

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

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

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 to bring total to..... 124

Minimum Grade Requirements

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

Required Theory (Additional Recreation courses) 38

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 (6 hours)

** To be taken concurrently

Elective Kinesiology and Health Studies..... 14

Selected from the following courses:

HLTH 3163 Environmental Health

HLTH 3263 Media Advocacy and Health Communication

HLTH 3403 Leadership and Ethics in Public Health