

Bachelor of Science Recreation (B.S. Rec.)

Sample Four Year Plan – 120 Credits

FRESHMAN FALL			FRESHMAN SPRING		
ENGL 102**	College Writing and Rhetoric	3	COMM 101*	Fundamentals of Public Speaking	2
ISEM 101*	Integrated Seminar	3	Humanities*	UI General Education	3
Science*	General Ed. Natural/Applied Science	4	Science*	General Ed. Natural/Applied Science	4
MATH XXX*	General Ed. Math - see advisor	3	Social Science*	UI General Education	3
REC 104	Introduction to Recreation, Park and Tourism Professions (F)	3	REC 107	Outdoor Recreation and Leisure Pursuits	3
16 CREDITS			15 CREDITS		

SOPHOMORE FALL			SOPHOMORE SPRING		
MVSC 201***	Physical Activity, Wellness & Behavior Change (F, S, Su)	3	REC 280	Recreation, Parks and Tourism Practicum	1
REC 260	Foundations of Leisure & Society (F)	3	REC 382	Hospitality, Leisure and Recreation Enterprises (WSU course HBM 381)	3
Humanities*	General Ed. Humanities	3	REC 240	Recreation Programing and Marketing (S)	3
Social Science*	General Ed. Social Science	3	PEP/PEB/REC	Activity Class – See Degree Audit or Course Catalog	1
PEP/PEB /REC	Activity Class See Degree Audit or Course Catalog for options	1	H&S 288 or REC 290	First Aid: Emergency Response Wilderness First Responder (F, Winter)	2 3
	Minor/Cognate	3		Minor/Cognate	3
15-16 CREDITS			16-17 CREDITS		

JUNIOR FALL			JUNIOR SPRING		
REC - - - ****	Recreation Electives – see catalog	3	REC - - -	Recreation Electives – see catalog	3
REC 485	Trends in Recreation, Parks, & Tourism (F alternate odd years)	3	REC 370	Leisure, Health and Human Development (S alternate even years)	3
ISEM 301*	Great Issues Seminar	1	REC 490	Management of Entrepreneurship in Recreation, Parks, & Tourism (S alternate odd years)	3
REC 280	Practicum in Recreation, Parks and Tourism	2x1		Minor/Cognate	6
PEP/PEB/REC	Activity Class See Degree Audit or Course Catalog for options	1	ENG 207, 313 OR 317	Advanced English Composition	3
REC 455 or CSS 310	Design & Analysis of Research in HPERD (junior or senior standing only) Social Research in Methods in Conservation (prereq STAT 251) (F)	3 4	MVSC 486***	Programming and Marketing for Healthy Active Lifestyles (prereq: MVSC 429) (S)	1
MVSC 429***	Leadership, Pedagogy & Programing in Physical Activity (prereq: MVSC 201) (F)	3			
15-16 CREDITS			17 CREDITS		

SENIOR FALL			SENIOR SPRING or SUMMER		
REC 424	Inclusive Physical Education and Recreation (senior standing or instructor permission as a junior)	3	Rec 498	Internship	9
PEP/PEB /REC	Activity Class See Degree Audit or Course Catalog for options	1			
	Minor/Cognate	9-12			
13-16 CREDITS			9 CREDITS		

*Indicates University Core Requirements (see <http://www.uidaho.edu/registrar>). **Degree-seeking students must be enrolled in English 095, 101, or 102 in their first semester in residence and in each subsequent semester until they have passed English 102. ***Courses required in all majors in the Department of Movement Sciences. (F) Course offered only in fall (S) Course offered only in spring ****Several REC courses are offered every other year. Check Curriculum Sheet (next page) for specifics.

RECREATION (B.S. REC)

A Bachelor of Science in Recreation from the University of Idaho prepares students to lead public and private programs that are designed to encourage active lifestyles through recreation, parks and tourism. As a graduate of the only accredited recreation program in the state and one of three in the Pacific Northwest, graduates will have the credentials needed for national certification and the expertise and training to improve the healthy active lifestyles of people of all ages.

2015-2016 Curricular Requirements - 120 total credits required for graduation

GENERAL EDUCATION REQUIREMENTS 36 credits

COMMUNICATIONS 5 credits

__ENGL 102 College Writing & Rhetoric	3
__Comm 101	2
<i>Engl 101: is required for students with and SAT score of less than 570 or ACT of 25.</i>	
Placement may be changed by taking the COMPASS exam for English. All students are required to take ENGL 102.	

NATURAL SCIENCE AND MATHEMATICS 10-11 credits

__Science Core (with lab) (From two different disciplines)	7-8
__Math or Stats Core (Speak to Advisor regarding Math class placement)	3

GENERAL CORE STUDIES 21 credits

__Integrated Seminar (ISEM 101)	3
__Humanities	6
__Social Sciences	6
__Great Issues (ISEM 301)	1
__Senior Experience/International/American Diversity (One course of each from approved list. May overlap)	

RECREATION MAJOR REQUIREMENTS 60-62 credits

MOVEMENT SCIENCES CORE CURRICULUM 7 credits

__MVSC 201 Physical Activity, Wellness and Behavior Change (F, S, Su)	3
__MVSC 429 Leadership, Pedagogy and Programming in Physical Activity (F)	3
__MVSC 486 Programming and Marketing for Healthy Active Lifestyles (S)	1

ADVANCED COMPOSITION REQUIREMENT 3 credits

SELECT ONE OF THE FOLLOWING

__ENGL 207 Persuasive Writing	3
__ENGL 313 Business Writing	3
__ENGL 317 Technical Writing	3

RECREATION MAJOR REQUIREMENTS

REC THEORY & LAB CLASSES 40-42 credits

__REC 104 Introduction to Recreation, Park, and Tourism Professions (F)	3
__REC 107 Outdoor Recreation and Tourism Pursuits	3
__REC 240 Recreation Programming and Marketing (S)	3
__REC 260 Foundations of Leisure and Society (F)	3
__REC 280 Practicum in Recreation, Parks and Tourism	2x1
__REC 290 Wilderness First Responder	3
OR H&S 288 First Aid: Emergency Response	2
OR Emergency Responder Certification	0
__REC 370 Leisure, Health and Human Development (S alt years even)	3
__REC 424 Inclusive PE and Recreation (F)	3
__REC 455 Design and Analysis of Research in HPERD	3
OR CSS 310 Social Research Methods in Conservation (STAT 251 prereq)	4
__REC 485 Trends in Recreation, Parks and Tourism (F alt years odd)	3
__REC 490 Management and Entrepreneurship in Recreation, Parks and Tourism (S alt years odd)	3
__REC 498 Internship in Recreation, Parks and Tourism (all major coursework must be completed prior to internship)	9

ADDITIONAL REC ELECTIVE COURSES 6 credits

__REC 310 Outdoor and Adventure Leadership (F)	3
__HBM 381 Hospitality Leadership and Organizational Behavior (WSU cooperatively offered course)	3
__REC 395 Diversity in Recreation, Parks and Tourism (S alt years odd)	3
__REC 408 Experiential Education and Adventure Rec (S alt years even)	3
__REC 204/404 Special Topics	1-3
__REC 299/499 Directed Study	1-3

ACTIVITY CLASSES: 4 credits

You must select 4 different activity classes from: REC 108, 216, 218, 222 – 228 or PEB/PEP 106 - 108, 132 - 136 or DAN 105 (Only two courses can be Dan 105 or PEB 106, 107, 108)

Additional Classes for Minor or Cognate area 20-25 credits

Additional Electives to achieve minimum of 120 total credits 0-7 credits

Important Notes:

- **All Recreation majors are required to have a minor or a cognate (area of emphasis). Your advisor can help you choose your minor or cognate based on your career goals.**
- **A minimum UI cumulative GPA of 2.25 or is required to register in upper division courses and to graduate with a B.S. Rec. degree.**

(F) = Class offered in Fall term
(S) = Class offered in Spring term
(Su) = Class offered in Summer term
(alt) = Alternate Years, Even or Odd