

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

The Recreation Concentration offers two areas to choose from:

- Outdoor Leadership & Wilderness Education
- Recreation Management

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.

Exercise Science, Physical Education, and Recreation students will:

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

Student Learning Outcomes for emphasis areas can be found on the EXPER curriculum maps.

Specific Program Requirements

Course	Title	Credits
EPER 101	INTRO TO EXPER	2.0
EPER 100L	WILDERNESS TECHNICAL SKILLS	1.0
Select 2 credits from the following:		2
EPER 112L	ROCK CLIMBING	1.0
EPER 113L	WHITEWATER BOATING	1.0
EPER 114L	BASIC MOUNTAINEERING TECHNIQUES	1.0
EPER 116L	CAMPING	1.0

EPER 117L	BACKPACKING	1.0
EPER 118L	FLY FISHING	1.0
EPER 120L	INTRODUCTION TO SEARCH AND RESCUE	1.0
EPER 125L	SNOW SPORTS	1.0
EPER 205L	SNOW SPORTS II	1.0
EPER 240	RECREATION PROGRAM DESIGN	3.0
EPER 249	CHALLENGE COURSE LEADERSHIP	2.0
EPER 250	COMMERCIAL RECREATION AND TOURISM	3.0
EPER 280	FOUNDATIONS OF THERAPEUTIC RECREATION	3.0
EPER 322	WILDERNESS FIRST AID	2.0
EPER 350	LEADERSHIP AND ETHICS	3.0
EPER 360	OUTDOOR EDUCATION	3.0
EPER 375	RESEARCH AND EVALUATION OF RECREATION	3.0
EPER 389	RECREATION PRACTICUM	3.0
EPER 461	MANAGING PROGRAMS IN EXHPR	3.0
EPER 484	OUTDOOR RESOURCES & MANAGEMENT	3.0
EPER 493	SEMINAR	2.0
EPER 485	RECREATION FACILITY DESIGN/MANAGEMENT	3.0
EPER 498	INTERNSHIP	12.0
CIS 100	INTRODUCTION TO WORD	1
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 Concentration Requirements

Course	Title	Credits
Required Courses		
Recreation Core Courses		56

Outdoor Leadership & Wilderness Education Concentration Requirements

take at least one credit from the following courses:		1
EPER 125L	SNOW SPORTS	1.0
EPER 205L	SNOW SPORTS II	1.0
EPER 112L	ROCK CLIMBING	1.0
EPER 113L	WHITEWATER BOATING	1.0
EPER 114L	BASIC MOUNTAINEERING TECHNIQUES	1.0
EPER 116L	CAMPING	1.0
EPER 117L	BACKPACKING	1.0
EPER 118L	FLY FISHING	1.0
EPER 120L	INTRODUCTION TO SEARCH AND RESCUE	1.0
Select two of the following courses:		4
EPER 102	MOUNTAIN ORIENTATION	2.0
EPER 103	WINTER ORIENTATION	2.0
EPER 104	DESERT ORIENTATION	2.0
EPER 105	CANYON ORIENTATION	2.0
EPER 270	OUTDOOR LEADERSHIP I	2.0
EPER 370	OUTDOOR LEADERSHIP II	2.0
BIOL 461	APPLIED GEOSPATIAL TECHNOLOGY (GIS/GPS)	3

Hours Outside the Major		
Select 17 credits		17
General Education Requirements		
COMR 103	SPEAKING AND LISTENING	3
MATH		3
Social Sciences		3
PSYC 151	HUMAN DEVELOPMENT	3.0
General Education: English		6
Humanities		6
History		3
Natural and Physical Science		4
BIOL 121	ENVIRONMENTAL CONSERVATION	3
BIOL 121L	ENVIRONMENTAL CONSERVATION LAB	1
Total Credits		120

Recreation Management Concentration Requirements

Course	Title	Credits
Required Courses		
Recreation Core Courses		56
Recreation Management Concentration 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
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	3.0
General Education: English		6
Humanities		6
COMR 103	SPEAKING AND 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 student’s 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-C01)	3
EPER 101	Intro to EXPER	2
EPER 100L	Wilderness Technical Skills	1
EPER 240	Recreation Program Design	3
MATH 109	Mathematical Explorations (GT-MA1)	3
	Credits	12
Spring		
BIOL 121	Environmental Conservation (GT-SC2)	3
BIOL 121L	Environmental Conservation Lab (GT-SC1)	1
CIS 100	Introduction to Word	1
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
ENG 102	Rhetoric & Writing II (GT-C02)	3
Elective	Must be a Concentration Course.	3
	Credits	13
Year 2		
Fall		
EPER 249	Challenge Course Leadership	2
EPER 250	Commercial Recreation and Tourism	3
EPER 280	Foundations of Therapeutic Recreation	3
General Education	Suggested: Natural & Physical Science with Lab	4
Elective	Must be one of the following: EPER 102-117L	2
	Credits	14
Spring		
COMR 103	Speaking and Listening	3
EPER 350	Leadership and Ethics	3
PSYC 151	Human Development (GT-SS3)	3
General Education		3
Elective	Must be a Concentration Course.	3
	Credits	15
Year 3		
Fall		
AT 232 or EPER 322	First Aid or Wilderness First Aid	2
EPER 360	Outdoor Education	3
General Education		6
Elective	Must be a Concentration course.	3
	Credits	14
Spring		
EPER 389	Recreation Practicum	3
EPER 461	Managing Programs in EXHPR	3
EPER 484	Outdoor Resources & Management	3
General Education		3
Elective or Minor		3
	Credits	15

Year 4

Fall

EPER 375	Research and Evaluation of Recreation	3
Elective	Must be a Concentration 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