

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 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

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..... 13

Selected from the following courses:

- HLTH 3163 Environmental Health
- HLTH 3263 Media Advocacy and Health Communication
- HLTH 3403 Leadership and Ethics in Health Education

- 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 - 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.