

Outdoor Recreation Management, B.S.

Visit the Exercise Science and Outdoor Recreation Department page (<https://www.uvu.edu/college-of-science/exercise-science/>) for more information on the program and access to advising.

Program Description

The Outdoor Recreation Management, BS prepares students for careers in outdoor recreation and tourism. This program provides a solid foundation in recreation theory, outdoor leadership, risk management, experiential education, and recreation and tourism program planning and management. Graduates will gain proficiency in a variety of outdoor skills and the ability to teach, facilitate and lead outdoor activities.

Program Requirements

Code	Title	Credit Hours
Total Credit Hours		120
General Education Requirements		30 Credits
ENGL 1010 or ENGL 1005	Introduction to Academic Writing Foundations of Academic Writing	3
ENGL 2010	Intermediate Academic Writing	3
STAT 1040 or STAT 1045 or MATH 1050 or MATH 1055	Introduction to Statistics Introduction to Statistics with Algebra College Algebra College Algebra with Preliminaries	3
American Institutions		3
Biology		3
Physical Science		3
Personal, Professional and Civic Growth		3
Humanities		3
Fine Arts		3
Social/Behavioral Science		3
Discipline Core Requirements		61 Credits
EXSC 3750	Psychosocial Aspects of Human Performance	3
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation	3
REC 1500 or REC 1580	Canoeing I Kayak Touring	1
REC 1527	Rock Climbing I	1
REC 1535	Backpacking	1
REC 1542	Wilderness First Responder	2
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 3850G	Ethical Concerns in Recreation	3
REC 4200R	Outdoor Leadership and Management Practicum	2
REC 4400	Natural Resource and Protected Area Management	3

REC 4800	Professional Preparation in Recreation	1
REC 4810R	Senior Internship (1-7)	7
REC 4950	Senior Seminar	2
Complete 2 credits from the following:		2
REC 1500	Canoeing I (1)	
REC 1505	Whitewater Kayaking I (1)	
REC 1525	Mountaineering (1)	
REC 1528	Rock Climbing II (1)	
REC 1550	Mountain Biking (1)	
REC 1580	Kayak Touring (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	
REC 3700	Natural Resource Interpretation (3)	
REC 4000	Outdoor Leadership (4)	
REC 4500	Wildland Recreation Behavior (3)	
REC 4900R	Topics in Recreation (1-3)	
Directed Electives		18
Complete 18 credits from the courses below. 6 credits must be Upper Division ¹		18
ACC 2110	Principles of Accounting I (3)	
ACC 2250	QuickBooks and Small Business Accounting (3)	
ASTR 1070	Cultural Astronomy in Our Lives (3)	
BIOL 2040R	Natural History Excursion (3)	
BIOL 2070	Desert Natural History (3)	
BIOL 3070	Advanced Desert Natural History (3)	
BIOL 3800	Conservation Biology (3)	
BOT 2050	Field Botany (3)	
BOT 2100	Flora of Utah (3)	
BOT 4300	Native Trees and Shrubs of Utah (3)	
MGMT 1250	Principles of Leadership (3)	
MGMT 2030	Inclusive Leadership (3)	
MGMT 3000	Organizational Behavior (3)	
MGMT 3500	Leadership Theory and Application (3)	
COMM 1020	Public Speaking (3)	
COMM 2110	Interpersonal Communication (3)	
COMM 2120	Small Group Communication and Decision Making (3)	
DGM 1110	Digital Media Essentials I (4)	
ENGL 3320	Grant and Proposal Writing (3)	
ENTR 3170	Entrepreneurship - Feasibility Analysis (3)	
ENVT 3630	Introduction to Geographic Information Systems (4)	
ENST 3520	Environmental Sociology (3)	
ENTR 3180R	Launching a New Venture - For Non-Business Majors (3)	
HR 3430	Introduction to Human Resource Management (3)	
GIS 2800	Geographic Information Systems (3)	
HR 3550	Organization Development and Change Management (3)	
HM 3200G	Global Tourism (3)	
MKTG 2200G	Written Business Communication (3)	
MKTG 3600	Principles of Marketing (3)	
SLSS 3200	Leader--Teacher and Mentor (3)	

Electives**11
Credits**

Electives 11

- ¹ Students may complete any Minor in the UVU Catalog instead of the Directed Electives. If the minor is less than 18 credits, the student must add classes to meet the 18 credit requirement.

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.
6. Successful completion of at least one Global/Intercultural course.
7. Successful completion of at least two Writing Enriched (WE) courses.

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 ENGL 1005	Introduction to Academic Writing or Foundations of Academic Writing	3
REC 2200	Foundations of Recreation	3
STAT 1040 or STAT 1045 or MATH 1050 or MATH 1055	Introduction to Statistics or Introduction to Statistics with Algebra or College Algebra or College Algebra with Preliminaries	3
REC 1527	Rock Climbing I	1
REC 1535	Backpacking	1
American Institutions Distribution		3
REC 1500 or REC 1580	Canoeing I or Kayak Touring	1
Credit Hours		15
Semester 2		
ENGL 2010	Intermediate Academic Writing	3
REC 2400	Principles of Experiential Education in Recreation	3
Social/Behavioral Science		3
Biology Distribution		3
Directed Elective		3
Credit Hours		15
Second Year		
Semester 3		
REC 2600	Principles of Outdoor and Adventure Education	3
Physical Science Distribution		3
General Elective		3
REC 4800	Professional Preparation in Recreation	1
REC 3300	Wilderness Skills	1
Personal, Professional, and Civic Growth		3
Credit Hours		14
Semester 4		
REC 1600	Winter Exploration	1
REC 3100	Recreation Program Planning	3
REC 2700	Leave No Trace Trainer	1
Complete one of the following:		1
REC 1505	Whitewater Kayaking I	
REC 1525	Mountaineering	
REC 1528	Rock Climbing II	

REC 1550	Mountain Biking	
REC 2010	Avalanche Awareness	
Fine Arts Distribution		3
Humanities Distribution		3
Directed Elective		3
Credit Hours		15
Third Year		
Semester 5		
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation	3
REC 3200	Inclusive Recreation	3
General Elective		2
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 4400	Natural Resource and Protected Area Management	3
Directed Elective		3
Credit Hours		15
Semester 6		
EXSC 3750	Psychosocial Aspects of Human Performance	3
REC 3850G	Ethical Concerns in Recreation	3
REC 3400	Risk Management	3
Directed Elective		3
General Elective		3
Credit Hours		15
Fourth Year		
Semester 7		
REC 4200R	Outdoor Leadership and Management Practicum	2
REC 3500	Recreation Administration	3
General Elective		3
REC 3700 or REC 2450	Natural Resource Interpretation or Rock Climbing Site Management and Facilitation	3
Directed Elective		3
Directed Elective		3
Credit Hours		17
Semester 8		
REC 4810R	Senior Internship	7
REC 4950	Senior Seminar	2
REC 1542	Wilderness First Responder	2
REC 4500 or REC 4000	Wildland Recreation Behavior or Outdoor Leadership	3
Credit Hours		14
Total Credit Hours		120

Program Learning Outcomes

1. Apply principles of recreation theory, outdoor leadership, and risk management to design and implement programs that promote health, wellness, and community engagement in outdoor settings.
2. Demonstrate proficiency in a variety of outdoor recreation skills and the ability to teach, facilitate, and adapt these activities for diverse groups and participants.
3. Evaluate and apply best practices in program planning to develop, manage, and assess outdoor recreation and tourism programs that meet the needs of the local community and contribute to economic growth.
4. Communicate effectively in oral and written formats, adapting messages to various audiences, including peers, clients, and community stakeholders, to promote outdoor recreation and tourism opportunities.
5. Analyze and apply experiential education principles in real-world outdoor settings, integrating research and reflective practices to enhance learning outcomes.

6. Demonstrate leadership and teamwork skills in a variety of outdoor environments, collaborating effectively with diverse groups, managing group dynamics, and providing guidance in both field and classroom settings.

First-line supervisors of entertainment and recreation workers, except gambling services

- Total Positions 123,300
- Field Growth 9.1%
- Median Salary \$46,060
- Average Openings 14.4

Recreation workers

- Total Positions 300,000
- Field Growth 5.5%
- Median Salary \$34,410
- Average Openings 63.7