

Health and Human Performance Major w/Outdoor Recreation Programming Concentration



EASTERN OREGON
UNIVERSITY

DEGREE PROGRAM CHECK SHEET

Complete all Institutional Graduation Requirements (Including University Writing Requirement, Diversity Requirement, General Education Requirement, etc.) as provided at <http://www.eou.edu/registrar>.

Program Requirements: Health and Human Performance Major w/Outdoor Recreation Programming Concentration is a minimum 65 graded credit hour degree. A grade of "C-" or better is required for each course counting towards the major, but a cumulative grade of C [2.00] is required for completion of the major.

Health and Human Performance Major w/Outdoor Recreation Programming Concentration is only available on-campus.

CORE REQUIRED COURSES: 30 credits

| Course # | Title [and course information] | Credit(s) | Prerequisites(s) |
|-----------|-----------------------------------------------|-----------|------------------------------------------|
| BIOL 231 | Human Anatomy & Physiology I w/Lab | 4 | MATH 070 |
| BIOL 231L | Human Anatomy & Physiology I Laboratory | 0 | Must be taken concurrently with BIOL 231 |
| BIOL 232 | Human Anatomy & Physiology II w/Lab | 4 | BIOL 231 |
| BIOL 232L | Human Anatomy & Physiology II Laboratory | 0 | Must be taken concurrently with BIOL 232 |
| BIOL 233 | Human Anatomy & Physiology III w/Lab | 4 | BIOL 232 |
| BIOL 233L | Human Anatomy & Physiology III Laboratory | 0 | Must be taken concurrently with BIOL 233 |
| PES 131 | Foundations of Physical Activity and Health | 2 | |
| HWS 350 | Behavior Change Theory | 3 | |
| PES 270 | History, Philosophy and Ethics of Sport | 3 | |
| EXS 312 | Measurement & Eval Physical Activity & Health | 3 | |
| EXS 323 | Physiology of Exercise I w/Lab [UWR] | 4 | BIOL 321 & 232 or consent of instructor |
| EXS 323L | Physiology of Exercise Laboratory | 0 | Must be taken concurrently with EXS 323 |
| PES 495 | Capstone Seminar | 1 | Consent of instructor |
| PES 496 | Capstone Course | 2-5 | PES 495, consent of instructor |

OUTDOOR RECREATION PROGRAMMING REQUIRED COURSES: 25 credit hours

| Course # | Title [and course information] | Credit(s) | Prerequisite(s) |
|----------|----------------------------------------|-----------|-----------------|
| OUT 201 | Intro to Outdoor Recreation Management | 3 | |

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|----------------|-------------------------------------------------|---|----------------|
| HWS 298 | Health and Fitness for Life | 3 | |
| OUT 352 | Wilderness First Responder | 3 | |
| OUT 385 | Recreation Management and Entrepreneurship | 3 | <i>OUT 201</i> |
| OUT 409 | Internship in Outdoor Recreation and Leadership | 3 | <i>OUT 201</i> |
| OUT 415 | Outdoor Programming & Leadership | 4 | <i>OUT 201</i> |
| HWS 412 | Program Planning | 3 | |
| HWS 413 | Program Evaluation | 3 | <i>HWS 412</i> |

OUTDOOR RECREATION PROGRAMMING ELECTIVE COURSES: 10 credit hours

Complete 10 credit hours from the following courses:

| Course # | Title [and course information] | Credit(s) | Prerequisite(s) |
|-----------------|------------------------------------------------|------------------|------------------------|
| HWS 198 | Outdoor Activity and Lifetime Wellness | 3 | |
| OUT 220 | Avalanche Fundamentals: Processes & Leadership | 2 | |
| OUT 221 | Wilderness Survival | 3 | |
| BA 321 | Principles of Management | 4 | |
| EXS 333 | Environmental Exercise Physiology | 3 | |
| OUT 360 | Rewilding – Nature and Health | 3 | |
| HWS 335 | Male Development in Adolescent | 4 | |

Total credits required for major: 65

Last EPCC update Feb 2020 [*OUT 410 was changed to OUT 415*]

Concentration created through EPCC update March 2019