Program: Kinesiology
Major: Kinesiology - Outdoor and Community Recreation
Degree: Bachelor of Science (B.S.)

**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

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)** .................... 38

- HLTH 3233 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)

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

**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

**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 Grade Requirements

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

**To be taken concurrently**