

Exercise Science and Outdoor Recreation - Outdoor Recreation Management Emphasis, B.S.

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
Total Credit Hours		120
Exercise Science and Outdoor Recreation Requirements		66 Credits
Complete the requirements		66
Emphasis Requirements		54 Credits
Complete one of the following:		3
ACC 2110	Principles of Accounting I (3)	
ENTR 3170	Entrepreneurship - Feasibility Analysis (3)	
ENTR 3180	Entrepreneurship - Launching a New Venture - For Non-Business Majors (3)	
ENGL 3320	Grant and Proposal Writing (3)	
HR 3430	Introduction to Human Resource Management (3)	
BIOL 3800	Conservation Biology (3)	
REC 1500 or REC 1580	Canoeing I Kayak Touring	1
REC 1542	Wilderness First Responder	2
REC 1527	Rock Climbing I	1
REC 1535	Backpacking	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 420R	Outdoor Leadership and Management Practicum	2
REC 4400	Natural Resource and Protected Area Management	3
REC 4800	Professional Preparation in Recreation	1
REC 481R	Senior Internship (1-8)	7
Complete 3 credits from the following:		3
REC 1505	Whitewater Kayaking I (1)	
REC 1516	Ropes Course and Teambuilding (1)	
REC 1525	Mountaineering (1)	
REC 1528	Rock Climbing II (1)	
REC 1550	Mountain Biking (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
Total Credit Hours		66
General Education Requirements		36 Credits
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 ¹ 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		3
Fine Arts		3
Social/Behavioral Science		3
Discipline Core Requirements		17 Credits
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 ² 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 ³ Exercise Science students must take EXSC 4950; Outdoor Recreation students must take REC 4950	2
or REC 4950	Senior Seminar	
Elective Requirements		13 Credits
Any 1000-level course(s) or higher		13

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. No grades below C- in Discipline Core or Emphasis Courses.
6. Successful completion of at least one Global/Intercultural course.
7. 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		Credit Hours
Semester 1		
ENGL 1010 or ENGH 1005	Introduction to Academic Writing CC or Literacies and Composition Across Contexts CC	3
MAT 1010	Intermediate Algebra	4
REC 2200	Foundations of Recreation	3
REC 1527	Rock Climbing I	1
REC 1535	Backpacking	1
Social/Behavioral Science Dist.		3
Credit Hours		15
Semester 2		
ENGL 2010	Intermediate Academic Writing CC	3
MATH 1050 or MATH 1055	College Algebra QL or College Algebra with Preliminaries QL	4
REC 2400	Principles of Experiential Education in Recreation	3
BIOL 1010	General Biology BB	3
EXSC 1097	Fitness for Life TE	2
Credit Hours		15
Second Year		
Semester 3		
REC 2600	Principles of Outdoor and Adventure Education	3
REC 2700	Leave No Trace Trainer	1
Physical Science Distribution		3
American Institutions Distribution		3
General Elective		3
Third Science Distribution		3
Credit Hours		16
Semester 4		
REC 1600	Winter Exploration	1
REC 3300	Wilderness Skills	1
REC 3100	Recreation Program Planning	3
EXSC 3550	Motor Learning and Control WE	3
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	
Fine Arts Distribution		3
Humanities Distribution		3
	Credit Hours	15
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
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	
REC 1500 or REC 1580	Canoeing I or Kayak Touring	1
	Credit Hours	14
Semester 6		
EXSC 3750	Psychosocial Aspects of Human Performance	3
REC 385G	Ethical Concerns in Recreation GI	3
REC 3400	Risk Management	3
REC 3500	Recreation Administration	3
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	
General Elective		3
	Credit Hours	16
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
ACC 2110	Principles of Accounting I	
ENTR 3170	Entrepreneurship - Feasibility Analysis	
ENTR 3180	Entrepreneurship - Launching a New Venture - For Non-Business Majors	
ENGL 3320	Grant and Proposal Writing	
HR 3430	Introduction to Human Resource Management	
BIOL 3800	Conservation Biology	
REC Elective		3
General Elective		3
	Credit Hours	15
Semester 8		
REC 481R	Senior Internship	7
REC 4950	Senior Seminar	2
REC 1542	Wilderness First Responder	2
REC Elective		3
	Credit Hours	14
	Total Credit Hours	120

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