

## 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
	<a href="#">ENGL 1010</a> Introduction to Academic Writing	3
or	<a href="#">ENGL 1005</a> Literacies and Composition Across Contexts (5)	
	<a href="#">ENGL 2010</a> Intermediate Writing/Academic Writing and Research	3
	<a href="#">MATH 1050</a> College Algebra	4
or	<a href="#">MATH 1055</a> College Algebra with Preliminaries (5)	
Complete one of the following:		3
	<a href="#">HIST 2700</a> US History to 1877 (3)	
and	<a href="#">HIST 2710</a> US History since 1877 (3)	
	<a href="#">HIST 1700</a> American Civilization (3)	
	<a href="#">HIST 1740</a> US Economic History (3)	
	<a href="#">POLS 1000</a> American Heritage (3)	
	<a href="#">POLS 1100</a> American National Government (3)	
Complete the following:		
	<a href="#">PHIL 2050</a> Ethics and Values	3
	<a href="#">HLTH 1100</a> Personal Health and Wellness	2
or	<a href="#">EXSC 1097</a> Fitness for Life	
Distribution Courses:		
	<a href="#">BIOL 1010</a> General Biology <sup>1</sup>	3
or	<a href="#">BIOL 1610</a> College Biology I (4)	
Physical Science		3
	<a href="#">ZOO 1090</a> Introduction to Human Anatomy and Physiology	3
Humanities		3
Fine Arts		3
Social/Behavioral Science		3
Discipline Core Requirements:		17 Credits
	<a href="#">EXSC 2500</a> Sports Medicine	3
	<a href="#">EXSC 3550</a> Motor Learning and Control WE	3
	<a href="#">EXSC 3750</a> Psychosocial Aspects of Human Performance	3

	<a href="#">EXSC 3270</a> Exercise Testing and Prescription <sup>2</sup>	3
or	<a href="#">REC 385G</a> Ethical Concerns in Recreation	
	<a href="#">EXSC 4300</a> Research Methods in Exercise Science and Outdoor Recreation WE	3
	<a href="#">EXSC 4950</a> Senior Seminar <sup>3</sup>	2
or	<a href="#">REC 4950</a> Senior Seminar	
Elective Requirements:		13 Credits
Any 1000 level or higher		13
Emphasis Requirements:		54 Credits
Complete one of the following:		3
	<a href="#">ACC 2010</a> Financial Accounting (3)	
	<a href="#">BIOL 3800</a> Conservation Biology (3)	
	<a href="#">ENTR 3170</a> Entrepreneurship and Opportunity Validation (3)	
	<a href="#">ENTR 3180</a> Developing Small Business (3)	
	<a href="#">ENGL 3320</a> Grant and Proposal Writing (3)	
	<a href="#">HR 3430</a> Introduction to Human Resource Management (3)	
	<a href="#">REC 1500</a> Canoeing I	1
or	<a href="#">REC 1580</a> Kayak Touring	
	<a href="#">REC 1542</a> Wilderness First Responder	2
	<a href="#">REC 1527</a> Rock Climbing I	1
	<a href="#">REC 1535</a> Backpacking	1
	<a href="#">REC 1600</a> Winter Exploration	1
	<a href="#">REC 2200</a> Foundations of Recreation	3
	<a href="#">REC 2400</a> Principles of Experiential Education in Recreation	3
	<a href="#">REC 2600</a> Principles of Outdoor and Adventure Education	3
	<a href="#">REC 2700</a> Leave No Trace Trainer	1
	<a href="#">REC 3100</a> Recreation Program Planning	3
	<a href="#">REC 3200</a> Inclusive Recreation	3
	<a href="#">REC 3300</a> Wilderness Skills	1
	<a href="#">REC 3400</a> Risk Management	3
	<a href="#">REC 3500</a> Recreation Administration	3
	<a href="#">REC 420R</a> Outdoor Leadership and Management Practicum	2
	<a href="#">REC 4400</a> Natural Resource and Protected Area Management	3
	<a href="#">REC 4800</a> Professional Preparation in Recreation	1
	<a href="#">REC 481R</a> Senior Internship	7
Complete 3 credits from the following:		3
	<a href="#">REC 1505</a> Whitewater Kayaking I (1)	
	<a href="#">REC 1516</a> Ropes Course and Teambuilding (1)	
	<a href="#">REC 1525</a> Mountaineering (1)	
	<a href="#">REC 1528</a> Rock Climbing II (1)	
	<a href="#">REC 1550</a> Mountain Biking (1)	
	<a href="#">REC 2010</a> Avalanche Awareness (1)	
Complete 6 credits from the following:		6

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	REC 2450	Rock Climbing Site Management and Facilitation (3)	
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.

Note: Students must obtain the departmental advisor's signature on an approved program plan prior to enrollment in their second semester of study.

Footnote
<sup>1</sup> EXSC students must take BIOL 1610 and BIOL 1610 and REC students must take BIOL1010
<sup>2</sup> EXSC students must take EXSC 3270 and REC students must take REC 385G
<sup>3</sup> EXSC students must take EXSC 4950 and REC 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</i>	Introduction to Academic Writing	3
<i>or ENGH 1005</i>	Literacies and Composition Across Contexts (5)	
<i>MATH 1010</i>	Beginning Algebra	4
<i>REC 2200</i>	Foundations of Recreation	3
<i>REC 1535</i>	Backpacking	1
	Social/Behavioral Science Dist.	3
Complete one of the following:		1
<i>REC 1505</i>	Whitewater Kayaking I	
<i>REC 1516</i>	Ropes Course and Teambuilding	
<i>REC 1525</i>	Mountaineering	
<i>REC 1527</i>	Rock Climbing I	
<i>REC 1550</i>	Mountain Biking	
	Semester total:	15
Semester 2	Course Title	Credit Hours
<i>ENGL 2010</i>	Intermediate Writing/ Academic Writing and Research	3
<i>MATH 1050</i>	College Algebra	4
<i>or MATH 1055</i>	College Algebra with Preliminaries	
<i>REC 2400</i>	Principles of Experiential Education in Recreation	3
<i>BIOL 1010</i>	General Biology	3
<i>EXSC 1097</i>	Fitness for Life	2
	Semester total:	15
Semester 3	Course Title	Credit Hours
<i>ZOOL 1090</i>	Introduction to Human Anatomy and Physiology	3
<i>REC 2600</i>	Principles of Outdoor and Adventure Education	3
<i>REC 2700</i>	Leave No Trace Trainer	1
	Physical Science Distribution	3
	American Institutions Distribution	3

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General Elective		3
	Semester total:	16
Semester 4	Course Title	Credit Hours
REC 1600	Winter Exploration	1
REC 3300	Wilderness Skills	1
<i>REC 3100</i>	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
<i>PHIL 2050</i>	Ethics and Values	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	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
<i>REC 420R</i>	Outdoor Leadership and Management Practicum	2
<i>REC 4800</i>	Professional Preparation in Recreation	1

Complete one of the following:		3
ENTR 3170	Entrepreneurship and Opportunity Validation	
ENTR 3180	Developing Small Business	
MGMT 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