

Exercise Science and Outdoor Recreation, A.S.

UVU strives to ensure the accessibility of our catalogs. However, if individuals with disabilities need this document in a different format than provided, you may contact the Assistive Technology Center at ACCESSIBLETECH@uvu.edu or 801-863-6788.

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 Academic Writing CC	3
or	ENGL 1005 Literacies and Composition Across Contexts CC (5.0)	
	ENGL 2010 Intermediate Academic Writing CC	3
Complete 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)	
Complete one of the 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)	
Complete the following:		
	PHIL 2050 Ethics and Values IH	3
	HLTH 1100 Personal Health and Wellness TE (2.0)	
or	EXSC 1097 Fitness for Life TE	2
Distribution Courses:		
	Biology ¹	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 GI	3
Complete 13 credits 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 PETE courses approved by department (maximum of 2 hours may be applied to graduation)		
Elective Requirements:		9 Credits
	Complete any 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

1-[ZOOL 1090](#) strongly recommended

Exercise Science and Outdoor Recreation, A.S.

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

Semester 1	Course Title	Credit Hours
ENGL 1010 or ENGH 1005	Introduction to Academic Writing CC or Literacies and Composition Across Contexts CC	3
Quantitative Literacy		4
Biology Distribution		3
HLTH 1100 or EXSC 1097	Personal Health and Wellness TE or Fitness for Life TE	2
Humanities Distribution		3
	Semester total:	15
Semester 2	Course Title	Credit Hours
ZOOL 2320	Human Anatomy BB	3
ZOOL 2325	Human Anatomy Laboratory	1
ENGL 2010	Intermediate Academic Writing CC	3
Fine Arts Distribution		3
CHEM 1110	Elementary Chemistry for the Health Sciences PP	4
	Semester total:	14
Semester 3	Course Title	Credit Hours
PHIL 2050	Ethics and Values IH	3
ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Laboratory	1
American Institutions		3
Social/Behavioral Science Distribution		3
General Elective		3
	Semester total:	16
Semester 4	Course Title	Credit Hours
EXSC 270G	Foundations of Exercise Science GI	3
Third Science Distribution		3
General Elective		5
STAT 2040 or EXSC 2500	Principles of Statistics QL or Sports Medicine	4
	Semester total:	15
	Degree total:	60