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

#### Quantitative Reasoning/Scientific Method  
- 10-11 Minimum Required Hours
  - Math  
  - Life Science  
  - Physical Science  

#### Critical Inquiry and Aesthetic Analysis  
- 6 Minimum Required Hours
  - Aesthetic Analysis  
  - Critical Inquiry

#### American Historical and Political Analysis  
- 6 Minimum Required Hours

#### American National Government  
- 3 Minimum Required Hours

#### American History  
- 3 Minimum Required Hours

#### Cultural and Language Analysis  
- 3-4 Minimum Required Hours
  - Second Language  
  - OR  
  - Cultural Analysis

#### Social and Behavioral Analysis  
- 3 Minimum Required Hours

#### Life Skills  
- 5 Minimum Required Hours
  - Required Health Course  
  - Elective Life Skills

#### Life Science  
- 4 Minimum Required Hours

#### Critical Inquiry and Aesthetic Analysis  
- 6 Minimum Required Hours
  - Aesthetic Analysis  
  - Critical Inquiry

#### Critical Inquiry and Aesthetic Analysis  
- 3 Minimum Required Hours

#### Mathematical and Physical Sciences  
- 10-11 Minimum Required Hours
  - Math  
  - Physical Science

#### Critical Inquiry and Aesthetic Analysis  
- 6 Minimum Required Hours
  - Aesthetic Analysis  
  - Critical Inquiry

#### Written and Oral Communication  
- 9 Minimum Required Hours

#### Critical Inquiry and Aesthetic Analysis  
- 6 Minimum Required Hours
  - Aesthetic Analysis  
  - Critical Inquiry

#### Critical Inquiry and Aesthetic Analysis  
- 3 Minimum Required Hours

### Major Requirements

#### Kinesiology - Outdoor and Community Recreation  
- 76 Minimum Required Hours

#### Required Core  
- 24 Minimum Required Hours
  - 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 Minimum Required Hours
  - 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)

#### Electives - Selected from the following courses  
- 6 Minimum Required Hours
  - 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

** To be taken concurrently

#### Elective Kinesiology and Health Studies  
- 10 Minimum Required Hours
  - 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

#### Electives to bring total to  
- 124 Minimum Required Hours

### 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 pages 68-69 of the 2018-2019 catalog.