

Program: **Kinesiology** Dept: Kinesiology and Health Studies  
 Major: **Kinesiology - Outdoor and Community Recreation** College: Education and Professional Studies  
 Degree: **Bachelor of Science (B.S.)** Major Code: 3122

**University Core (Total Listed 42-44)**

For a full list of courses see [University Core](#).

• Courses from the major may apply to the areas marked in the University Core.

**Written and Oral Communication** ..... 9

**Quantitative Reasoning/Scientific Method** ..... 10-11

Math ..... 3

Life Science ..... 4

Physical Science..... 3-4

**Critical Inquiry and Aesthetic Analysis** ..... 6

Aesthetic Analysis ..... 3

Critical Inquiry..... 3

**American Historical and Political Analysis** ..... 6

American National Government ..... 3

American History ..... 3

**Cultural and Language Analysis** ..... 3-4

Second Language ..... 4

OR

Cultural Analysis..... 3

**Social and Behavioral Analysis**..... 3

**Life Skills** ..... 5

• Required Health Course ..... 2

• Elective Life Skills ..... 3

**Minimum  
Required Hours**

**Major Requirements**

**Kinesiology - Outdoor and Community Recreation** ..... 76

**Required Core** ..... 24

Required Courses:

HLTH	1112	Healthy Life Skills
HLTH	2212	First Aid with Cardiopulmonary Resuscitation
HLTH	4103	Human Development
KINS	2643	Introduction to Kinesiology Studies
**KINS	3403	Principles in Leadership Development
KINS	3623	Program Design and Management
KINS	3713	Research and Evaluation
KINS	4252	Legal Aspects of Leisure Services and Fitness Programs
KINS	4433	Management Principles

**Required Theory (Additional Recreation courses)** ..... 36

HLTH	3223	Applied Anatomy
HLTH	3453	Group Dynamics
HLTH	4523	Health and Aging
REC	2402	Outdoor Recreation
REC	2433	Outdoor Pursuits
REC	2812	Camp Administration and Programming
REC	3433	Community Recreation
REC	3513	Facility Management
REC	3702	Wilderness First Aid
REC	3803	Tourism and Recreation
REC	4363	Therapeutic Recreation
**REC	4900	Practicum in Recreation (2 hours)
REC	4950	Internship in Recreation (4 hours)

\*\* To be taken concurrently

**Elective Kinesiology and Health Studies**..... 13

Selected from the following courses:

HLTH	3163	Environmental Health
HLTH	3263	Media Advocacy and Health Communication
HLTH	3403	Leadership and Ethics in Public Health

**Minimum  
Required Hours**

HLTH	3413	Nutrition for Sport and Fitness
HLTH	3493	Physical Treatment of Athletic Injuries
KINS	3633	Grant Writing and Fundraising
KINS	4910	Seminar in Kinesiology and Health Studies (1-4 hours)
PHED	1722	Lifeguard Training
PHED	3333	Mechanical Principles and Analysis of Movement
PHED	3503	Physiology of Exercise
REC	2502	Challenge Course Training
REC	4503	Organization and Administration of Recreation Facilities

**Electives - Selected from the following courses** ..... 3

ENG	4023	Technical Writing
FIN	3513	Risk Management for the Firm
MCOM	2193	Principles of Public Relations
MGMT	3313	Human Resource Management
SFTY	3433	Introduction to OSHA
SOC	3103	Juvenile Delinquency
SOC	3403	The Family
SOC	4053	Sociology of Aging

**Electives to bring total to**..... 124

**Minimum Grade Requirements**

1. Average in all college course work and course work at UCO. .... 2.00
2. In courses in the major..... "C"

For other regulations pertaining to graduation, see [Academic Degree Requirements](#).