

# Exercise Science and Outdoor Recreation

## Exercise Science and Outdoor Recreation

The Exercise Science and Outdoor Recreation department is in the [College of Science](#). To find the most up-to-date information, including Program Learning Outcomes for degree programs offered by the Exercise Science department, visit their website.

[Exercise Science and Outdoor Recreation department](#)

### DEPARTMENT CHAIR

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### FACULTY

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**JENSEN, Ellis B.** *Associate Professor*

**LINDLEY, Betsy** *Professor*

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**WHEATLEY, Laura** *Lecturer*

**WILLIAMS, Scott** *Associate Professor*

## Degrees & Programs

### Exercise Science and Outdoor Recreation, A.A.

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#### 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
	<a href="#">ENGL 1010</a> Introduction to Academic Writing CC	3
or	<a href="#">ENGL 1005</a> Literacies and Composition Across Contexts CC (5.0)	
	<a href="#">ENGL 2010</a> Intermediate Academic Writing CC	3
Complete one of the following:		3
	<a href="#">MAT 1030</a> Quantitative Reasoning QL (recommended for Humanities or Arts majors) (3.0)	
	<a href="#">MAT 1035</a> Quantitative Reasoning with Integrated Algebra QL (6.0)	
	<a href="#">STAT 1040</a> Introduction to Statistics QL (recommended for Social Science majors) (3.0)	

	<a href="#">STAT 1045</a> Introduction to Statistics with Algebra QL (5.0)	
	<a href="#">MATH 1050</a> College Algebra QL (recommended for Business, Education, Science, and Health Professions majors) (4.0)	
	<a href="#">MATH 1055</a> College Algebra with Preliminaries QL (5.0)	
	<a href="#">MATH 1090</a> College Algebra for Business QL (recommended for Business majors) (3.0)	
Complete one of the following:		3
	<a href="#">HIST 2700</a> US History to 1877 AS (3.0)	
and	<a href="#">HIST 2710</a> US History since 1877 AS (3.0)	
	<a href="#">HIST 1700</a> American Civilization AS (3.0)	
	<a href="#">HIST 1740</a> US Economic History AS (3.0)	
	<a href="#">POLS 1000</a> American Heritage SS (3.0)	
	<a href="#">POLS 1100</a> American National Government AS (3.0)	
Complete the following:		
	<a href="#">PHIL 2050</a> Ethics and Values IH	3
	<a href="#">HLTH 1100</a> Personal Health and Wellness TE	2
or	<a href="#">EXSC 1097</a> Fitness for Life TE	
Distribution Courses:		
	Biology <sup>1</sup>	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
	<a href="#">EXSC 270G</a> Foundations of Exercise Science GI	3
Complete 13 credits from the following:		13
	<a href="#">CHEM 1110</a> Elementary Chemistry for the Health Sciences PP (4.0)	
	<a href="#">ZOO 2320</a> Human Anatomy BB (3.0)	
and	<a href="#">ZOO 2325</a> Human Anatomy Laboratory (1.0)	
	<a href="#">ZOO 2420</a> Human Physiology (3.0)	
and	<a href="#">ZOO 2425</a> Human Physiology Laboratory (1.0)	
	<a href="#">STAT 2040</a> Principles of Statistics QL (4.0)	
	<a href="#">EXSC 2500</a> Sports Medicine (3.0)	
Any EXSC or PETE courses approved by department (maximum of 2 hours)		
Elective Requirements:		9 Credits
	Same Foreign Language	8
	Any 1000-level course or higher	1

#### 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.)

## Exercise Science and Outdoor Recreation

3. Residency hours -- minimum of 20 credit hours through course attendance at UVU.
4. Completion of GE and specified departmental requirements.
5. For the AA degree, completion of 8 credit hours of course work from one language.

1-ZOOL 1090 Introduction to Human Anatomy and Physiology BB strongly recommended
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### Exercise Science and Outdoor Recreation, A.A. Careers

1. Graduates will be proficient in critical thinking and problem solving.
2. Students will graduate in a timely manner.
3. Students will express satisfaction with opportunities for undergraduate research, and applied learning through service-learning and internship opportunities throughout the program.
4. Graduates will be proficient in applied skills that support professional competencies

### Related Careers

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

### Exercise Science and Outdoor Recreation, A.S.

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### 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: 20

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 <sup>1</sup>	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. Careers**

1. Graduates will be proficient in critical thinking and problem solving.
2. Students will graduate in a timely manner (50% of students will complete the program in 9 or less semesters (where 1 or 2 blocks in the same summer represent 1 semester).
3. Students will express satisfaction with opportunities for undergraduate research, and applied learning through service-learning and internship opportunities throughout the program.
4. Graduates will be proficient in applied skills that support professional competencies.

**Related Careers**

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

**Exercise Science, Minor**

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**Requirements**

The Exercise Science curriculum has been designed to address student needs and current market demands. Through practical experiences in laboratory settings using state of the art equipment, students are exposed to a wide range of engaged learning experiences as well as research opportunities designed to develop essential skills necessary to be successful in a variety of major related fields.

**Total Program Credits: 24**

Discipline Core Requirements:		24 Credits
<a href="#">EXSC 270G</a>	Foundations of Exercise Science GI	3
<a href="#">EXSC 3270</a>	Exercise Testing and Preparation	3
<a href="#">EXSC 3500</a>	Kinesiology	3
<a href="#">EXSC 3700</a>	Exercise Physiology	3
<a href="#">EXSC 3705</a>	Exercise Physiology Laboratory	1
<a href="#">ZOO 2320</a>	Human Anatomy BB	3
<a href="#">ZOO 2325</a>	Human Anatomy Laboratory	1
<a href="#">ZOO 2420</a>	Human Physiology	3
<a href="#">ZOO 2425</a>	Human Physiology Laboratory	1
Complete one of the following:		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 4000</a>	Clinical Exercise Physiology (3)	
<a href="#">EXSC 4100</a>	Physiology of Aging (3)	
<a href="#">EXSC 4500</a>	Advanced Sports Nutrition (3)	
<a href="#">EXSC 4550</a>	Principles of Strength and Conditioning (3)	

**Exercise Science, Minor Careers**

1. Enhance critical thinking and problem solving skills

2. Develop skills that support professional competencies through undergraduate research, service learning, and internship opportunities
3. Prepare students to successfully apply obtained knowledge and skills within their chosen profession

**Related Careers**

- Exercise Physiologists

**Outdoor Recreation, Minor**

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**Requirements**

In the Exercise Science and Outdoor Recreation Minor students complete courses in Anatomy, Physiology, Sport Medicine, Exercise Testing and Prescription, and Exercise Physiology. The program is designed to prepare students for employment at the entry level in health and fitness related occupations as well as for higher education.

**Total Program Credits: 20**

Matriculation Requirements:		
1. Admitted to a bachelor degree program at UVU.		
Discipline Core Requirements:		20 Credits
<a href="#">REC 1535</a>	Backpacking	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 3100</a>	Recreation Program Planning	3
<a href="#">REC 3400</a>	Risk Management	3
Complete 1 credit from the the following:		1
<a href="#">REC 1500</a>	Canoeing I (1.0)	
<a href="#">REC 1527</a>	Rock Climbing I (1.0)	
<a href="#">REC 1550</a>	Mountain Biking (1.0)	
<a href="#">REC 1580</a>	Kayak Touring(1.0)	
Complete 6 credits from the following:		6
<a href="#">REC 3200</a>	Inclusive Recreation (3.0)	
<a href="#">REC 3500</a>	Recreation Administration (3.0)	
<a href="#">REC 3700</a>	Natural Resource Interpretation (3.0)	
<a href="#">REC 385G</a>	Ethical Concerns in Recreation (3.0)	
<a href="#">REC 4000</a>	Outdoor Leadership (4.0)	
<a href="#">REC 4400</a>	Natural Resource and Protected Area Management (3.0)	
<a href="#">REC 4500</a>	Wildland Recreation Behavior (3.0)	

**Outdoor Recreation, Minor Careers**

1. Express satisfaction with opportunities for applied learning
2. Comfortable and effective carrying our group activities
3. Express satisfaction with opportunities for applied learning, service learning, and learning through coursework

**Related Careers**

- Recreation and Fitness Studies Teachers, Postsecondary

# Exercise Science and Outdoor Recreation

- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

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

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### Requirements

The Exercise Science curriculum has been designed to address student needs and current market demands. Through practical experiences in laboratory settings using state of the art equipment such as the Biodex S4, students are exposed to real life rehabilitation experiences as well as researching functional abilities and performance aspects of collegiate athletes. Additional classroom and lab experiences allow students to conduct 3-D motion analysis, measure muscle activity using wireless EMG technology, and analyze gait patterns using the GaitRite System, as well as conducting assessments to determine maximum oxygen uptake (VO<sub>2</sub> Max), body composition, and anaerobic power.

### Total Program Credits: 120

General Education Requirements:		37 Credits
	<a href="#">ENGL 1010</a> Introduction to Academic Writing CC	3
or	<a href="#">ENGL 1005</a> Literacies and Composition Across Contexts CC (5)	
	<a href="#">ENGL 2010</a> Intermediate Academic Writing CC	3
	<a href="#">MATH 1050</a> College Algebra QL	4
or	<a href="#">MATH 1055</a> College Algebra with Preliminaries QL (5)	
Complete one of the following:		3
	<a href="#">HIST 2700</a> US History to 1877 AS (3)	
and	<a href="#">HIST 2710</a> US History since 1877 AS (3)	
	<a href="#">HIST 1700</a> American Civilization AS (3)	
	<a href="#">HIST 1740</a> US Economic History AS (3)	
	<a href="#">POLS 1000</a> American Heritage SS (3)	
	<a href="#">POLS 1100</a> American National Government AS (3)	
Complete the following:		
	<a href="#">PHIL 2050</a> Ethics and Values IH	3
	<a href="#">HLTH 1100</a> Personal Health and Wellness TE	2
or	<a href="#">EXSC 1097</a> Fitness for Life TE	
Distribution Courses:		
	<a href="#">BIOL 1010</a> General Biology BB <sup>1</sup>	3
or	<a href="#">BIOL 1610</a> College Biology I BB (4)	
	Physical Science	3
	Third Science Distribution	3
	Humanities (any foreign language 202G/2020 course)	4
	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 GI	
	<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:		12 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
Emphasis Requirements:		51 Credits
	<a href="#">BIOL 1615</a> College Biology I Laboratory	1
	<a href="#">CHEM 1110</a> Elementary Chemistry for the Health Sciences PP	4
or	<a href="#">CHEM 1210</a> Principles of Chemistry I PP (4)	
	<a href="#">ZOO 2320</a> Human Anatomy BB	3
and	<a href="#">ZOO 2325</a> Human Anatomy Laboratory	1
	<a href="#">ZOO 2420</a> Human Physiology	3
and	<a href="#">ZOO 2425</a> Human Physiology Laboratory	1
	<a href="#">EXSC 270G</a> Foundations of Exercise Science GI	3
	<a href="#">EXSC 3500</a> Kinesiology	3
	<a href="#">EXSC 3700</a> Exercise Physiology	3
and	<a href="#">EXSC 3705</a> Exercise Physiology Laboratory	1
	<a href="#">EXSC 3730</a> Biomechanics	3
	<a href="#">STAT 2040</a> Principles of Statistics QL	3
or	<a href="#">PSY 3110</a> Statistics for the Behavioral Sciences (4)	
or	<a href="#">EXSC 3400</a> Statistical Analysis in Exercise Science (3)	
Choose 22 credits from the following (make sure selections will satisfy the requirements for upper-division course work):		22
	<a href="#">EXSC 4000</a> Clinical Exercise Physiology (3)	
	<a href="#">EXSC 4050</a> Obesity Physiology and Physical Activity (3)	
	<a href="#">EXSC 4100</a> Physiology of Aging (3)	
	<a href="#">EXSC 4200</a> Exercise Metabolism (3)	
	<a href="#">EXSC 4400</a> Physical Activity Promotion in the Community (3)	
	<a href="#">EXSC 4500</a> Advanced Sports Nutrition (3)	
	<a href="#">EXSC 4550</a> Principles of Strength and Conditioning (3)	
	<a href="#">EXSC 4600</a> Advanced Biomechanics (3)	
	<a href="#">EXSC 4700</a> Advanced Gross Motor Assessment (3)	
	<a href="#">CHEM 1220</a> Principles of Chemistry II PP (4)	
	<a href="#">PHYS 2020</a> College Physics II PP (4)	
	<a href="#">ZOO 4400</a> Pathophysiology (4)	
	<a href="#">ZOO 4700</a> Advanced Anatomy (4)	
	<a href="#">PSY 2300</a> Abnormal Psychology (3)	
Emphasis Elective Requirements:		3 Credits

Any course 1000-level or higher	3
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## Graduation Requirements:

1. Completion of a minimum of 120 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
<ol style="list-style-type: none"> <li>1. EXSC students must take BIOL 1610 and REC students must take BIOL 1010</li> <li>2. EXSC students must take EXSC 3270 and REC students must take REC 385G</li> <li>3. EXSC students must take EXSC 4950 and REC students must take REC 4950</li> </ol>

## Exercise Science and Outdoor Recreation - Exercise Science Emphasis, B.A. Careers

1. To interact and communicate effectively by presenting information in oral, written, and technology formats; collaborating with professionals and peers; expressing ideas clearly; and giving and receiving feedback.
2. To utilize knowledge, skills, and abilities to evaluate health behavior risk factors; develop, implement, and evaluate exercise and wellness programs, and employ behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors.
3. To demonstrate behavior that preserves the integrity of a profession, prevents misrepresentation, and protects the consumer.
4. To continuously improve knowledge, skills, and abilities and to uphold a professional image through actions and appearance.
5. To demonstrate critical thinking by making decisions based on multiple perspectives and evidence-based practice.

## Related Careers

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

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

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## Requirements

The Exercise Science curriculum has been designed to address student needs and current market demands. Through practical experiences in laboratory settings using state of the art equipment such as the

Biodex S4, students are exposed to real life rehabilitation experiences as well as researching functional abilities and performance aspects of collegiate athletes. Additional classroom and lab experiences allow students to conduct 3-D motion analysis, measure muscle activity using wireless EMG technology, and analyze gait patterns using the GaitRite System, as well as conducting assessments to determine maximum oxygen uptake (VO<sub>2</sub> Max), body composition, and anaerobic power.

## Total Program Credits: 120

General Education Requirements:			36 Credits
	ENGL 1010	Introduction to Academic Writing CC	3
or	ENGH 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	2
Distribution Courses:			
	BIOL 1010	General Biology BB <sup>1</sup>	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 <sup>2</sup>	3
or	REC 385G	Ethical Concerns in Recreation GI (3)	
	EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
	EXSC 4950	Senior Seminar <sup>3</sup> (2)	
or	REC 4950	Senior Seminar	2
Elective Requirements:			13 Credits
	Any 1000 level or higher		13
Emphasis Requirements:			51 Credits

## Exercise Science and Outdoor Recreation

	<a href="#">BIOL 1615</a>	College Biology I Laboratory	1
	<a href="#">CHEM 1110</a>	Elementary Chemistry for the Health Sciences PP	4
or	<a href="#">CHEM 1210</a>	Principles of Chemistry I PP (4)	
	<a href="#">ZOOL 2320</a>	Human Anatomy BB	3
and	<a href="#">ZOOL 2325</a>	Human Anatomy Laboratory	1
	<a href="#">ZOOL 2420</a>	Human Physiology	3
and	<a href="#">ZOOL 2425</a>	Human Physiology Laboratory	1
	<a href="#">EXSC 270G</a>	Foundations of Exercise Science GI	3
	<a href="#">EXSC 3500</a>	Kinesiology	3
	<a href="#">EXSC 3700</a>	Exercise Physiology	3
and	<a href="#">EXSC 3705</a>	Exercise Physiology Laboratory	1
	<a href="#">EXSC 3730</a>	Biomechanics	3
	<a href="#">STAT 2040</a>	Principles of Statistics QL (4)	
or	<a href="#">PSY 3110</a>	Statistics for the Behavioral Sciences (4)	
	<a href="#">EXSC 3400</a>	Statistical Analysis in Exercise Science	3
Complete 22 credits from the following (make sure selections will satisfy the requirements for upper-division course work):			22
	<a href="#">EXSC 4000</a>	Clinical Exercise Physiology (3)	
	<a href="#">EXSC 4050</a>	Obesity Physiology and Physical Activity (3)	
	<a href="#">EXSC 4100</a>	Physiology of Aging (3)	
	<a href="#">EXSC 4200</a>	Exercise Metabolism (3)	
	<a href="#">EXSC 4400</a>	Physical Activity Promotion in the Community (3)	
	<a href="#">EXSC 4500</a>	Advanced Sports Nutrition (3)	
	<a href="#">EXSC 4550</a>	Principles of Strength and Conditioning (3)	
	<a href="#">EXSC 4600</a>	Advanced Biomechanics (3)	
	<a href="#">EXSC 4700</a>	Advanced Gross Motor Assessment (3)	
	<a href="#">CHEM 1220</a>	Principles of Chemistry II PP (4)	
	<a href="#">PHYS 2020</a>	College Physics II PP (4)	
	<a href="#">ZOOL 4400</a>	Pathophysiology (4)	
	<a href="#">ZOOL 4700</a>	Advanced Anatomy (4)	
	<a href="#">PSY 2300</a>	Abnormal Psychology (3)	
Emphasis Elective Requirements:			3 Credits
	Any courses 1000-level or higher		3

### Graduation Requirements:

1. Completion of a minimum of 120 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. EXSC students must take BIOL 1610 and REC students must take BIOL 1010
2. EXSC students must take EXSC 3270 and REC students must take REC 385G
3. EXSC students must take EXSC 4950 and REC students must take REC 4950

### Exercise Science and Outdoor Recreation - Exercise Science Emphasis, B.S. Careers

1. To interact and communicate effectively by presenting information in oral, written, and technology formats; collaborating with professionals and peers; expressing ideas clearly; and giving and receiving feedback.
2. To utilize knowledge, skills, and abilities to evaluate health behavior risk factors; develop, implement, and evaluate exercise and wellness programs, and employ behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors.
3. To demonstrate behavior that preserves the integrity of a profession, prevents misrepresentation, and protects the consumer.
4. To continuously improve knowledge, skills, and abilities and to uphold a professional image through actions and appearance.
5. To demonstrate critical thinking by making decisions based on multiple perspectives and evidence-based practice.

### Related Careers

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

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

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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:			37 Credits
	<a href="#">ENGL 1010</a>	Introduction to Academic Writing CC	3
or	<a href="#">ENGL 1005</a>	Literacies and Composition Across Contexts CC	
	<a href="#">ENGL 2010</a>	Intermediate Academic Writing CC	3
	<a href="#">MATH 1050</a>	College Algebra QL	4
or	<a href="#">MATH 1055</a>	College Algebra with Preliminaries QL (5)	
Complete one of the following:			3
	<a href="#">HIST 2700</a>	US History to 1877 AS (3)	

## Exercise Science and Outdoor Recreation

and	<a href="#">HIST 2710</a>	US History since 1877 AS (3)	
	<a href="#">HIST 1700</a>	American Civilization AS (3)	
	<a href="#">HIST 1740</a>	US Economic History AS (3)	
	<a href="#">POLS 1000</a>	American Heritage SS (3)	
	<a href="#">POLS 1100</a>	American National Government AS (3)	
Complete the following:			
	<a href="#">PHIL 2050</a>	Ethics and Values IH	3
	<a href="#">HLTH 1100</a>	Personal Health and Wellness TE	2
or	<a href="#">EXSC 1097</a>	Fitness for Life TE	
Distribution Courses:			
	<a href="#">BIOL 1010</a>	General Biology BB <sup>1</sup>	3
or	<a href="#">BIOL 1610</a>	College Biology I BB (4)	
		Physical Science	3
		Third Science Distribution	3
		Humanities (any foreign language 202G/2020 course)	4
		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 GI	
	<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:			12 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
Emphasis Requirements:			54 Credits
Complete one of the following:			3
	<a href="#">ACC 2010</a>	Financial Accounting (3)	
	<a href="#">ENTR 3170</a>	Entrepreneurship: Feasibility Analysis (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="#">BIOL 3800</a>	Conservation Biology (3)	
Complete the following			
	<a href="#">REC 1535</a>	Backpacking	1
	<a href="#">REC 1542</a>	Wilderness First Responder	2
	<a href="#">REC 1500</a>	Canoeing I	1
or	<a href="#">REC 1580</a>	Kayak Touring	
	<a href="#">REC 1527</a>	Rock Climbing I	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 4400</a>	Natural Resource and Protected Area Management	3
	<a href="#">REC 420R</a>	Outdoor Leadership and Management Practicum	2
	<a href="#">REC 4800</a>	Professional Preparation in Recreation	1
	<a href="#">REC 481R</a>	Senior Internship (1-7)	7
Complete 3 credits from the following:			3
	<a href="#">REC 1516</a>	Ropes Course and Teambuilding (1)	
	<a href="#">REC 1525</a>	Mountaineering (1)	
	<a href="#">REC 1550</a>	Mountain Biking (1)	
	<a href="#">REC 1505</a>	Whitewater Kayaking I (1)	
	<a href="#">REC 1528</a>	Rock Climbing II (1)	
	<a href="#">REC 2010</a>	Avalanche Awareness (1)	
Complete 6 credits from the following:			6
	<a href="#">REC 2450</a>	Rock Climbing Site Management and Facilitation (3)	
or	<a href="#">REC 2650</a>	Principles of Challenge Education	
or	<a href="#">REC 2750</a>	Principles of Water-Based Adventure Education	
	<a href="#">REC 3700</a>	Natural Resource Interpretation (3)	
	<a href="#">REC 4000</a>	Outdoor Leadership (4)	
	<a href="#">REC 4500</a>	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. 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. EXSC students must take BIOL 1610 and REC students must take BIOL 1010

## Exercise Science and Outdoor Recreation

- EXSC students must take EXSC 3270 and REC students must take REC385G
- EXSC students must take EXSC 4950 and REC students must take REC 4950

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

- Students will express satisfaction with opportunities for applied learning, service learning, and learning through coursework and practicum/internship
- Students will express satisfaction with the program's breadth and depth of opportunities to improve students' outdoor skills
- Students will express satisfaction with their ability to create and implement programs in the field of recreation
- Students will be comfortable and effective creating and carrying out group activities
- With professional preparation in mind, students would feel comfortable recommending this program to peers with similar professional goals

### Related Careers

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
- Coaches and Scouts
- Fitness Trainers and Aerobics Instructors

### 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 CC	3
or	<a href="#">ENGL 1005</a> Literacies and Composition Across Contexts CC (5)	
	<a href="#">ENGL 2010</a> Intermediate Academic Writing CC	3
	<a href="#">MATH 1050</a> College Algebra QL	4
or	<a href="#">MATH 1055</a> College Algebra with Preliminaries QL (5)	
Complete one of the following:		3
	<a href="#">HIST 2700</a> US History to 1877 AS (3)	
and	<a href="#">HIST 2710</a> US History since 1877 AS (3)	
	<a href="#">HIST 1700</a> American Civilization AS (3)	
	<a href="#">HIST 1740</a> US Economic History AS (3)	
	<a href="#">POLS 1000</a> American Heritage SS (3)	

	<a href="#">POLS 1100</a> American National Government AS (3)	
Complete the following:		
	<a href="#">PHIL 2050</a> Ethics and Values IH	3
	<a href="#">HLTH 1100</a> Personal Health and Wellness TE	2
or	<a href="#">EXSC 1097</a> Fitness for Life TE	
Distribution Courses:		
	<a href="#">BIOL 1010</a> General Biology BB <sup>1</sup>	3
or	<a href="#">BIOL 1610</a> 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
	<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 GI	
	<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: Feasibility Analysis (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



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)	
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	
1.	EXSC students must take BIOL 1610 and REC students must take BIOL1010
2.	EXSC students must take EXSC 3270 and REC students must take REC 385G
3.	EXSC students must take EXSC 4950 and REC students must take REC 4950

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

1. Students will express satisfaction with opportunities for applied learning, service learning, and learning through coursework and practicum/internship
2. Students will express satisfaction with the program's breadth and depth of opportunities to improve students' outdoor skills
3. Students will express satisfaction with their ability to create and implement programs in the field of recreation
4. Students will be comfortable and effective creating and carrying out group activities
5. With professional preparation in mind, students would feel comfortable recommending this program to peers with similar professional goals

**Related Careers**

- Recreation and Fitness Studies Teachers, Postsecondary
- Athletes and Sports Competitors
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- Fitness Trainers and Aerobics Instructors