

# Outdoor Recreation, Minor

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

In the Exercise Science and Outdoor Recreation Minor students complete courses in Anatomy, Physiology, Sport Medicine, Exercise Testing and Prescription, and Exercise Physiology. The program is designed to prepare students for employment at the entry level in health and fitness related occupations as well as for higher education.

## Matriculation Requirements

1. Admitted to a bachelor degree program at UVU.

## Program Requirements

Code	Title	Credit Hours
<b>Total Credit Hours</b>		<b>20</b>
<b>Discipline Core Requirements</b>		<b>20</b>
		<b>Credits</b>
REC 1535	Backpacking	1
REC 2200	Foundations of Recreation	3
REC 2400	Principles of Experiential Education in Recreation	3
REC 3100	Recreation Program Planning	3
REC 3400	Risk Management	3
Complete 1 credit from the the following:		1
REC 1500	Canoeing I (1)	
REC 1527	Rock Climbing I (1)	
REC 1550	Mountain Biking (1)	
REC 1580	Kayak Touring (1)	
Complete 6 credits from the following:		6
REC 3200	Inclusive Recreation (3)	
REC 3500	Recreation Administration (3)	
REC 3700	Natural Resource Interpretation (3)	
REC 3850G	Ethical Concerns in Recreation (3)	
REC 4000	Outdoor Leadership (4)	
REC 4400	Natural Resource and Protected Area Management (3)	
REC 4500	Wildland Recreation Behavior (3)	

## 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/>).

<b>First Year</b>		
<b>Semester 1</b>		<b>Credit Hours</b>
REC 2200	Foundations of Recreation	3
REC 1535	Backpacking	1
REC 2400	Principles of Experiential Education in Recreation	3
REC Elective		3
REC Elective		1
<b>Credit Hours</b>		<b>11</b>
<b>Semester 2</b>		
REC 3100	Recreation Program Planning	3
REC 3400	Risk Management	3

REC Elective	3
Credit Hours	9
Total Credit Hours	20

Program Learning Outcomes

1. Express satisfaction with opportunities for applied learning
2. Comfortable and effective carrying our group activities
3. Express satisfaction with opportunities for applied learning, service learning, and learning through coursework

Recreation and fitness studies teachers, postsecondary

- Total Positions16,200
- Field Growth3.4%
- Median Salary\$75,770
- Average Openings1.3

Athletes and sports competitors

- Total Positions25,100
- Field Growth11.1%
- Median Salary\$70,280
- Average Openings3.4

Coaches and scouts

- Total Positions307,100
- Field Growth8.8%
- Median Salary\$45,910
- Average Openings41.8

Exercise trainers and group fitness instructors

- Total Positions350,100
- Field Growth13.6%
- Median Salary\$46,480
- Average Openings73.7