

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: 120

General Education Requirements:		36 Credits
	ENGL 1010 Introduction to Academic Writing CC	3
or	ENGL 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)	
Complete one of the 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)	
Complete the following:		
	PHIL 2050 Ethics and Values IH	3
	HLTH 1100 Personal Health and Wellness TE	2
or	EXSC 1097 Fitness for Life TE	
Distribution Courses:		
	BIOL 1010 General Biology BB ¹	3
or	BIOL 1610 College Biology I BB (4)	
	Physical Science	3
	Third Science Distribution	3
	Humanities	3
	Fine Arts	3
	Social/Behavioral Science	3
Discipline Core Requirements:		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 ²	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 ³	2
or	REC 4950	Senior Seminar	
Elective Requirements:			13 Credits
	Any 1000 level or higher		13
Emphasis Requirements:			54 Credits
Complete one of the following:			3
	ACC 2010	Financial Accounting (3)	
	BIOL 3800	Conservation Biology (3)	
	ENTR 3170	Entrepreneurship: Feasibility Analysis (3)	
	ENTR 3180	Developing Small Business (3)	
	ENGL 3320	Grant and Proposal Writing (3)	
	HR 3430	Introduction to Human Resource Management (3)	
	REC 1500	Canoeing I	1
or	REC 1580	Kayak Touring	
	REC 1542	Wilderness First Responder	2
	REC 1527	Rock Climbing I	1
	REC 1535	Backpacking	1
	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 (1-8)	7
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)	
	REC 2010	Avalanche Awareness (1)	
Complete 6 credits from the following:			6
	REC 2450	Rock Climbing Site Management and Facilitation (3)	

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

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
<ol style="list-style-type: none">1. EXSC students must take BIOL 1610 and BIOL 1610 and REC students must take BIOL10102. EXSC students must take EXSC 3270 and REC students must take REC 385G3. EXSC students must take EXSC 4950 and REC students must take REC 4950

Exercise Science and Outdoor Recreation - Outdoor Recreation Management Emphasis, B.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
MATH 1010	Intermediate Algebra	4
REC 2200	Foundations of Recreation	3
REC 1535	Backpacking	1
Social/Behavioral Science Dist.		3
Complete one of the following:		1
REC 1505	Whitewater Kayaking I	
REC 1516	Ropes Course and Teambuilding	
REC 1525	Mountaineering	
REC 1527	Rock Climbing I	
REC 1550	Mountain Biking	
Semester total:		15
Semester 2	Course Title	Credit Hours
ENGL 2010	Intermediate Academic Writing CC	3
MATH 1050 or MATH 1055	College Algebra QL or College Algebra with Preliminaries QL	4
REC 2400	Principles of Experiential Education in Recreation	3
BIOL 1010	General Biology BB	3
EXSC 1097	Fitness for Life TE	2
Semester total:		15
Semester 3	Course Title	Credit Hours
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		3
Third Science Distribution		3
Semester total:		16
Semester 4	Course Title	Credit Hours
REC 1600	Winter Exploration	1
REC 3300	Wilderness Skills	1

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

REC 3100	Recreation Program Planning	3
EXSC 3550	Motor Learning and Control WE	3
Complete one of the following:		1
REC 1505	Whitewater Kayaking I	
REC 1516	Ropes Course and Teambuilding	
REC 1525	Mountaineering	
REC 1527	Rock Climbing I	
REC 1550	Mountain Biking	
Fine Arts Distribution		3
Humanities Distribution		3
	Semester total:	15
Semester 5	Course Title	Credit Hours
EXSC 3500	Kinesiology	3
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
REC 3200	Inclusive Recreation	3
PHIL 2050	Ethics and Values IH	3
REC 1500 or REC 1580	Canoeing I or Kayak Touring	1
General Elective		2
	Semester total:	15
Semester 6	Course Title	Credit Hours
EXSC 3750	Psychosocial Aspects of Human Performance	3
REC 385G	Ethical Concerns in Recreation GI	3
REC 3400	Risk Management	3
REC 3500	Recreation Administration	3
General Elective		3
	Semester total:	15
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
Complete one of the following:		3
ENTR 3170	Entrepreneurship: Feasibility Analysis	
ENTR 3180	Developing Small Business	

HM 3210	Event Venue and Convention Management	
ENGL 3320	Grant and Proposal Writing	
BIOL 3800	Conservation Biology	
OREC Elective		3
General Elective		3
	Semester total:	15
Semester 8	Course Title	Credit Hours
REC 481R	Senior Internship	7
REC 4950	Senior Seminar	2
REC 1542	Wilderness First Responder	2
OREC Elective		3
	Semester total:	14
	Degree total:	120