## Exercise Science and Outdoor Recreation

The Exercise Science and Outdoor Recreation department is in the College of Science. To find the most up-to-date information, including Program Learning Outcomes for degree programs offered by the Exercise Science department, visit their website.

Exercise Science and Outdoor Recreation department

### DEPARTMENT CHAIR

CREER, Andrew Professor

### FACULTY

BARCELLOS DIAS CLARK, Nicolas Assistant Professor BOHNE, Michael Professor CICCONE, Anthony B. Assistant Professor CREER, Andrew Professor DRAPER, Shane N. Assistant Professor JENSEN, Ellis B. Associate Professor LINDLEY, Betsy Professor STANDIFIRD, Tyler Assistant Professor WHEATLEY, Laura Lecturer WILLIAMS, Scott Associate Professor

## **Degrees & Programs**

## Exercise Science and Outdoor Recreation, A.A.

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## Requirements

Students who complete an Associate's Degree in Exercise Science and Outdoor Recreation have received the basic knowledge necessary to continue their education in a Bachelor's Program or pursue employment in the Fitness industry.

### **Total Program Credits: 60**

Gei	neral Education	n Requirements:	35 Credits
	ENGL 1010	Introduction to Academic Writing CC	3
or	ENGH 1005	Literacies and Composition Across Contexts CC (5.0)	
	ENGL 2010	Intermediate Academic Writing CC	3
Cor	mplete one of th	he following:	3
	MAT 1030	Quantitative Reasoning QL (recommended for Humanities or Arts majors) (3.0)	
	MAT 1035	Quantitative Reasoning with Integrated Algebra QL (6.0)	
	STAT 1040	Introduction to Statistics QL (recommended for Social Science majors) (3.0)	

	STAT 1045	Introduction to Statistics with Algebra QL (5.0)	
	MATH 1050	College Algebra QL (recommended for Business, Education, Science, and Health Professions majors) (4.0)	
	MATH 1055	College Algebra with Preliminaries QL (5.0)	
	MATH 1090	College Algebra for Business QL (recommended for Business majors) (3.0)	
Com	plete one of th	ne following:	3
	HIST 2700	US History to 1877 AS (3.0)	
and	HIST 2710	US History since 1877 AS (3.0)	
	HIST 1700	American Civilization AS (3.0)	
	HIST 1740	US Economic History AS (3.0)	
	POLS 1000	American Heritage SS (3.0)	
	POLS 1100	American National Government AS (3.0)	
Com	plete the follo	wing:	
	PHIL 2050	Ethics and Values IH	3
	HLTH 1100	Personal Health and Wellness TE	2
or	EXSC 1097	Fitness for Life TE	
Dist	ribution Course	es:	
	Biology <sup>1</sup>		3
	Physical Scie	ence	3
	,	ology or Physical Science	3
	Humanities D		3
		tribution	3
	Fine Arts Dist		
Dicc		ioral Science	
	Social/Behav		3
DISC	Social/Behav	equirements:	3 16 Credits
	Social/Behav ipline Core Re EXSC 270G	equirements: Foundations of Exercise Science GI	3 16 Credits 3
Corr	Social/Behav ipline Core Re EXSC 270G nplete 13 credi	equirements:	3 16 Credits
Corr	Social/Behav ipline Core Re EXSC 270G nplete 13 credi	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health	3 16 Credits 3
Com	Social/Behav ipline Core Re EXSC 270G nplete 13 credi CHEM 1110	Equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0)	3 16 Credits 3
Com	Social/Behav ipline Core Re EXSC 270G pplete 13 credi CHEM 1110 ZOOL 2320	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0) Human Anatomy BB (3.0)	3 16 Credits 3
Com and	Social/Behav ipline Core Re EXSC 270G plete 13 credi CHEM 1110 ZOOL 2320 ZOOL 2325	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0) Human Anatomy BB (3.0) Human Anatomy Laboratory (1.0)	3 16 Credits 3
Com and	Social/Behav ipline Core Re EXSC 270G pplete 13 credi CHEM 1110 ZOOL 2320 ZOOL 2325 ZOOL 2420	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0) Human Anatomy BB (3.0) Human Anatomy Laboratory (1.0) Human Physiology (3.0)	3 16 Credits 3
Com and	Social/Behav ipline Core Re EXSC 270G plete 13 credi CHEM 1110 ZOOL 2320 ZOOL 2325 ZOOL 2420 ZOOL 2425	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0) Human Anatomy BB (3.0) Human Anatomy Laboratory (1.0) Human Physiology (3.0) Human Physiology Laboratory (1.0)	3 16 Credits 3
Com and	Social/Behav ipline Core Re EXSC 270G plete 13 credi CHEM 1110 ZOOL 2320 ZOOL 2325 ZOOL 2420 ZOOL 2425 STAT 2040 EXSC 2500 Any EXSC or	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0) Human Anatomy BB (3.0) Human Anatomy Laboratory (1.0) Human Physiology (3.0) Human Physiology Laboratory (1.0) Principles of Statistics QL (4.0)	3 16 Credits 3
Com and and	Social/Behav ipline Core Re EXSC 270G plete 13 credi CHEM 1110 ZOOL 2320 ZOOL 2325 ZOOL 2420 ZOOL 2425 STAT 2040 EXSC 2500 Any EXSC or	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0) Human Anatomy BB (3.0) Human Anatomy Laboratory (1.0) Human Physiology (3.0) Human Physiology Laboratory (1.0) Principles of Statistics QL (4.0) Sports Medicine (3.0) PETE courses approved by maximum of 2 hours)	3 16 Credits 3
Com and and	Social/Behav ipline Core Re EXSC 270G plete 13 credi CHEM 1110 ZOOL 2320 ZOOL 2325 ZOOL 2420 ZOOL 2420 ZOOL 2425 STAT 2040 EXSC 2500 Any EXSC or department (n	equirements: Foundations of Exercise Science GI ts from the following: Elementary Chemistry for the Health Sciences PP (4.0) Human Anatomy BB (3.0) Human Anatomy Laboratory (1.0) Human Physiology (3.0) Human Physiology Laboratory (1.0) Principles of Statistics QL (4.0) Sports Medicine (3.0) PETE courses approved by maximum of 2 hours) ents:	3 16 Credits 3 13

#### **Graduation Requirements:**

- 1. Completion of a minimum of 60 semester credits.
- 2. Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)

- 3. Residency hours -- minimum of 20 credit hours through course attendance at UVU.
- 4. Completion of GE and specified departmental requirements.
- 5. For the AA degree, completion of 8 credit hours of course work from one language.

1-ZOOL 1090 Introduction to Human Anatomy and Physiology BB strongly recommended

## Exercise Science and Outdoor Recreation, A.A. *Careers*

- 1. Graduates will be proficient in critical thinking and problem solving.
- 2. Students will graduate in a timely manner.
- Students will express satisfaction with opportunities for undergraduate research, and applied learningthrough servicelearning and internship opportunities throughout the program.
   Graduates will be proficient in applied skills that support
- professional competencies

## **Related Careers**

- · Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

## Exercise Science and Outdoor Recreation, A.S.

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### Requirements

Students who complete an Associate's Degree in Exercise Science and Outdoor Recreation have received the basic knowledge necessary to continue their education in a Bachelor's Program or pursue employment in the Fitness industry.

### **Total Program Credits: 60**

Ger	neral Educatior	n Requirements:	35 Credits
	ENGL 1010	Introduction to Academic Writing CC	3
or	ENGH 1005	Literacies and Composition Across Contexts CC (5.0)	
	ENGL 2010	Intermediate Academic Writing CC	3
Cor	omplete one of the following:		3
	MAT 1030	Quantitative Reasoning QL (recommended for Humanities or Arts majors) (3.0)	
	MAT 1035	Quantitative Reasoning with Integrated Algebra QL (6.0)	
	STAT 1040	Introduction to Statistics QL (recommended for Social Science majors) (3.0)	
	STAT 1045	Introduction to Statistics with Algebra QL (5.0)	
	MATH 1050	College Algebra QL (4.0) (recommended for Business, Education, Science, and Health Professions majors)	

	MATH 1055	College Algebra with Preliminaries QL (5.0)	
	MATH 1090	College Algebra for Business QL (recommended for Business majors) (3.0)	
Com	plete one of the	ne following:	3
	HIST 2700	US History to 1877 AS (3.0)	
and	HIST 2710	US History since 1877 AS (3.0)	
	HIST 1700	American Civilization AS (3.0)	
	HIST 1740	US Economic History AS (3.0)	
	POLS 1000	American Heritage SS (3.0)	
	POLS 1100	American National Government AS (3.0)	
Com	plete the follo	wing:	
	PHIL 2050	Ethics and Values IH	3
	HLTH 1100	Personal Health and Wellness TE (2.0)	
or	EXSC 1097	Fitness for Life TE	2
Dist	ribution Course	es:	
	Biology <sup>1</sup>		3
	Physical Scie	nce	3
	Additional Bio	ology or Physical Science	3
	Humanities D	vistribution	3
	Fine Arts Dist	tribution	3
	Social/Behav	ioral Science	3
Disc	ipline Core Re	equirements:	16 Credits
	EXSC 270G	Foundations of Exercise Science GI	3
Com	plete 13 credi	ts from the following:	13
	CHEM 1110	Elementary Chemistry for the Health Sciences PP (4.0)	
	ZOOL 2320	Human Anatomy BB (3.0)	
and	ZOOL 2325	Human Anatomy Laboratory (1.0)	
	ZOOL 2420	Human Physiology (3.0)	
and	ZOOL 2425	Human Physiology Laboratory (1.0)	
	STAT 2040	Principles of Statistics QL (4.0)	
	EXSC 2500	Sports Medicine (3.0)	
	Any EXSC or of 2 hours ma	PETE courses approved by department ay be applied to graduation)	(maximum
Elec	tive Requirem	ents:	9 Credits
	Complete any	y 1000-level or higher	9

#### **Graduation Requirements:**

- 1. Completion of a minimum of 60 semester credits.
- 2. Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
- 3. Residency hours -- minimum of 20 credit hours through course attendance at UVU.
- 4. Completion of GE and specified departmental requirements.

#### Footnote

Course Catalog 2023-2024

1-ZOOL 1090 strongly recommended

## Exercise Science and Outdoor Recreation, A.S. *Careers*

- 1. Graduates will be proficient in critical thinking and problem solving.
- Students will graduate in a timely manner (50% of students will complete the program in 9 or less semesters (where 1 or 2 blocks in the same summer represent 1 semester).
- Students will express satisfaction with opportunities for undergraduate research, and applied learning through servicelearning and internship opportunities throughout the program.
- 4. Graduates will be proficient in applied skills that support professional competencies.

## **Related Careers**

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- · Fitness Trainers and Aerobics Instructors

## **Exercise Science, Minor**

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## Requirements

The Exercise Science curriculum has been designed to address student needs and current marketdemands.Through practical experiences in laboratory settings using state of the art equipment,students are exposed to a wide range of engaged learning experiences as well as researchopportunities designed to develop essential skills necessary to be successful in a variety of majorrelated fields.

## **Total Program Credits: 24**

cipline Core Re	equirements:	24 Credits
EXSC 270G	Foundations of Exercise Science GI	3
EXSC 3270	Exercise Testing and Preparation	3
EXSC 3500	Kinesiology	3
EXSC 3700	Exercise Physiology	3
EXSC 3705	Exercise Physiology Laboratory	1
ZOOL 2320	Human Anatomy BB	3
ZOOL 2325	Human Anatomy Laboratory	1
ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Laboratory	1
Complete on	e of the following:	3
EXSC 3550	Motor Learning and Control WE (3)	
EXSC 3750	Psychosocial Aspects of Human Performance (3)	
EXSC 4000	Clinical Exercise Physiology (3)	
EXSC 4100	Physiology of Aging (3)	
EXSC 4500	Advanced Sports Nutrition (3)	
EXSC 4550	Principles of Strength and Conditioning (3)	

## Exercise Science, Minor Careers

1. Enhance critical thinking and problem solving skills

- Develop skills that support professional competencies through undergraduate research, service learning, and internship opportunities
- 3. Prepare students to successfully apply obtained knowledge and skills within their chosen profession

## **Related Careers**

Exercise Physiologists

## **Outdoor Recreation, Minor**

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### Requirements

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.

### Total Program Credits: 20

Ma	triculation Req	uirements:	
1	. Admitted to	a bachelor degree program at UVU.	
Dis	cipline Core R	equirements:	20 Credits
	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
Co	mplete 1 credit	from the the following:	1
	REC 1500	Canoeing I (1.0)	
	REC 1527	Rock Climbing I (1.0)	
	REC 1550	Mountain Biking (1.0)	
	REC 1580	Kayak Touring(1.0)	
Co	mplete 6 credit	s from the following:	6
	REC 3200	Inclusive Recreation (3.0)	
	REC 3500	Recreation Administration (3.0)	
	REC 3700	Natural Resource Interpretation (3.0)	
	REC 385G	Ethical Concerns in Recreation (3.0)	
	REC 4000	Outdoor Leadership (4.0)	
	REC 4400	Natural Resource and Protected Area Management (3.0)	
	REC 4500	Wildland Recreation Behavior (3.0)	

## Outdoor Recreation, Minor Careers

- 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

## **Related Careers**

• Recreation and Fitness Studies Teachers, Postsecondary

- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

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

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## Requirements

The Exercise Science curriculum has been designed to address student needs and current market demands. Through practical experiences in laboratory settings using state of the art equipment such as the Biodex S4, students are exposed to real life rehabilitation experiences as well as researching functional abilities and performance aspects of collegiate athletes. Additional classroom and lab experiences allow students to conduct 3-D motion analysis, measure muscle activity using wireless EMG technology, and analyze gait patterns using the GaitRite System, as well as conducting assessments to determine maximum oxygen uptake (VO2 Max), body composition, and anaerobic power.

Gen	eral Educatior	n Requirements:	37 Credits
	ENGL 1010	Introduction to Academic Writing CC	3
or	ENGH 1005	Literacies and Composition Across Contexts CC (5)	
	ENGL 2010	Intermediate Academic Writing CC	3
	MATH 1050	College Algebra QL	4
or	MATH 1055	College Algebra with Preliminaries QL (5)	
Corr	plete one of t	he following:	3
	HIST 2700	US History to 1877 AS (3)	
and	HIST 2710	US History since 1877 AS (3)	
	HIST 1700	American Civilization AS (3)	
	HIST 1740	US Economic History AS (3)	
	POLS 1000	American Heritage SS (3)	
	POLS 1100	American National Government AS (3)	
Com	plete the follo	wing:	
	PHIL 2050	Ethics and Values IH	3
	HLTH 1100	Personal Health and Wellness TE	2
or	EXSC 1097	Fitness for Life TE	
Distr	ribution Cours	es:	
	BIOL 1010	General Biology BB <sup>1</sup>	3
or	BIOL 1610	College Biology I BB (4)	
	Physical Scie	ence	3
	Third Science	e Distribution	3
	Humanities (a course)	any foreign language 202G/2020	4
	Fine Arts		3
	Social/Behav	ioral Science	3
Disc	ipline Core Re	equirements:	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 <sup>2</sup>	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>	2
or	REC 4950	Senior Seminar	
Eleo	ctive Requiren	nents:	12 Credits
lang	uage to includ	t hours of course work from one e the 1010, 1020, and 2010 levels completed in GE requirements).	12
Emp	hasis Require	ments:	51 Credits
	BIOL 1615	College Biology I Laboratory	1
	CHEM 1110	Elementary Chemistry for the Health Sciences PP	4
or	CHEM 1210	Principles of Chemistry I PP (4)	
	ZOOL 2320	Human Anatomy BB	3
and	ZOOL 2325	Human Anatomy Laboratory	1
	ZOOL 2420	Human Physiology	3
and	ZOOL 2425	Human Physiology Laboratory	1
	EXSC 270G	Foundations of Exercise Science GI	3
	EXSC 3500	Kinesiology	3
	EXSC 3700	Exercise Physiology	3
and	EXSC 3705	Exercise Physiology Laboratory	1
	EXSC 3730	Biomechanics	3
	STAT 2040	Principles of Statistics QL	3
		Statistics for the Behavioral Sciences (4	
or	PSY 3110		l)
	PSY 3110 EXSC 3400	Statistical Analysis in Exercise Science	
or Cho sele	EXSC 3400 ose 22 credits ctions will satisfies work):	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division	
or Cho sele	EXSC 3400 ose 22 credits ctions will satisfies work): EXSC 4000	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3)	(3)
or Cho sele	EXSC 3400 ose 22 credits ctions will satisfies se work): EXSC 4000 EXSC 4050	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit	(3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4050 EXSC 4100	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3)	(3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati se work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3)	(3) 22 y (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4400	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr	(3) 22 y (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3)	(3) 22 y (3) nunity (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati se work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400 EXSC 4550	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3) Principles of Strength and Conditioning	(3) 22 y (3) nunity (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400 EXSC 4500 EXSC 4500 EXSC 4600	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3)	(3) 22 y (3) munity (3) (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400 EXSC 4500 EXSC 4500 EXSC 4600 EXSC 4700	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3)	(3) 22 y (3) munity (3) (3)
sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4000 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4200 EXSC 4500 EXSC 4500 EXSC 4500 EXSC 4600 EXSC 4700 CHEM 1220	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4)	(3) 22 y (3) munity (3) (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4000 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400 EXSC 4500 EXSC 4500 EXSC 4500 EXSC 4600 EXSC 4700 CHEM 1220 PHYS 2020	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4) College Physics II PP (4)	(3) 22 y (3) munity (3) (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4000 EXSC 4000 EXSC 4200 EXSC 4200 EXSC 4500 EXSC 4500 EXSC 4500 EXSC 4500 EXSC 4700 CHEM 1220 PHYS 2020 ZOOL 4400	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4) College Physics II PP (4) Pathophysiology (4)	(3) 22 y (3) munity (3) (3)
or Cho sele	EXSC 3400 ose 22 credits ctions will sati- se work): EXSC 4000 EXSC 4000 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400 EXSC 4500 EXSC 4500 EXSC 4500 EXSC 4600 EXSC 4700 CHEM 1220 PHYS 2020	Statistical Analysis in Exercise Science from the following (make sure sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activit Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comr Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4) College Physics II PP (4)	(3) 22 y (3) munity (3) (3)

1	Any course 1000-level or higher	3
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### 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.
- 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.

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

#### Footnote

- 1. EXSC students must take BIOL 1610 and REC students must take BIOL 1010
- EXSC students must take EXSC 3270 and REC students must take REC 385G
- EXSC students must take EXSC 4950 and REC students must take REC 4950

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

## Careers

- To interact and communicate effectively by presenting information in oral, written, and technologyformats; collaborating with professionals and peers; expressing ideas clearly; and giving and receiving feedback.
- To utilize knowledge, skills, and abilities to evaluate health behavior risk factors; develop, implement, and evaluate exercise and wellness programs, and emplay behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors.
- To demonstrate behavior that preserves the integrity of a profession, prevents misrepresentation, and protects the consumer.
- To continuously improve knowledge, skills, and abilities and to uphold a professional image through actions and appearance.
- 5. To demonstrate critical thinking by making decisions based on multiple perspectives and evidence-based practice.

## **Related Careers**

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

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

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### Requirements

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Biodex S4, students are exposed to real life rehabilitation experiences as well as researching functional abilities and performance aspects of collegiate athletes. Additional classroom and lab experiences allow students to conduct 3-D motion analysis, measure muscle activity using wireless EMG technology, and analyze gait patterns using the GaitRite System, as well as conducting assessments to determine maximum oxygen uptake (VO2 Max), body composition, and anaerobic power.

Gen	eral Educatior	n Requirements:	36 Credits
	ENGL 1010	Introduction to Academic Writing CC	3
or	ENGH 1005	Literacies and Composition Across Contexts CC (5)	
	ENGL 2010	Intermediate Academic Writing CC	3
	MATH 1050	College Algebra QL	4
or	MATH 1055	College Algebra with Preliminaries QL (5)	
Com	plete one of t	he following:	3
	HIST 2700	US History to 1877 AS (3)	
and	HIST 2710	US History since 1877 AS (3)	
	HIST 1700	American Civilization AS (3)	
	HIST 1740	US Economic History AS (3)	
	POLS 1000	American Heritage SS (3)	
	POLS 1100	American National Government AS (3)	
Corr	plete the follo	wing:	
	PHIL 2050	Ethics and Values IH	3
	HLTH 1100	Personal Health and Wellness TE (2)	
or	EXSC 1097	Fitness for Life TE	2
Dist	ribution Cours	es:	
	BIOL 1010	General Biology BB <sup>1</sup>	3
or	BIOL 1610	College Biology I BB (4)	
	Physical Scie	ence	3
	Third Science	e Distribution	3
	Humanities		3
	Fine Arts		3
	Social/Behav	vioral Science	3
Disc	ipline Core Re	equirements:	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 <sup>2</sup>	3
or	REC 385G	Ethical Concerns in Recreation GI (3)	
	EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
	EXSC 4950	Senior Seminar <sup>3</sup> (2)	
or	REC 4950	Senior Seminar	2
Elec	tive Requirem	ients:	13 Credits
	Any 1000 lev	el or higher	13
Emp	hasis Require	ements:	51 Credits

	BIOL 1615	College Biology I Laboratory	1
	CHEM 1110	Elementary Chemistry for the Health Sciences PP	4
or	CHEM 1210	Principles of Chemistry I PP (4)	
	ZOOL 2320	Human Anatomy BB	3
and	ZOOL 2325	Human Anatomy Laboratory	1
	ZOOL 2420	Human Physiology	3
and	ZOOL 2425	Human Physiology Laboratory	1
	EXSC 270G	Foundations of Exercise Science GI	3
	EXSC 3500	Kinesiology	3
	EXSC 3700	Exercise Physiology	3
and	EXSC 3705	Exercise Physiology Laboratory	1
	EXSC 3730	Biomechanics	3
	STAT 2040	Principles of Statistics QL (4)	
or	PSY 3110	Statistics for the Behavioral Sciences (4	)
	EXSC 3400	Statistical Analysis in Exercise Science	3
sele	•	ts from the following (make sure sfy the requirements for upper-division	22
sele	ctions will sati	0 (	22
sele	ctions will sati	0 (	22
sele	ctions will sati se work):	sfy the requirements for upper-division	
sele	ctions will satistics se work): EXSC 4000	sfy the requirements for upper-division Clinical Exercise Physiology (3)	
sele	ctions will satis se work): EXSC 4000 EXSC 4050	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity	
sele	ctions will satisfies work): EXSC 4000 EXSC 4050 EXSC 4100	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3)	y (3)
sele	ctions will satisfies work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3)	y (3)
sele	ctions will satis se work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4400	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm	y (3) nunity (3)
sele	EXSC 4000 EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400 EXSC 4500	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3)	y (3) nunity (3)
sele	ctions will satisfies work): EXSC 4000 EXSC 4050 EXSC 4100 EXSC 4200 EXSC 4200 EXSC 4400 EXSC 4500 EXSC 4550	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3) Principles of Strength and Conditioning	y (3) nunity (3) (3)
sele	Exsc 4000           EXSC 4050           EXSC 4050           EXSC 4050           EXSC 4100           EXSC 4200           EXSC 4400           EXSC 4500           EXSC 4550           EXSC 4600	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3)	y (3) nunity (3) (3)
sele	Ctions will satisfies work):           EXSC 4000           EXSC 4050           EXSC 4100           EXSC 4200           EXSC 4400           EXSC 4500           EXSC 4550           EXSC 4600           EXSC 4700	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3)	y (3) nunity (3) (3)
sele	Ctions will satisfies work):           EXSC 4000           EXSC 4050           EXSC 4100           EXSC 4200           EXSC 4400           EXSC 4500           EXSC 4550           EXSC 4600           EXSC 4700           CHEM 1220	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4)	y (3) nunity (3) (3)
sele	Exsc 4000           EXSC 4050           EXSC 4050           EXSC 4050           EXSC 4100           EXSC 4200           EXSC 4400           EXSC 4500           EXSC 4550           EXSC 4600           EXSC 4700           CHEM 1220           PHYS 2020	sfy the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4) College Physics II PP (4)	y (3) nunity (3) (3)
sele	Ctions will satisfies work):           EXSC 4000           EXSC 4050           EXSC 4050           EXSC 4000           EXSC 4200           EXSC 4400           EXSC 4500           EXSC 4550           EXSC 4700           CHEM 12200           PHYS 2020           ZOOL 4400	Sty the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4) College Physics II PP (4) Pathophysiology (4)	y (3) nunity (3) (3)
	Ctions will satisfies work):           EXSC 4000           EXSC 4050           EXSC 4000           EXSC 4000           EXSC 4100           EXSC 4200           EXSC 4500           EXSC 4550           EXSC 4600           EXSC 4700           CHEM 1220           PHYS 2020           ZOOL 4400           PSY 2300	Sty the requirements for upper-division Clinical Exercise Physiology (3) Obesity Physiology and Physical Activity Physiology of Aging (3) Exercise Metabolism (3) Physical Activity Promotion in the Comm Advanced Sports Nutrition (3) Principles of Strength and Conditioning Advanced Biomechanics (3) Advanced Gross Motor Assessment (3) Principles of Chemistry II PP (4) College Physics II PP (4) Pathophysiology (4) Advanced Anatomy (4)	y (3) nunity (3) (3)

### 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.)
- 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.

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

Footnote

- EXSC students must take BIOL 1610 and REC students must take BIOL 1010
- EXSC students must take EXSC 3270 and REC students must take REC 385G
- EXSC students must take EXSC 4950 and REC students must take REC 4950

## Exercise Science and Outdoor Recreation - Exercise Science Emphasis, B.S. *Careers*

- To interact and communicate effectively by presenting information in oral, written, and technologyformats; collaborating with professionals and peers; expressing ideas clearly; and giving and receiving feedback.
- 2. To utilize knowledge, skills, and abilities to evaluate health behavior risk factors; develop, implement, and evaluate exercise and wellness programs, and emplay behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors.
- 3. To demonstrate behavior that preserves the integrity of a profession, prevents misrepresentation, and protects the consumer.
- 4. To continuously improve knowledge, skills, and abilities and to uphold a professional image through actions and appearance.
- 5. To demonstrate critical thinking by making decisions based on multiple perspectives and evidence-based practice.

### **Related Careers**

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- · Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

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

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#### Requirements

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.

Ger	General Education Requirements:		
	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 (5)	
Con	nplete one of th	ne following:	3
	HIST 2700	US History to 1877 AS (3)	

Exercise Science	and Outdoor	Recreation
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and	d HIST 2710 US History since 1877 AS (3)			
	HIST 1700	American Civilization AS (3)		
	HIST 1740	US Economic History AS (3)		
	POLS 1000	American Heritage SS (3)		
	POLS 1100			
Corr	nplete the follo	wing:	1	
	PHIL 2050	Ethics and Values IH	3	
	HLTH 1100	Personal Health and Wellness TE	2	
or	EXSC 1097	Fitness for Life TE		
Dist	ribution Cours	es:		
	BIOL 1010	General Biology BB <sup>1</sup>	3	
or	BIOL 1610	College Biology I BB (4)		
	Physical Scie	nce	3	
	Third Science	Distribution	3	
	Humanities (a course)	any foreign language 202G/2020	4	
	Fine Arts		3	
	Social/Behav	ioral Science	3	
Disc	cipline Core Re	equirements:	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 <sup>2</sup>	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>	2	
or	REC 4950	Senior Seminar		
Elec	tive Requirem	ents:	12 Credits	
Elec	Complete 12 language to i	ents: credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements).	12 Credits	
	Complete 12 language to i	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements).		
Emp	Complete 12 language to i (202G/2020 I	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments:	12	
Emp	Complete 12 language to i (202G/2020 I bhasis Require	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments:	12 54 Credits	
Emp	Complete 12 language to in (202G/2020 I bhasis Require nplete one of th	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following:	12 54 Credits 3	
Emp	Complete 12 language to ii (202G/2020 I bhasis Require nplete one of th ACC 2010	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3)	12 54 Credits 3	
Emp	Complete 12 language to ii (202G/2020 I bhasis Require nplete one of the ACC 2010 ENTR 3170	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3)	12 54 Credits 3	
Emp	Complete 12 language to ii (202G/2020 l ohasis Require nplete one of the ACC 2010 ENTR 3170 ENTR 3180	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3)	12 54 Credits 3 3)	
Emp	Complete 12 language to ii (202G/2020 I ohasis Require nplete one of the ACC 2010 ENTR 3170 ENTR 3180 ENGL 3320	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3)	12 54 Credits 3 3)	
Emp	Complete 12 language to ii (202G/2020 I ohasis Require nplete one of the ACC 2010 ENTR 3170 ENTR 3180 ENGL 3320 HR 3430	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Conservation Biology (3)	12 54 Credits 3 3)	
Emp	Complete 12 language to ii (202G/2020 I ohasis Require nplete one of the ACC 2010 ENTR 3170 ENTR 3180 ENGL 3320 HR 3430 BIOL 3800	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Conservation Biology (3)	12 54 Credits 3 3)	
Emp	Complete 12 language to ii (202G/2020 I ohasis Require nplete one of the ACC 2010 ENTR 3170 ENTR 3180 ENGL 3320 HR 3430 BIOL 3800 nplete the follo	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3 Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Conservation Biology (3) wing	12 54 Credits 3 3) gement (3)	
Emp	Complete 12 language to ii (202G/2020 I ohasis Require nplete one of th ACC 2010 ENTR 3170 ENTR 3180 ENGL 3320 HR 3430 BIOL 3800 nplete the follo REC 1535	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3 Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Conservation Biology (3) wing Backpacking	12 54 Credits 3 3) gement (3)	
Emp	Complete 12 language to ii (202G/2020 I ohasis Require nplete one of the ACC 2010 ENTR 3170 ENTR 3180 ENGL 3320 HR 3430 BIOL 3800 nplete the follo REC 1535 REC 1542	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3 Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Conservation Biology (3) wing Backpacking Wilderness First Responder	12 54 Credits 3 3) gement (3) 1 2	
Emp Corr	Complete 12 language to ii (202G/2020 I ohasis Require nplete one of the ACC 2010 ENTR 3170 ENTR 3180 ENGL 3320 HR 3430 BIOL 3800 nplete the follo REC 1535 REC 1542 REC 1500	credit hours of course work from one nclude the 1010, 1020, and 2010 levels evel completed in GE requirements). ments: ne following: Financial Accounting (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Conservation Biology (3) wing Backpacking Wilderness First Responder Canoeing I	12 54 Credits 3 3) gement (3) 1 2	

	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	
Cor	mplete 3 credits	s 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) Rock Climbing II (1)		
	REC 1528			
	REC 2010	Avalanche Awareness (1)		
Cor	mplete 6 credits	s 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 E	ducation	
	REC 3700	Natural Resource Interpretation (3)		
	REC 4000	Outdoor Leadership (4)		
	REC 4500	Wildland Recreation Behavior (3)		

#### **Graduation Requirements:**

- 1. Completion of a minimum of 121 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.

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

### Footnote

1. EXSC students must take BIOL 1610 and REC students must take BIOL 1010

- 2. EXSC students must take EXSC 3270 and REC students must take REC385G
- EXSC students must take EXSC 4950 and REC students must take REC 4950

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

- 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
- With professional preparation in mind, students would feel comfortable recommending this program to peers with similar professional goals

## **Related Careers**

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

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

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## Requirements

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.

Gen	General Education Requirements: 36 Credits				
	ENGL 1010	Introduction to Academic Writing CC	3		
or	ENGH 1005	Literacies and Composition Across Contexts CC (5)			
	ENGL 2010	Intermediate Academic Writing CC	3		
	MATH 1050	College Algebra QL	4		
or	MATH 1055	College Algebra with Preliminaries QL (5)			
Com	Complete one of the following:				
	HIST 2700	US History to 1877 AS (3)			
and	HIST 2710	US History since 1877 AS (3)			
	HIST 1700	American Civilization AS (3)			
	HIST 1740	US Economic History AS (3)			
	POLS 1000	American Heritage SS (3)			

		American National Covernment AS (2)	
Cor	POLS 1100	American National Government AS (3)	
COI	mplete the follo		2
	PHIL 2050	Ethics and Values IH	3
	HLTH 1100	Personal Health and Wellness TE	2
or	EXSC 1097	Fitness for Life TE	
Dis	tribution Cours	1	
	BIOL 1010	General Biology BB <sup>1</sup>	3
or	BIOL 1610	College Biology I BB (4)	
	Physical Scie	ence	3
	Third Science	e Distribution	3
	Humanities		3
	Fine Arts		3
	Social/Behavioral Science		3
Dis	cipline Core Re	equirements:	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 <sup>2</sup>	3
or	REC 385G	Ethical Concerns in Recreation GI	
	EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
	EXSC 4950	-	2
	2/100 1000	Senior Seminar <sup>3</sup>	2
or	REC 4950	Senior Seminar	2
		Senior Seminar	
	REC 4950	Senior Seminar ents:	
Ele	REC 4950 ctive Requirem	Senior Seminar nents: el or higher	13 Credits
Ele Em	REC 4950 ctive Requirem Any 1000 lev	Senior Seminar ents: el or higher ements:	13 Credits
Ele Em	REC 4950 ctive Requirem Any 1000 lev phasis Require	Senior Seminar ents: el or higher ements:	13 Credits 13 54 Credits
Ele Em	REC 4950 ctive Requirem Any 1000 lev phasis Require mplete one of t	Senior Seminar nents: el or higher ements: he following:	13 Credits 13 54 Credits
Ele Em	REC 4950 ctive Requirem Any 1000 lev phasis Require mplete one of the ACC 2010	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3)	13 Credits 13 54 Credits 3
Ele	REC 4950 ctive Requirem Any 1000 lev phasis Require mplete one of the ACC 2010 BIOL 3800	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3)	13 Credits 13 54 Credits 3
Ele Em	REC 4950 ctive Requirem Any 1000 lev phasis Require mplete one of the ACC 2010 BIOL 3800 ENTR 3170	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3)	13 Credits 13 54 Credits 3
Ele	REC 4950 ctive Requirem Any 1000 lev phasis Require mplete one of th ACC 2010 BIOL 3800 ENTR 3170 ENTR 3180	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3)	13 Credits 13 54 Credits 3 3)
Ele	REC 4950       ctive Requirem       Any 1000 lev       phasis Require       plete one of tt       ACC 2010       BIOL 3800       ENTR 3170       ENTR 3180       ENGL 3320	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage	13 Credits 13 54 Credits 3 3)
Ele Em	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         mplete one of tt         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENGL 3320         HR 3430	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3)	13 Credits 13 54 Credits 3 3) gement (3)
Ele	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         plete one of th         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENGL 3320         HR 3430         REC 1500	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Canoeing I Kayak Touring	13 Credits 13 54 Credits 3 3) gement (3)
Ele	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         mplete one of ti         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENGL 3320         HR 3430         REC 1580	Senior Seminar Tents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis ( Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Canoeing I Kayak Touring Wilderness First Responder	13 Credits 13 54 Credits 3 3) gement (3) 1
Ele	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         plete one of tt         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENGL 3320         HR 3430         REC 1500         REC 1542	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Canoeing I Kayak Touring Wilderness First Responder Rock Climbing I	13 Credits 13 54 Credits 3 3) gement (3) 1 2
Ele	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         plete one of tl         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENGL 3320         HR 3430         REC 1500         REC 1542         REC 1527         REC 1535	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Canoeing I Kayak Touring Wilderness First Responder Rock Climbing I Backpacking	13 Credits 13 54 Credits 3 3) 2 ement (3) 1 2 1
Ele	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         plete one of tt         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENTR 3130         REC 1500         REC 1580         REC 1527         REC 1535         REC 1600	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis ( Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Canoeing I Kayak Touring Wilderness First Responder Rock Climbing I Backpacking Winter Exploration	13 Credits 13 54 Credits 3 3) 2 ement (3) 1 2 1 1 1 1
Ele	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         plete one of tl         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENGL 3320         HR 3430         REC 1500         REC 1542         REC 1527         REC 1535	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (3) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Canoeing I Kayak Touring Wilderness First Responder Rock Climbing I Backpacking	13 Credits 13 54 Credits 3 3) () (1) (2) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1
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Ele	REC 4950         ctive Requirem         Any 1000 lev         phasis Require         plete one of tt         ACC 2010         BIOL 3800         ENTR 3170         ENTR 3180         ENTR 3180         REC 1500         REC 1580         REC 1542         REC 1527         REC 1535         REC 1600         REC 2200         REC 2400	Senior Seminar ents: el or higher ements: he following: Financial Accounting (3) Conservation Biology (3) Entrepreneurship: Feasibility Analysis (2) Developing Small Business (3) Grant and Proposal Writing (3) Introduction to Human Resource Manage Canoeing I Kayak Touring Wilderness First Responder Rock Climbing I Backpacking Winter Exploration Foundations of Recreation Principles of Experiential Education in Recreation Principles of Outdoor and Adventure	13 Credits 13 54 Credits 3 3) () () () () () () () () () () () () ()

<b>Exercise Science</b>	and	Outdoor	Recreation
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	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	
Cor	mplete 3 credit	s 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)			
Cor	mplete 6 credit	s 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)		

#### **Graduation Requirements:**

- 1. Completion of a minimum of 121 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.

#### Footnote

- 1. EXSC students must take BIOL 1610 and BIOL 1610 and REC students must take BIOL1010
- EXSC students must take EXSC 3270 and REC students must take REC 385G
- EXSC students must take EXSC 4950 and REC students must take REC 4950

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

- 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
- With professional preparation in mind, students would feel comfortable recommending this program to peers with similar professional goals

## **Related Careers**

- · Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors