

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

### 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

General Education Requirements:		35 Credits
ENGL 1010	Introduction to Writing	3
ENGL 2010	Intermediate Writing--Humanities/Social Sciences	3
Complete one of the following:		3
MAT 1030	Quantitative Reasoning (recommended for Humanities or Arts majors) (3.0)	
MAT 1035	Quantitative Reasoning with Integrated Algebra (6.0)	
STAT 1040	Introduction to Statistics (recommended for Social Science majors) (3.0)	
STAT 1045	Introduction to Statistics with Algebra (5.0)	
MATH 1050	College Algebra (recommended for Business, Education, Science, and Health Professions majors) (4.0)	
MATH 1055	College Algebra with Preliminaries (5.0)	
MATH 1090	College Algebra for Business (recommended for Business majors) (3.0)	
Complete one of the following:		3
HIST 2700	US History to 1877 (3.0)	
and HIST 2710	US History since 1877 (3.0)	
HIST 1700	American Civilization (3.0)	
HIST 1740	US Economic History (3.0)	
POLS 1000	American Heritage (3.0)	
POLS 1100	American National Government (3.0)	
Complete the following:		
PHIL 2050	Ethics and Values	3
HLTH 1100	Personal Health and Wellness	2
or PES 1097	Fitness for Life (2.0)	
Distribution Courses:		
Biology <sup>1</sup>		3
Physical Science		3
Additional Biology or Physical Science		3
Humanities Distribution		3
Fine Arts Distribution		3
Social/Behavioral Science		3
Discipline Core Requirements:		16 Credits
EXSC 270G	Foundations of Exercise Science	3
Complete 13 credits from the following:		13
CHEM 1110	Elementary Chemistry for the Health Sciences (4.0)	
ZOOL 2320	Human Anatomy (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 (4.0)	
	EXSC 2500	Sports Medicine (3.0)	
	Any EXSC or PETE courses approved by department (maximum of 2 hours)		
Elective Requirements:			9 Credits
	Same Foreign Language		8
	Any 1000-level course or higher		1

#### 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 strongly recommended
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## Exercise Science and Outdoor Recreation, A.A. 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](#).

Milestone courses (pre-requisites for a course in one of the subsequent semesters) are marked in red and italicized.

Semester 1	Course Title	Credit Hours
<i>ENGL 1010</i>	Introduction to Writing	3
Quantitative Literacy	<i>MATH 1050</i> recommended (4)	4
Biology Distribution	<i>ZOOL 1090</i> strongly recommended	3
PES 1097	Fitness for Life	2
	Any Foreign Language (1010)	4
	Semester total:	16
Semester 2	Course Title	Credit Hours
<i>ZOOL 2320</i>	Human Anatomy (Core Elective)	3
<i>ZOOL 2325</i>	Human Anatomy Lab (Core Elective)	1
ENGL 2020	Intermediate Writing	3
	Any Foreign Language (1020)	4
<i>CHEM 1110</i>	Elem. Chemistry Health Sciences (Physical Science Distribution)	4
	Semester total:	15
Notes: Extra credit hours are acquired as students take the suggested Chemistry classes.		
Semester 3	Course Title	Credit Hours
PHIL 2050	Ethics and Values	3
<i>Core Elective</i>	Human Physiology (Core Elective)	4
<i>ZOOL 2425</i>	Human Physiology Lab (Core Elective)	1
	American Institutions	3
	Social/Behavioral Science Distribution (PSY 1010 recommended)	3
	Fine Arts Distribution	3
	Semester total:	17
Semester 4	Course Title	Credit Hours
EXSC 270G	Foundations of Exercise Science	3
	Third Science Distribution	3
	Humanities Distribution	3
EXSC 2500 or STAT 2040	Sports Medicine or Principles of Statistics	3
	Semester total:	12
	Degree total:	60