

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

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.

Total Program Credits: 121

General Education Requirements:		37 Credits
	ENGL 1010 Introduction to Academic Writing	3
or	ENGL 1005 Literacies and Composition Across Contexts	
	ENGL 2010 Intermediate Writing/Academic Writing and Research	3
	MATH 1050 College Algebra	4
or	MATH 1055 College Algebra with Preliminaries (5)	
Complete one of the following:		3
	HIST 2700 US History to 1877 (3)	
and	HIST 2710 US History since 1877 (3)	
	HIST 1700 American Civilization (3)	
	HIST 1740 US Economic History (3)	
	POLS 1000 American Heritage (3)	
	POLS 1100 American National Government (3)	
Complete the following:		
	PHIL 2050 Ethics and Values	3
	HLTH 1100 Personal Health and Wellness (2)	
or	PES 1097 Fitness for Life	2
Distribution Courses:		
	BIOL 1010 General Biology ¹	3
or	BIOL 1610 College Biology I (3)	
	Physical Science	3
	ZOOL 1090 Introduction to Human Anatomy and Physiology	3
	Humanities Distribution (any foreign language 202G/2020 course)	4
	Fine Arts Distribution	3
	Social/Behavioral Science	3
Discipline Core Requirements:		16 Credits
	EXSC 2500 Sports Medicine	3
	EXSC 3550 Motor Learning and Control WE	3
	EXSC 3750 Psychosocial Aspects of Human Performance	2
	EXSC 3270 Exercise Testing and Prescription ²	3
or	REC 385G Ethical Concerns in Recreation (3)	

	EXSC 4300 Research Methods in Exercise Science and Outdoor Recreation	3
	EXSC 4950 Senior Seminar ³ (2)	
or	REC 4950 Senior Seminar	2
Elective Requirements:		13 Credits
	Complete 12 credit hours of course work from one language to include the 1010, 1020, and 2010 levels (202G/2020 level completed in GE requirements).	12
	Complete 1 credit hour any course 1000 or higher	1
Emphasis Requirements:		55 Credits
	REC 1500 Canoeing I	1
or	REC 1580 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 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	7
Complete one of the following:		3
	ACC 2010 Financial Accounting (3)	
	ENTR 3170 Entrepreneurship and Opportunity Validation (3)	
	ENTR 3180 Developing Small Business (3)	
	ENGL 3320 Grant and Proposal Writing (3)	
	HR 3430 Introduction to Human Resource Management (3)	
	BIOL 3800 Conservation Biology (3)	
Complete 3 credits 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)	

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	REC 2010	Avalanche Awareness (1)	
Complete 3 credits from the following:			3
	REC 2450	Rock Climbing Site Management and Facilitation (3)	
or	REC 2650	Principles of Challenge Education (3)	
or	REC 2750	Principles of Water-Based Adventure Education (3)	
	REC 3700	Natural Resource Interpretation (3)	
	REC 4000	Outdoor Leadership (4)	
	REC 4500	Wildland Recreation Behavior (3)	
Complete any course(s) 1000 level or higher			4

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 Exercise Science students must take BIOL 1610; Outdoor Recreation students must take BIOL 1010
² Exercise Science students must take EXSC 3270; Outdoor Recreation students must take REC385G
³ Exercise Science students must take EXSC 4950; Outdoor Recreation students must take REC 4950

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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 or ENGH 1005</i>	Introduction to Academic Writing or Literacies and Composition Across Contexts	3
<i>MATH 1050 or MATH 1055</i>	College Algebra or College Algebra with Preliminaries	4
<i>REC 2200</i>	Foundations of Recreation	3
<i>REC 1535</i>	Backpacking	1
	Social/Behavioral Science Dist. (PSY 1010 recommended)	3
1527	Rock Climbing I	1
	Semester total:	15
Semester 2	Course Title	Credit Hours
ENGL 2010	Intermediate Writing/ Academic Writing and Research	3
Language	Any Language from 1010	4
<i>REC 2400</i>	Principles of Experiential Education in Recreation	3
BIOL 1010	General Biology (Biology Dist.)	3
PES 1097	Fitness for Life	2
	Semester total:	15
Semester 3	Course Title	Credit Hours
<i>ZOOL 1090</i>	Introduction to Human Anatomy and Physiology (3rd Science Dist.)	3
<i>REC 2600</i>	Principles of Outdoor and Adventure Education	3
<i>REC 2700</i>	Leave No Trace Trainer	1
Language	Any Language from 1020	4
	American Institutions Dist.	3
	Semester total:	14
Semester 4	Course Title	Credit Hours
<i>REC 1600</i>	Winter Exploration	1

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REC 3300	Wilderness Skills	1
REC 3100	Recreation Program Planning	3
Language	Any language from 2010	4
OREC Elective	REC 1505 or 1516 or 1525 or 1527 or 1550	3
	Physical Science Dist.	3
	Fine Arts Dist.	3
	Semester total:	18
Semester 5	Course Title	Credit Hours
EXSC 2500*	Sports Medicine	3
EXSC 4300*	Research Methods in Exercise Science and Outdoor Recreation	3
REC 3200	Inclusive Recreation	3
PHIL 2050	Ethics and Values	3
REC 1500	Canoeing I or Kayak Touring	1
or REC 1580		
	Humanities Dist. Language from 2020	4
	Semester total:	17
Notes: *Prerequisites are required. Please see advisor.		
Semester 6	Course Title	Credit Hours
EXSC 3750*	Psychosocial Aspects of Human Performance	2
REC 3500	Recreation Administration	3
REC 385G	Ethical Concerns in Recreation	3
REC 3400	Risk Management	3
EXSC 3550	Motor Learning and Control WE	3
	General Elective	1
	Semester total:	15
Notes: *Prerequisites are required. Please see advisor.		
Semester 7	Course Title	Credit Hours
REC 4400	Natural Resource and Protected Area Management	3
REC 420R	Outdoor Leadership and Management Practicum	2
REC 4800	Professional Preparation in Recreation	1
OREC Elective	ENTR 3170 or ENTR 3180 or MGMT 3210 or ENGL 3320, or BIOL 3800	3

OREC Elective		4
OREC Elective	ENTR 3170 or ENTR 3180 or MGMT 3210 or ENGL 3320, or BIOL 3800	3
	Semester total:	16
Semester 8	Course Title	Credit Hours
REC 481R	Senior Internship (3-8 credits)	7
REC 4950	Senior Seminar	2
REC 1542	Wilderness First Responder (Experiential Credit)	2
	Semester total:	11
	Degree total:	121