

Health and Human Performance Major with Nature and 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/Nature and Outdoor Recreation Programming Concentration is a minimum 67 graded credit hour degree. A grade of "C-" or better is required for each course counting towards the major, but a cumulative GPA of at least a 2.00 is required for completion of the major.

Health and Human Performance Major w/Nature and Outdoor Recreation Programming Concentration is available both on-campus and online (with a two week summer residency requirement).

Transfer students with 90 credits or more satisfy the requirement for **HHP 131 Foundations for Health and Human Performance.*

CORE REQUIRED COURSES: 23 credits

Course Number	Course Title	Credits	Prerequisites
BIOL 231	Human Anatomy & Physiology I w/Lab	4	<i>MATH 070</i>
BIOL 231L	Human Anatomy & Physiology I Laboratory	0	<i>Must be taken concurrently with BIOL 231</i>

Course Number	Course Title	Credits	Prerequisites
BIOL 232	Human Anatomy & Physiology II w/Lab	4	<i>BIOL 231</i>
BIOL 232L	Human Anatomy & Physiology II Laboratory	0	<i>Must be taken concurrently with BIOL 232</i>
BIOL 233	Human Anatomy & Physiology III w/Lab	4	<i>BIOL 232</i>
BIOL 233L	Human Anatomy & Physiology III Laboratory	0	<i>Must be taken concurrently with BIOL 233</i>
HHP 131	Foundations of Health & Human Performance	2	
HHP 350	Behavior Change Theory	3	
HHP 312	Measurement & Evaluation in Physical Activity & Health	3	
HHP 495	Capstone Seminar	1	<i>Consent of instructor</i>
HHP 496	Capstone Course	2	<i>HHP 495, consent of instructor</i>

NATURE AND OUTDOOR RECREATION PROGRAMMING REQUIRED COURSES: 39 credit hours

Course Number	Course Title	Credits	Prerequisites
CH 198	Outdoor Activity and Lifetime Wellness	3	
OUT 201	Intro to Outdoor Recreation Management	3	
OUT 221	Wilderness Survival	3	
OUT 352	Wilderness First Responder	3	
OUT 360	Rewilding – Nature and Health	3	
EXS 333	Environmental Exercise Physiology	3	
OUT 409	Internship in Outdoor Recreation and Leadership	3	<i>OUT 201</i>
CH 412	Program Planning	3	
CH 413	Program Evaluation	3	<i>CH 412</i>
OUT 415	Outdoor Leadership	3	<i>OUT 201</i>

Course Number	Course Title	Credits	Prerequisites
OUT 422	Expedition Planning and Leadership	3	<i>OUT 201</i>
OUT 430	Outdoor Adventure Leadership and Training	6	<i>OUT 201, 415 & 422</i>

NATURE AND OUTDOOR RECREATION PROGRAMMING ELECTIVE COURSES: 5 credit hours

Complete 5 credit hours from the following courses:

Course Number	Course Title	Credits	Prerequisites
COM 211	Small Group Communication	3	
OUT 220	Avalanche Fundamentals: Processes & Leadership	2	
CH 225	General Nutrition	3	
CH 298	Lifetime Fitness	3	
BA 321	Principles of Management	4	
CH 351	Intro to Community Health [<i>UWR</i>]	3	
CH 352	Cultural Competence in Health Education/Promotion [<i>DPD</i>]	3	
OUT 385	Outdoor Recreation Management and Entrepreneurship	3	<i>OUT 201</i>
EXS 452	Physical Activity and Disease Prevention	3	<i>EXS 323</i>
OUT 499	Summer Outdoor Recreation Internship	1 to 15	

Total credits required for major: 67

Checksheet is valid summer 2021 - spring 2022