

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)**

Specific courses within the University Core are listed on pages 96-97.

• 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

**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..... 10**

HLTH 3163 Environmental Health  
 HLTH 3263 Media Advocacy and Health Communication  
 PHED 3333 Mechanical Principles and Analysis of Movement  
 HLTH 3403 Leadership and Ethics in Health Education

PHED 3503 Physiology of Exercise  
 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  
 REC 2502 Challenge Course Training

**Electives - Selected from the following courses ..... 6**

ENG 4023 Technical Writing  
 FIN 3513 Risk Management for the Firm  
 MCOM 2193 Principles of Public Relations  
 MGMT 3313 Human Resource Management  
 OCTE 4742 Health Issues for Older Adults  
 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**

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

**For other regulations pertaining to graduation, see pages 68-69 of the 2018-2019 catalog.**