

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.

Total Program Credits: 121

General Education Requirements:			36 Credits
	ENGL 1010	Introduction to Academic Writing	3
or	ENGL 1005	Literacies and Composition Across Contexts (5)	
	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 (4)	
Physical Science			3
	ZOOL 1090	Introduction to Human Anatomy and Physiology	3
Humanities Distribution			3
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:			14 Credits
Any 1000 level or higher			14
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 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	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 (1.0)	
	REC 1516	Ropes Course and Teambuilding (1.0)	
	REC 1525	Mountaineering (1.0)	
	REC 1528	Rock Climbing II (1)	
	REC 1550	Mountain Biking (1.0)	
	REC 2010	Avalanche Awareness (1)	

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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)	
	REC 1500 Canoeing I	
or	REC 1580 Kayak Touring (1.0)	
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. 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
¹ Exercise Science students must take BIOL 1610; Outdoor Recreation students must take BIOL1010
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 1010</i>	Beginning Algebra (recommended elective)	4
<i>REC 2200</i>	Foundations of Outdoor recreation	3
<i>REC 1535</i>	Backpacking	1
	Social/Behavioral Science Dist. (PSY 1010 recommended)	3
OREC Elective		3
	Semester total:	17
Semester 2	Course Title	Credit Hours
ENGL 2010	Intermediate Writing/ Academic Writing and Research	3
<i>MATH 1050 or MATH 1055</i>	College Algebra or College Algebra with Preliminaries	4
<i>REC 2400</i>	Principles of Experiential Education in Recreation	3
BIOL 1010	General Biology (BIOL 1610 is also accepted in BIOL 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
REC 2600	Principles of Outdoor and Adventure Education	3
REC 2700	Leave No Trace Trainer	1
	Physical Science Distribution	3
	American Institutions Distribution	3
General Elective		2

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	Semester total:	15
Semester 4	Course Title	Credit Hours
REC 1600	Winter Exploration	1
REC 3300	Wilderness Skills	1
REC 3100	Recreation Program Planning	3
EXSC 3550	Motor Learning and Control WE	3
1527	Rock Climbing I	1
	Fine Arts Distribution	3
	Humanities Distribution	3
	Semester total:	15
Semester 5	Course Title	Credit Hours
EXSC 2500	Sports Medicine	3
EXSC 4300*	Research Methods	3
REC 3200	Inclusive Recreation	3
PHIL 2050	Ethics and Values	3
REC 1500 or REC 1580	Canoeing I or Kayak Touring	1
General Elective		2
	Semester total:	15
Notes: *Prerequisites are required. Please see advisor.		
Semester 6	Course Title	Credit Hours
EXSC 3750*	Psychosocial Aspects of Human Performance	2
REC 385G	Ethical Concerns in Recreation	3
REC 3400	Risk Management	3
REC 3500*	Recreation Administration	3
General Elective		3
	Semester total:	14
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		3
OREC Elective		3
General Elective		3
	Semester total:	15
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
OREC Elective		4
	Semester total:	15
	Degree total:	121