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

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University Core  (Total Listed 42-44)

Specific courses within the University Core are listed on pages 95-96.
• 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

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)

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 pages 66-67 of the 2019-2020 catalog.