

EXERCISE SCIENCE, PHYSICAL EDUCATION, & RECREATION: RECREATION CONCENTRATION, BACHELOR OF SCIENCE

Completion of the Recreation concentration prepares graduates to work in positions of leadership in a variety of recreational service agencies in the community and outdoors. Prospective employers include parks and recreation departments at the city, county, district, and state levels as well as voluntary youth agencies such as the YWCA/YMCA, boys' and girls' clubs and scouting. Other areas of employment include recreation programs in the military, hospital, commercial, and worksite settings as well as hospital and therapeutic settings. Students completing the Recreation Management area are eligible to sit for the Certified Park and Recreation Professional (CPRP). Students who participate in the Outdoor Leadership and Wilderness Education area have the opportunity to be certified through the Wilderness Education Association as an outdoor leader. This process requires the student to take specific outdoor adventure education courses at CSU Pueblo, go on at least five extended trips, be a Wilderness First Responder, and lead at least two trips as a student leader.

With a degree in Recreation, you have a wide range of career options, depending on your interests and skills. Here are some of the most common paths:

1. Recreation Management and Administration

Parks and Recreation Director: Oversee recreational facilities and programs at city, state, or national parks.

Community Recreation Coordinator: Plan and manage recreational programs for local communities.

Recreation Facility Manager: Manage sports complexes, community centers, or amusement parks.

Event Coordinator: Organize community events, sports tournaments, and recreational activities.

2. Outdoor Recreation and Adventure Leadership

Outdoor Adventure Guide: Lead activities such as hiking, rafting, rock climbing, or zip-lining.

Camp Director/Manager: Manage summer camps or adventure camps for youth or adults.

Environmental Educator: Teach outdoor skills and environmental conservation.

Eco-Tourism Manager: Develop and promote sustainable tourism experiences.

3. Therapeutic Recreation (Recreational Therapy with more education)

Certified Therapeutic Recreation Specialist (CTRS): Work in hospitals, rehabilitation centers, or mental health facilities using recreation for therapy.

Senior Recreation Coordinator: Design recreational activities for older adults in assisted living or senior centers.

Youth Recreation Specialist: Create recreational programs for at-risk youth.

4. Tourism and Hospitality Management

Resort Activities Director: Plan recreational activities for resort guests.

Cruise Ship Activities Coordinator: Organize and lead on-board recreational activities.

Tour Guide: Lead groups on cultural, historical, or adventure tours.

5. Non-Profit and Community Organizations

Youth Program Director: Manage after-school and summer programs for non-profits.

Volunteer Coordinator: Recruit and manage volunteers for recreational events.

Community Outreach Specialist: Develop partnerships to support recreational programs.

6. Environmental and Conservation Organizations

Park Ranger: Protect and maintain natural areas while educating the public.

Conservation Educator: Teach about wildlife and environmental conservation.

Nature Center Manager: Manage educational and recreational programs at nature centers.

7. Entrepreneurship in Recreation

Recreation Business Owner: Start your own adventure company, fitness studio, or recreational facility.

Recreational Equipment Sales/Consulting: Work with companies that sell outdoor or fitness gear.

Sports Camp Founder: Start and manage specialized sports camps for youth or adults.

Student Learning Outcomes

1. Possess content knowledge and skills necessary for their perspective fields of study.
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting.

- Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest.
- Exhibit effective oral and written communication regarding subjects related to EXPER in individual and group setting.
- Apply and demonstrate knowledge, skills and critical problem solving in a field-based setting.

Specific Program Requirements

Program Overview

Requirement	Credits
General Education	35
Major Requirements	56
Concentration Requirements	12
Non-Major Electives	17
Total Credits	120

Major Requirements

Course	Title	Credits
EPER 101	Intro to EXPER	2
Select 2 credits from the following:		2
EPER 112L	Rock Climbing	1
EPER 113L	Whitewater Boating	1
EPER 114L	Basic Mountaineering Techniques	1
EPER 116L	Camping	1
EPER 117L	Backpacking	1
EPER 118L	Fly Fishing	1
EPER 120L	Introduction to Search and Rescue	1
EPER 125L	Snow Sports	1
EPER 205L	Snow Sports II	1
EPER 240	Recreation Program Design	3
EPER 249	Challenge Course Leadership	2
EPER 250	Commercial Recreation and Tourism	3
EPER 270	Outdoor Leadership I	2
EPER 280	Foundations of Therapeutic Recreation	3
EPER 322	Wilderness First Aid	2
EPER 350	Leadership & Ethics	3
EPER 360	Outdoor Education	3
EPER 375	Research & Evaluation of Recreation	3
EPER 389	Recreation Practicum	3
EPER 461	Managing Events & Programs	3
EPER 484	Outdoor Resources & Management	3
EPER 485	Recreation Facility Design/Management	3
EPER 493	Seminar	2
EPER 498	Internship	12
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
Total Credits		56

Specific Concentration Requirements

Students pursuing the Recreation concentration are required to select either Outdoor Leadership & Wilderness Education or Recreation Management.

Outdoor Leadership & Wilderness Education Option Requirements

Course	Title	Credits
Required Courses		
Recreation Core Courses		56
Outdoor Leadership & Wilderness Education Option Requirements		
Select two of the following courses:		4
EPER 102	Mountain Orientation	2
EPER 103	Winter Orientation	2
EPER 104	Desert Orientation	2
EPER 105	Canyon Orientation	2
GEOL 101	Earth Science (GT-SC2)	3
EPER 345	Methods of Physical Activities & Games I	2
BIOL 461	Applied Geospatial Technology (GIS/GPS)	3
Hours Outside the Major		
Select 17 credits		17
General Education Requirements		
MATH		3
Social Sciences		3
PSYC 151	Human Development (GT-SS3)	3
General Education: English		6
Humanities		6
CID 103	Speaking & Listening	3
History		3
Natural and Physical Science		4
BIOL 121	Environmental Conservation (GT-SC2)	3
BIOL 121L	Environmental Conservation Lab (GT-SC1)	1
Total Credits		120

Recreation Management Option Requirements

Course	Title	Credits
Required Courses		
Recreation Core Courses		56
Recreation Management Option Requirements		
MGMT 201	Principles of Management	3
MGMT 318	Human Resource Management	3
MKTG 340	Principles of Marketing	3
Select one of the following:		3
EPER 480	Business of Tourism	3
MKTG 342	Promotional Strategy	3
MKTG 345	Retail Management	3
MKTG 348	Consumer Behavior	3
Hours Outside the Major		
Select 17 credits		17
General Education Requirements		
MATH		3
Social Sciences		3
PSYC 151	Human Development (GT-SS3)	3
General Education: English		6
Humanities		6
CID 103	Speaking & Listening	3
History		3

Natural and Physical Science	8
Total Credits	120

All HSHM Majors are required to:

- Complete a concentration of study with a cumulative GPA of 2.50 or higher.
- Earn a 2.0 overall GPA to enroll in 300 or 400-level courses in the department;
- Earn a minimum grade of a “C” in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of “D” or lower until a grade of “C” or higher is achieved; and
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.
- Earn at least 120 credit hours with at least 40 upper-division credits.
- Successfully complete an internship or field experience course.
- Submit a graduation contract by the deadline the semester of graduation.

Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
Year 1		
Fall		
ENG 101	Rhetoric & Writing I (GT-CO1)	3
EPER 101	Intro to EXPER	2
EPER 240	Recreation Program Design	3
General Education	Social Sciences	3
General Education Math	MATH 109 recommended	3
EPER activity course		1
Credits		15
Spring		
BIOL 121	Environmental Conservation (GT-SC2)	3
BIOL 121L	Environmental Conservation Lab (GT-SC1)	1
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
ENG 102	Rhetoric & Writing II (GT-CO2)	3
Required Recreation option course		3
EPER activity course		1
Credits		13
Year 2		
Fall		
EPER 249	Challenge Course Leadership	2
EPER 250	Commercial Recreation and Tourism	3
EPER 270	Outdoor Leadership I	2
EPER 280	Foundations of Therapeutic Recreation	3
General Education	Suggested: Natural & Physical Science with Lab	4
Credits		14
Spring		
EPER 350	Leadership & Ethics	3
CID 103	Speaking & Listening	3
PSYC 151	Human Development (GT-SS3)	3

Required Option course		3
General Education	Humanities	3
Credits		15
Year 3		
Fall		
EPER 322	Wilderness First Aid	2
EPER 360	Outdoor Education	3
Required Option course		3
General Education	Humanities and History	6
Credits		14
Spring		
EPER 389	Recreation Practicum	3
EPER 461	Managing Events & Programs	3
EPER 484	Outdoor Resources & Management	3
Elective or Minor		3
Credits		12
Year 4		
Fall		
EPER 375	Research & Evaluation of Recreation	3
Required Option course		3
Elective or Minor		6
Credits		12
Spring		
EPER 485	Recreation Facility Design/Management	3
EPER 493	Seminar	2
Elective or Minor		8
Credits		13
Summer		
EPER 498	Internship	12
Credits		12
Total Credits		120