
MATH 1090	College Algebra for Business QL (3) (recommended for Business majors)	
Complete one of the following:		3
HIST 2700 & HIST 2710	US History to 1877 AS and US History since 1877 AS (6)	
HIST 1700	American Civilization AS (3)	
HIST 1740	US Economic History AS (3)	
POLS 1000	American Heritage AS (3)	
POLS 1100	American National Government AS (3)	
Complete the following:		
PHIL 2050	Ethics and Values IH	3
HLTH 1100 or EXSC 1097	Personal Health and Wellness TE Fitness for Life TE	2
Distribution Courses:		
Biology ¹		3
Physical Science		3
Additional Biology or Physical Science		3
Humanities Distribution		3
Fine Arts Distribution		3
Social/Behavioral Science		3
Discipline Core Requirements		16 Credits
EXSC 270G	Foundations of Exercise Science GI	3
Complete 13 credits from the following:		13
CHEM 1110	Elementary Chemistry for the Health Sciences PP (4)	
ZOOL 2320 & ZOOL 2325	Human Anatomy and Human Anatomy Laboratory (4)	
ZOOL 2420 & ZOOL 2425	Human Physiology and Human Physiology Laboratory (4)	
STAT 2040	Principles of Statistics QL (4)	
EXSC 2500	Sports Medicine (3)	
Any EXSC or PETE courses approved by department (maximum of hours may be applied to graduation)		

Elective Requirements**9
Credits**

Any 1000-level course or higher

9

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ZOOL 1090 strongly recommended.

Graduation Requirements

1. Completion of a minimum of 60 semester credits.
2. Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
3. Residency hours -- minimum of 20 credit hours through course attendance at UVU.
4. Completion of GE and specified departmental requirements.

Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in Wolverine Track (<http://www.uvu.edu/wolverinetrack/>).

First Year**Semester 1****Credit Hours**

ENGL 1010 or ENGH 1005	Introduction to Academic Writing CC or Literacies and Composition Across Contexts CC	3
Quantitative Literacy		4
Biology Distribution		3
HLTH 1100 or EXSC 1097	Personal Health and Wellness TE or Fitness for Life TE	2
Humanities Distribution		3

Credit Hours**15****Semester 2**

ZOOL 2320	Human Anatomy	3
ZOOL 2325	Human Anatomy Laboratory	1
ENGL 2010	Intermediate Academic Writing CC	3
Fine Arts Distribution		3
CHEM 1110	Elementary Chemistry for the Health Sciences PP	4

Credit Hours**14****Second Year****Semester 3**

PHIL 2050	Ethics and Values IH	3
ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Laboratory	1
American Institutions		3
Social/Behavioral Science Distribution		3
General Elective		3

Credit Hours**16****Semester 4**

EXSC 270G	Foundations of Exercise Science GI	3
Third Science Distribution		3
General Elective		5
STAT 2040 or EXSC 2500	Principles of Statistics QL or Sports Medicine	4

Credit Hours**15****Total Credit Hours****60****Program Learning Outcomes**

1. Graduates will be proficient in critical thinking and problem solving.
2. Students will graduate in a timely manner (50% of students will complete the program in 9 or less semesters (where 1 or 2 blocks in the same summer represent 1 semester).

3. Students will express satisfaction with opportunities for undergraduate research, and applied learning through service-learning and internship opportunities throughout the program.
4. Graduates will be proficient in applied skills that support professional competencies.