Credit

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

Code	Title	Credit Hours
Total Credit Hours		120
Exercise Science and Ou	utdoor Recreation Requirements	66
		Credits
Complete the requirements	S	66
Emphasis Requirements		54
		Credits
Complete one of the follow	•	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	Canoeing I	1
or REC 1580	Kayak Touring	
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		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		6
REC 2450	Rock Climbing Site Management and Facilitation (3)	
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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

General Education Requirements Credit ENGL 1010 Introduction to Academic Writing CC or NCH 1005 Literacies and Composition Across Contexts CC ENGL 2010 Intermediate Academic Writing CC MATH 1055 College Algebra QL or MATH 1055 College Algebra QL Complete one of the following: HIST 2700 HIST 2710 US History to 1877 AS (3) Or HIST 2710 US History since 1877 AS HIST 1700 American Civilization AS (3) HIST 1714 US Economic History AS (3) POLS 1000 American Heritage AS (3) POLS 1100 American Heritage AS (3) POLS 1100 American Heritage AS (3) POLS 1100 American Merican As (3) Complete the following: Filness for Life TE PHIL 2050 Ethics and Values IH HILTH 1100 Personal Health and Wellness TE or ENGL 1010 College Biology 1 BB Physical Science Sports Medicine EXEX 2500 Sports Medicine EXSC 2500 Sports Medicine EXSC 2500 Sports Medicine </th <th>Code</th> <th>Title</th> <th>Credit Hours</th>	Code	Title	Credit Hours
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Credi	or REC 4950	Senior Seminar	
	Elective Requirements		13
Any 1000-level course(s) or higher			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		
Semester 1		Credit Hours
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	

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

SEC 1550	REC 1528	Rock Climbing II		
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REC 481R Senior Internship 7 REC 4950 Senior Seminar 2 REC 1542 Wilderness First Responder 2 REC Elective 3 Credit Hours 14		Credit Hours	15	
REC 4950 Senior Seminar 2 REC 1542 Wilderness First Responder 2 REC Elective 3 Credit Hours 14	Semester 8			
REC 1542 Wilderness First Responder 2 REC Elective 3 Credit Hours 14	REC 481R	Senior Internship	7	
REC Elective 3 Credit Hours 14	REC 4950	Senior Seminar	2	
Credit Hours 14	REC 1542	Wilderness First Responder	2	
	REC Elective		3	
Total Credit Hours 120		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