

# Exercise Science and Outdoor Recreation - Outdoor Recreation Management Emphasis, B.A.

In addition to a strong background in recreation theory, experiential education, outdoor leadership, risk management and program planning, graduates of this program leave with a proficiency in a variety of both land and water-based skill acquisition courses, such as avalanche awareness, whitewater kayaking and backpacking. More than preparation for a career in the outdoor field, the major in Outdoor Recreation Management grooms students for a lifetime of outdoor participation and leadership.

## Program Requirements

Code	Title	Credit Hours
<b>Total Credit Hours</b>		<b>120</b>
<b>Exercise Science and Outdoor Recreation Requirements</b>		<b>66 Credits</b>
Complete the requirements		66
<b>Emphasis Requirements</b>		<b>54 Credits</b>
Complete one of the following:		3
ACC 2110	Principles of Accounting I (3)	
ENTR 3170	Entrepreneurship - Feasibility Analysis (3)	
ENGL 3320	Grant and Proposal Writing (3)	
HR 3430	Introduction to Human Resource Management (3)	
BIOL 3800	Conservation Biology (3)	
REC 1535	Backpacking	1
REC 1542	Wilderness First Responder	2
REC 1500	Canoeing I	1
or REC 1580	Kayak Touring	
REC 1527	Rock Climbing I	1
REC 1600	Winter Exploration	1
REC 2200	Foundations of Recreation	3
REC 2400	Principles of Experiential Education in Recreation	3
REC 2600	Principles of Outdoor and Adventure Education	3
REC 2700	Leave No Trace Trainer	1
REC 3100	Recreation Program Planning	3
REC 3200	Inclusive Recreation	3
REC 3300	Wilderness Skills	1
REC 3400	Risk Management	3
REC 3500	Recreation Administration	3
REC 4400	Natural Resource and Protected Area Management	3
REC 420R	Outdoor Leadership and Management Practicum	2
REC 4800	Professional Preparation in Recreation	1
REC 481R	Senior Internship (1-7)	7
Complete 3 credits from the following:		3
REC 1516	Ropes Course and Teambuilding (1)	
REC 1525	Mountaineering (1)	
REC 1550	Mountain Biking (1)	
REC 1505	Whitewater Kayaking I (1)	
REC 1528	Rock Climbing II (1)	
REC 2010	Avalanche Awareness (1)	
Complete 6 credits from the following:		6
REC 2450	Rock Climbing Site Management and Facilitation (3)	
or REC 2650	Principles of Challenge Education	

or REC 2750	Principles of Water Based Adventure Education
REC 3700	Natural Resource Interpretation (3)
REC 4000	Outdoor Leadership (4)
REC 4500	Wildland Recreation Behavior (3)

## Core Requirements

Code	Title	Credit Hours
<b>Total Credit Hours</b>		<b>66</b>
<b>General Education Requirements</b>		<b>37 Credits</b>
ENGL 1010	Introduction to Academic Writing CC	3
or ENGH 1005	Literacies and Composition Across Contexts CC	
ENGL 2010	Intermediate Academic Writing CC	3
MATH 1050	College Algebra QL	4
or MATH 1055	College Algebra with Preliminaries QL	
Complete one of the following:		3
HIST 2700	US History to 1877 AS (3)	
or HIST 2710	US History since 1877 AS	
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	Personal Health and Wellness TE	2
or EXSC 1097	Fitness for Life TE	
Distribution Courses:		
BIOL 1010	General Biology BB <sup>1</sup> Exercise Science students must take BIOL 1610 and BIOL 1615; Outdoor Recreation students must take BIOL 1010	3
or BIOL 1610	College Biology I BB	
Physical Science		3
Third Science Distribution		3
Humanities (any foreign language 202G/2020 course)		4
Fine Arts		3
Social/Behavioral Science		3
<b>Discipline Core Requirements</b>		<b>17 Credits</b>
EXSC 2500	Sports Medicine	3
EXSC 3550	Motor Learning and Control WE	3
EXSC 3750	Psychosocial Aspects of Human Performance	3
EXSC 3270	Exercise Testing and Prescription <sup>2</sup> Exercise Science students must take EXSC 3270; Outdoor Recreation students must take REC 385G	3
or REC 385G	Ethical Concerns in Recreation GI	
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
EXSC 4950	Senior Seminar <sup>3</sup> Exercise Science students must take EXSC 4950; Outdoor Recreation students must take REC 4950	2
or REC 4950	Senior Seminar	
<b>Elective Requirements</b>		<b>12 Credits</b>
Complete 12 credit hours of course work from one language to include the 1010, 1020, and 2010 levels (202G/2020 level completed in GE requirements).		12

1  
EXSC students must take BIOL 1610 and BIOL 1615, and REC students must take BIOL 1010

2  
EXSC students must take EXSC 3270 and REC students must take REC 385G

3  
EXSC students must take EXSC 4950 and REC students must take REC 4950

## Graduation Requirements

1. Completion of a minimum of 120 semester credits, 40 credits must be upper-division.
2. Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
3. Residency hours: minimum of 30 credit hours through course attendance at UVU, with at least 10 hours earned in the last 45 hours.
4. Completion of GE and specified departmental requirements.
5. Completion of 16 credit hours of course work from one language to include the 1010, 1020, 2010, and 202G/2020 levels or transferred equivalents.
6. No grades below C- in Discipline Core or Emphasis Courses.
7. Successful completion of at least one Global/Intercultural course.
8. Successful completion of at least two Writing Enriched (WE) courses.

Note: Students must obtain the departmental advisor's signature on an approved program plan prior to enrollment in their second semester of study.

## 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
MATH 1050 or MATH 1055	College Algebra QL or College Algebra with Preliminaries QL	4
REC 2200	Foundations of Recreation	3
REC 1535	Backpacking	1
Social/Behavioral Science Distribution		3
<b>Credit Hours</b>		<b>14</b>
Semester 2		
ENGL 2010	Intermediate Academic Writing CC	3
Language		4
REC 2400	Principles of Experiential Education in Recreation	3
REC 1527	Rock Climbing I	1
BIOL 1010	General Biology BB	3
EXSC 1097	Fitness for Life TE	2
<b>Credit Hours</b>		<b>16</b>

### Second Year

Semester 3		
REC 2600	Principles of Outdoor and Adventure Education	3
REC 2700	Leave No Trace Trainer	1
Complete one of the following:		1
REC 1505	Whitewater Kayaking I	
REC 1516	Ropes Course and Teambuilding	
REC 1525	Mountaineering	
REC 1528	Rock Climbing II	
REC 1550	Mountain Biking	
REC 2010	Avalanche Awareness	
Language		4
American Institutions Distribution		3
Third Science Distribution (ZOOL 1090)		3
<b>Credit Hours</b>		<b>15</b>

**Semester 4**

REC 1600	Winter Exploration	1
REC 3300	Wilderness Skills	1
REC 3100	Recreation Program Planning	3
Language		4
Complete one of the following:		1
REC 1505	Whitewater Kayaking I	
REC 1516	Ropes Course and Teambuilding	
REC 1525	Mountaineering	
REC 1528	Rock Climbing II	
REC 1550	Mountain Biking	
REC 2010	Avalanche Awareness	
Physical Science Distribution		3
Fine Arts Distribution		3

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<b>Credit Hours</b>	<b>16</b>
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**Third Year****Semester 5**

EXSC 2500	Sports Medicine	3
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
REC 3200	Inclusive Recreation	3
PHIL 2050	Ethics and Values IH	3
REC 1500 or REC 1580	Canoeing I or Kayak Touring	1
Humanities Distribution Language from 2020		4

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<b>Credit Hours</b>	<b>17</b>
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**Semester 6**

EXSC 3750	Psychosocial Aspects of Human Performance	3
REC 3500	Recreation Administration	3
REC 385G	Ethical Concerns in Recreation GI	3
REC 3400	Risk Management	3
EXSC 3550	Motor Learning and Control WE	3

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<b>Credit Hours</b>	<b>15</b>
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**Fourth Year****Semester 7**

REC 4400	Natural Resource and Protected Area Management	3
REC 420R	Outdoor Leadership and Management Practicum	2
REC 4800	Professional Preparation in Recreation	1

Complete one of the following:		3
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ACC 2110	Principles of Accounting I	
ENTR 3170	Entrepreneurship - Feasibility Analysis	
ENGL 3320	Grant and Proposal Writing	
HR 3430	Introduction to Human Resource Management	
BIOL 3800	Conservation Biology	

Complete one of the following:		1
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REC 1505	Whitewater Kayaking I	
REC 1516	Ropes Course and Teambuilding	
REC 1525	Mountaineering	
REC 1528	Rock Climbing II	
REC 1550	Mountain Biking	
REC 2010	Avalanche Awareness	

REC Elective		3
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<b>Credit Hours</b>	<b>13</b>
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**Semester 8**

REC 481R	Senior Internship	7
REC 4950	Senior Seminar	2
REC 1542	Wilderness First Responder	2
REC Elective		3

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<b>Credit Hours</b>	<b>14</b>
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<b>Total Credit Hours</b>	<b>120</b>
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## **Program Learning Outcomes**

1. Students will express satisfaction with opportunities for applied learning, service learning, and learning through coursework and practicum/internship
2. Students will express satisfaction with the program's breadth and depth of opportunities to improve students' outdoor skills
3. Students will express satisfaction with their ability to create and implement programs in the field of recreation
4. Students will be comfortable and effective creating and carrying out group activities
5. With professional preparation in mind, students would feel comfortable recommending this program to peers with similar professional goals