

**Physical
Education and
Recreation**

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MISSION STATEMENT

The Mission of the Department of Physical Education and Recreation is consistent with the School's Mission in its commitment to providing students with excellent professional, ethical, and exciting educational experiences through modern, effective pedagogical and scholarly approaches. Baccalaureate programs offered in Physical Education Teacher Education (PETE), and Physical Education and Recreation with emphases in Exercise Science (PES), and Outdoor Recreation Management (REC) provide a broad discipline approach for optimal promotion of physical activity, recreation, fitness, health, wellness, and quality of life for all. These programs are complemented with opportunities for baccalaureate-level study in Integrated Studies with areas of emphasis in both Physical Education and Recreation. These degrees are supported by associate degrees (AA/AS) offered in Physical Education or Recreation. The curricula are balanced in theory and application and are specifically designed to provide students with experiential education that promotes leadership, teamwork, service learning, values, diversity, and life long learning. To best serve our students, curricula have been designed to reflect current market demands. Depending on the specific area of study, graduates from this program will possess exceptional knowledge and skills in the following areas:

- Coaching
- Exercise Science
- Experiential Education
- Health and Fitness Promotion
- Kinesiology
- Outdoor Leadership
- Physical Education Pedagogy
- Recreation
- Resource Management

In addition to preparing students for professional opportunities or graduate study in related fields, the program is intended to prepare all students for a variety of professional certifications offered in their respective fields of study. The faculty in the department work collaboratively and strive to support the Mission through our commitment to outstanding teaching, mentorship, service, and professional and scholarly development.

PROGRAMS

The Department of Physical Education and Recreation offers two new 4-year degrees. One offers a BA or BS in Physical Education with a choice of emphasis in Exercise Science or Outdoor Recreation Management. Students completing the Exercise Science emphasis will be qualified for a variety of jobs including personal training, fitness and health promotion, exercise testing, corporate wellness, clinical exercise physiology, and coaching. This major could also lead to acceptance into medical, dental, physical therapy and other professional or graduate schools.

The Exercise Science curriculum has been designed to address student needs and market demands. Students have the opportunity to practice and understand what they learn in the classroom. The department has an exercise science laboratory with the ability to test body composition, VO2 max, lactate levels, anaerobic power, blood pressure and heart rate responses to exercise, and several other exercise parameters. Information packets are available in the Physical Education and Recreation Department

Students completing the Outdoor Recreation Management emphasis are qualified to become park interpreters, resort recreation directors, corporate recreation managers, or community recreation directors. Supported by a strong background in recreation theory, with courses like Outdoor Leadership and Recreation Risk Management, students also choose from a variety of land and water-based skills courses, including avalanche awareness, off-road cycling, scuba diving and whitewater kayaking. More than a career, a major in Outdoor Recreation Management teaches leadership for life because graduates exit the program with enhanced personal responsibility and confident ability to overcome barriers.

The second Bachelors degree is the Physical Education Teacher Education (PETE) degree. This program is designed to prepare quality candidates to teach developmentally appropriate physical education to all K-12 students. Successful completion of this program leads to Licensure in the State of Utah.

Graduates from the UVSC Physical Education K-12 Teacher Education (PETE) program will be specifically qualified to teach developmentally appropriate physical education to the increasingly diverse population of students in the K-12 schools in the State of Utah. Their preparation will help meet the anticipated demands for quality elementary, as well as secondary, physical educators in the twenty-first century.

Physical Education And Recreation

The department also offers a minor in Physical Education which can be combined with other college-wide bachelor degrees. The minor provides students with a broad academic knowledge of the foundational and scientific principles in the field of Physical Education as well as exposure to teaching Physical Education and/or coaching in the public schools.

AA/AS Pre Major in Physical Education/Recreation 61-62 CREDITS

General Education Requirements: 35 Credits

- ENGL 1010 Introduction to Writing 3.0
- ENGL 2010 Intermediate Writing--Humanities/Social Sciences 3.0

or ENGL 2020 Intermediate Writing--Science and Technology (3.0)

Complete one of the following: 3.0

- MATH 1030 Quantitative Reasoning (recommended for Humanities or Arts majors) (3.0)
- MATH 1040 Introduction to Statistics (recommended for Social Science majors) (3.0)
- MATH 1050 College Algebra (recommended for Business, Education, Science, and Health Professions majors) (4.0)

Complete one of the following: 3.0

- HIST 2700 US History to 1877 (3.0)
- HIST 2710 US History since 1877 (3.0)
- HIST 1700 American Civilization (3.0)
- HIST 1740 US Economic History (3.0)
- POLS 1000 American Heritage (3.0)
- POLS 1100 American National Government (3.0)

Complete the following:

- PHIL 2050 Ethics and Values 3.0
- HLTH 1100 Personal Health and Wellness 2.0
- or PES 1097 Fitness for Life (2.0)

Distribution Courses

- Biology (ZOOL 1090 strongly recommended) 3.0
- Physical Science 3.0
- Additional Biology or Physical Science (ZOOL 2420 strongly recommended) 3.0
- Humanities Distribution 3.0
- Fine Arts Distribution 3.0
- Social/Behavioral Science 3.0

Emphasis Requirements: 26-27 credits

Complete one of the following emphases (see detail below)

- Physical Education 26.0
- Recreation 27.0

Graduation Requirements:

- Completion of a minimum of 61 semester credits.
- Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
- Residency hours -- minimum of 20 credit hours through course attendance at UVSC.
- Completion of GE and specified departmental requirements.
- For the AA degree, completion of 10 credit hours of course work from one language.

Emphasis in

Physical Education 26 Credits

Emphasis Requirements: 16 Credits

- PES 2700 Foundations of Physical Education and Recreation 3.0

Complete 13 credits from the following: 13.0

- CHEM 1110 Elementary Chemistry for the Health Sciences (4.0)
- ZOOL 2320 Human Anatomy (4.0)
- ZOOL 2420 Human Physiology (4.0)
- MATH 2040 Principles of Statistics (4.0)
- PES 2500 Sports Medicine (3.0)
- and PES 2510 Sports Medicine Lab (1.0)
- or PES 3300 Sports Injuries* (2.0)
- PETE 2100 Skill Analysis I* (3.0)
- PETE 2200 Skill Analysis II* (3.0)
- PETE 2300 Skill Analysis III* (3.0)
- Any PES or PETE courses approved by department (maximum of 2 hours)

Emphasis Elective Requirements: 10 Credits

FOR AS DEGREE: Complete any 1000-level or higher
FOR AA DEGREE: Same Foreign Language

Footnote:

* Recommended for PE Teacher Education Majors

Emphasis in Recreation 27 Credits

Emphasis Requirements: 16 Credits

- REC 3100 Recreation Program Planning 3.0
- REC 3400 Recreation Administration and Risk Management 3.0
- REC 3600 Foundations of Recreation and Leisure 2.0

Complete 8 credits from the following: 8.0

- REC 1527 Rock Climbing I (2.0)
- REC 1525 Mountaineering (2.0)
- REC 1550 Mountain Biking (2.0)
- REC 1350 Scuba Diving I (1.0)
- REC 1351 Scuba Diving II (1.0)
- REC 1505 Whitewater Kayaking I (2.0)
- REC 1500 Canoeing I (1.0)
- REC 2500 Introduction to Adventure Recreation (2.0)

Any other REC course 1110 to 3300, a maximum of 4 credits may be applied to graduation

Emphasis Elective Requirements: 11 Credits

Complete any 1000-level or higher 11.0

BA in Physical Education and Recreation 120 CREDITS

General Education Requirements: 36 Credits

- ENGL 1010 Introduction to Writing 3.0
- ENGL 2010 Intermediate Writing--Humanities/Social Sciences 3.0

or ENGL 2020 Intermediate Writing--Science and Technology (3.0)

Complete one of the following: 3.0

- MATH 1050 College Algebra 4.0
- Complete one of the following: 3.0
- HIST 2700 US History to 1877 (3.0)
- or HIST 2710 US History since 1877 (3.0)
- or HIST 1700 American Civilization (3.0)
- HIST 1740 US Economic History (3.0)
- POLS 1000 American Heritage (3.0)
- POLS 1100 American National Government (3.0)

Complete the following:

- PHIL 2050 Ethics and Values 3.0
- HLTH 1100 Personal Health and Wellness (2.0)
- or PES 1097 Fitness for Life (required for the Exercise Science emphasis) 2.0

Distribution Courses

- BIOL 1010 General Biology 3.0
- Physical Science 3.0
- ZOOL 1090 Introduction to Human Anatomy and Physiology 3.0
- Humanities Distribution (any foreign language 2020 course) 3.0
- Fine Arts Distribution 3.0
- Social/Behavioral Science 3.0

Discipline Core Requirements: 17 Credits

- PES 2700 Foundations of Physical Education and Recreation 3.0
- PES 3500 Kinesiology 3.0
- PES 3550 Motor Learning and Development 3.0
- PES 3750 Psychosocial Aspects of Human Performance 2.0
- PES 3850 Ethical Concerns in Physical Education and Recreation 3.0
- PES 4300 Research Methods in Physical Education and Recreation 3.0

Emphasis:

Complete one of the following:

- Exercise Science 52.0
- Outdoor Recreation Management 52.0

Elective Requirements: 15 Credits

Complete 15 credit hours of course work from one language to include the 1010, 1020, and 2010 levels (2020 level completed in GE requirements).

Graduation Requirements:

- Completion of a minimum of 120 semester credits.
- Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
- Residency hours: minimum of 30 credit hours through course attendance at UVSC, with at least 10 hours earned in the last 45 hours.
- Completion of GE and specified departmental requirements.
- Completion of 18 credit hours of course work from one language to include the 1010, 1020, 2010, and 2020 levels or transferred equivalents.

Note: Students must obtain the departmental advisor's signature on an approved program plan prior to enrollment in their second semester of study.

Emphasis in Exercise Science 52 Credits

Emphasis Requirements: 44 Credits

- CHEM 1110 Elementary Chemistry for the Health Sciences 4.0
- ZOOL 2320 Human Anatomy 4.0
- ZOOL 2420 Human Physiology 4.0

- PES 2500 Sports Medicine 3.0
- PES 2510 Sports Medicine Lab 1.0
- PES 3270 Methods of Teaching Fitness 3.0
- PES 3700 Exercise Physiology 4.0
- PES 3730 Biomechanics 3.0
- PES 4000 Exercise Testing and Prescription 3.0
- PES 4100 Fitness Across the Lifespan 3.0
- PES 4400 Physical Activity Promotion in the Community 3.0
- PES 4900 Exercise Science Senior Practicum 3.0
- PES 4950 Senior Seminar 2.0
- MATH 2040 Principles of Statistics 4.0

Emphasis Elective Requirements: 8 Credits

Any course 1000-level or higher 8.0

Emphasis in Outdoor Recreation Management 52 Credits

Emphasis Requirements: 40 Credits

- REC 1542 Wilderness First Responder 2.0
- REC 2400 Principles of Experiential Education in Recreation 3.0
- REC 3100 Recreation Program Planning 3.0
- REC 3400 Recreation Administration and Risk Management 3.0
- REC 3500 Recreation Administration 3.0
- REC 4200 Outdoor Leadership and Management Practicum 2.0

- MGMT 3600 Principles of Marketing 3.0
- REC 482R Senior Internship 3.0
- REC 4950 Senior Seminar 3.0

Complete four credits from the following land-based skills courses: 4.0

- REC 1525 Mountaineering (2.0)
- REC 1527 Rock Climbing I (2.0)
- REC 1528 Rock Climbing II (2.0)
- REC 1550 Mountain Biking (2.0)
- REC 1535 Backpacking (2.0)
- REC 2005 Ropes Course Facilitation (2.0)
- REC 2010 Avalanche Awareness (2.0)
- REC 3300 Wilderness Skills (2.0)

Complete two credits from the following water-based skills courses: 2.0

- REC 1350 Scuba Diving I (2.0)
- REC 1351 Scuba Diving II (2.0)
- REC 1500 Canoeing I (1.0)
- REC 1505 Whitewater Kayaking I (2.0)
- REC 1506 Whitewater Kayaking II (2.0)
- REC 1513 Fly Casting I (1.0)

Complete three of the following classes: 9.0

- REC 2450 Rock Climbing Site Management and Facilitation (3.0)
- or REC 2600 Principles of Outdoor and Adventure Education (3.0)
- or REC 2650 Principles of Challenge Education (3.0)
- or REC 2750 Principles of Water-Based Adventure Education (3.0)
- REC 3700 Resource Interpretation (3.0)
- REC 4000 Outdoor Leadership (4.0)
- REC 4400 Park and Protected Area Management (3.0)
- REC 4500 Visitor Behavior (3.0)

Emphasis Elective Requirements: 12 Credits

Any courses 1000-level or higher 12.0

BS in Physical Education and Recreation 120 CREDITS

General Education Requirements: 36 Credits

- ENGL 1010 Introduction to Writing 3.0
- ENGL 2010 Intermediate Writing--Humanities/Social Sciences 3.0

or ENGL 2020 Intermediate Writing--Science and Technology (3.0)

Complete one of the following: 3.0

- MATH 1050 College Algebra 4.0
- Complete one of the following: 3.0
- HIST 2700 US History to 1877 (3.0)
- or HIST 2710 US History since 1877 (3.0)
- or HIST 1700 American Civilization (3.0)
- HIST 1740 US Economic History (3.0)
- POLS 1000 American Heritage (3.0)
- POLS 1100 American National Government (3.0)

Complete the following:

- PHIL 2050 Ethics and Values 3.0
- HLTH 1100 Personal Health and Wellness (2.0)
- or PES 1097 Fitness for Life 2.0

Distribution Courses

- BIOL 1010 General Biology 3.0
- Physical Science 3.0
- ZOOL 1090 Introduction to Human Anatomy and Physiology 3.0
- Humanities Distribution 3.0
- Fine Arts Distribution 3.0

Physical Education And Recreation

• Social/Behavioral Science	3.0
Discipline Core Requirements:	17 Credits
• PES 2700 Foundations of Physical Education and Recreation	3.0
• PES 3500 Kinesiology	3.0
• PES 3550 Motor Learning and Development	3.0
• PES 3750 Psychosocial Aspects of Human Performance	2.0
• PES 3850 Ethical Concerns in Physical Education and Recreation	3.0
• PES 4300 Research Methods in Physical Education and Recreation	3.0

Emphasis:

Complete one of the following:

- Exercise Science 67.0
- Outdoor Recreation Management 67.0

Graduation Requirements:

- 1 Completion of a minimum of 120 semester credits.
- 2 Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
- 3 Residency hours: minimum of 30 credit hours through course attendance at UVSC, with at least 10 hours earned in the last 45 hours.
- 4 Completion of GE and specified departmental requirements.

Note: Students must obtain the departmental advisor's signature on an approved program plan prior to enrollment in their second semester of study.

Emphasis in

Exercise Science 67 Credits

Emphasis Requirements: 44 Credits

- CHEM 1110 Elementary Chemistry for the Health Sciences 4.0
- ZOOL 2320 Human Anatomy 4.0
- ZOOL 2420 Human Physiology 4.0
- PES 2500 Sports Medicine 3.0
- PES 2510 Sports Medicine Lab 1.0
- PES 3270 Methods of Teaching Fitness 3.0
- PES 3700 Exercise Physiology 4.0
- PES 3730 Biomechanics 3.0
- PES 4000 Exercise Testing and Prescription 3.0
- PES 4100 Fitness Across the Lifespan 3.0
- PES 4400 Physical Activity Promotion in the Community 3.0

- PES 4900 Exercise Science Senior Practicum 3.0
- PES 4950 Senior Seminar 2.0
- MATH 2040 Principles of Statistics 4.0

Emphasis Elective Requirements: 23 Credits

- Any courses 1000-level or higher 23.0

Emphasis in Outdoor Recreation

Management 67 Credits

Emphasis Requirements: 40 Credits

- REC 1542 Wilderness First Responder 2.0
- REC 2400 Principles of Experiential Education in Recreation 3.0
- REC 3100 Recreation Program Planning 3.0
- REC 3400 Recreation Administration and Risk Management 3.0
- REC 3500 Recreation Administration 3.0
- REC 4200 Outdoor Leadership and Management Practicum 2.0
- REC 482R Senior Internship 2.0
- REC 4950 Senior Seminar 3.0
- MGMT 3600 Principles of Marketing 3.0

Complete four credits from the following land-based skills courses:

- REC 1525 Mountaineering (2.0)
- REC 1527 Rock Climbing I (2.0)
- REC 1528 Rock Climbing II (2.0)
- REC 1550 Mountain Biking (2.0)
- REC 1535 Backpacking (2.0)
- REC 2005 Ropes Course Facilitation (2.0)
- REC 2010 Avalanche Awareness (2.0)
- REC 3300 Wilderness Skills (2.0)

Complete two credits from the following water-based skills courses:

- REC 1350 Scuba Diving I (2.0)
- REC 1351 Scuba Diving II (2.0)
- REC 1500 Canoeing I (1.0)
- REC 1505 Whitewater Kayaking I (2.0)
- REC 1506 Whitewater Kayaking II (2.0)
- REC 1513 Fly Casting I (1.0)

Complete three of the following classes:

- REC 2450 Rock Climbing Site Management and Facilitation (3.0)
- or REC 2600 Principles of Outdoor and Adventure Education (3.0)
- or REC 2650 Principles of Challenge Education (3.0)
- or REC 2750 Principles of Water-Based Adventure Education (3.0)
- REC 3700 Resource Interpretation (3.0)

- REC 4000 Outdoor Leadership (4.0)
- REC 4400 Park and Protected Area Management (3.0)
- REC 4500 Visitor Behavior (3.0)

Emphasis Elective Requirements: 27 Credits

- Any courses 1000-level or higher 27.0

BS in Physical Education

Teacher Education 120 CREDITS

Matriculation Requirements:

- 1 Acceptance to the Secondary Education Program.
- 2 Complete the following with a grade of "C" or better: PES 1097, PETE 2100, PETE 2300, PETE 3100, and PES 2700.
- 3 Submit and pass matriculation essay with departmental evaluation and approval (see advisor).

General Education Requirements: 37 Credits

- ENGL 1010 Introduction to Writing 3.0
- ENGL 2020 Intermediate Writing--Science and Technology 3.0

Complete one of the following:

- HIST 2700 US History to 1877 (3.0)
- and HIST 2710 US History since 1877 (3.0)
- HIST 1700 American Civilization (3.0)
- HIST 1740 US Economic History (3.0)
- POLS 1000 American Heritage (3.0)
- POLS 1100 American National Government (3.0)

Complete the following:

- PHIL 2050 Ethics and Values 3.0
- PES 1097 Fitness for Life 2.0

Distribution Courses

- BIOL 1010 General Biology 3.0
- or BIOL 1610 College Biology I (4.0)
- CHEM 1010 Introduction to Chemistry 3.0
- or CHEM 1110 Elementary Chemistry for the Health Sciences (4.0)

- ZOOL 1090 Introduction to Human Anatomy and Physiology 3.0

- DANC 3400 Dance in the Elementary School 2.0
- and MUSC 3400 Music in the Elementary School 2.0

- PSY 1100 Human Development Life Span 3.0
- COMM 1020 Public Speaking 3.0

Discipline Core Requirements: 75 Credits

- PES 2700 Foundations of Physical Education and Recreation 3.0
- PES 3300 Sports Injuries 2.0
- PES 3500 Kinesiology 3.0
- PES 3700 Exercise Physiology 4.0
- PES 3550 Motor Learning and Development 3.0
- PES 3750 Psychosocial Aspects of Human Performance 2.0

- PETE 2100 Skill Analysis I 3.0
- PETE 2200 Skill Analysis II 3.0
- PETE 2300 Skill Analysis III 3.0
- PETE 3100 Physical Education Pedagogy 3.0
- PETE 3450 Special Populations in Physical Education 3.0

- PETE 4200 Methods of Teaching Elementary Physical Education 3.0

- PETE 4210 Elementary Physical Education Field Experience 1.0

- PETE 4250 Methods of Teaching Secondary Physical Education 3.0

- PETE 4260 Secondary Physical Education Field Experience 1.0

- PETE 4400 Assessment in Physical Education 3.0
- PETE 4900 Student Teaching Seminar for Physical Education 2.0

Secondary Education Courses:

- EDSC 2540 Development of the Adolescent Student 2.0
- EDSC 3000 Educational Psychology 3.0
- EDSC 3050 Foundations of American Education 2.0
- EDSC 3250 Instructional Media 2.0
- EDSP 3400 Exceptional Students 2.0
- EDSC 4200 Classroom Management I 1.0
- EDSC 4250 Classroom Management II 1.0
- EDSC 4440 Content Area Reading and Writing 3.0
- EDSC 4450 Multicultural Instruction/ESL 2.0
- EDSC 4550 Secondary Curriculum Instruction and Assessment 4.0
- EDSC 4850 Student Teaching--Secondary (4.0) 8.0

Elective Requirements: 8 Credits

- Any 1000-level or higher 8.0

Graduation Requirements:

- 1 Completion of a minimum of 120 semester credits with 40 semester credits from 3000 and 4000 level courses.
- 2 Overall grade point average of 2.5 or above, with no grades below C- in Core or Education courses.

- 3 Residency hours -- minimum of 30 credit hours through course attendance at UVSC, with at least 10 hours earned in the last 45 hours.
- 4 Completion of GE and specified departmental requirements.

Minor in

Physical Education 24 CREDITS

Discipline Core Requirements: 24 Credits

- PETE 2100 Skill Analysis I 2100 Teaching Sports Skills 3.0
- PES 2700 Foundations of Physical Education and Recreation 3.0
- PES 3270 Methods of Teaching Fitness 3.0
- PES 3300 Sports Injuries 2.0
- PES 3550 Motor Learning and Development 3.0
- PES 3700 Exercise Physiology 4.0
- PETE 4250 Methods of Teaching Secondary Physical Education 3.0

- PETE 4260 Secondary Physical Education Field Experience 1.0

Choose one of the following:

- PES 3220 Teaching and Coaching Basketball (2.0) 2.0
- PES 3230 Teaching and Coaching Football (2.0)
- PES 3240 Teaching and Coaching Volleyball (2.0)
- PES 3250 Teaching and Coaching Aerobics and Cheerleading (2.0)
- PES 3260 Teaching and Coaching Baseball and Softball (2.0)

BA/BS in

Integrated Studies 123 CREDITS

The following Integrated Studies Emphasis is available (see the Integrated Studies section of this catalog for complete degree requirement listings.)

Emphasis in Outdoor

Leadership 18 Credits

Emphasis Requirements: 18 Credits

Outdoor Leadership Emphasis

Complete the following:

- REC 3600 Foundations of Recreation and Leisure 2.0
- REC 3100 Recreation Program Planning 3.0
- REC 3400 Recreation Administration and Risk Management 3.0
- REC 4000 Outdoor Leadership 4.0

Complete 6 credits from the following:

- REC 1527 Rock Climbing I (2.0)
- REC 1525 Mountaineering (2.0)
- REC 1550 Mountain Biking (2.0)
- REC 1350 Scuba Diving I (2.0)
- REC 1351 Scuba Diving II (2.0)
- REC 1505 Whitewater Kayaking I (2.0)
- REC 1528 Rock Climbing II (2.0)
- REC 2005 Ropes Course Facilitation (2.0)
- REC 2010 Avalanche Awareness (2.0)
- REC 1500 Canoeing I (1.0)
- REC 3300 Wilderness Skills (2.0)

BA/BS in

Integrated Studies 123 CREDITS

The following Integrated Studies Emphasis is available (see the Integrated Studies section of this catalog for complete degree requirement listings.)

Emphasis in Physical

Education 18 Credits

Emphasis Requirements: 18 Credits

Physical Education Emphasis

Complete the following:

- PES 2700 Foundations of Physical Education and Recreation 3.0
 - PES 3270 Methods of Teaching Fitness 3.0
 - PES 3500 Kinesiology 3.0
 - PES 3700 Exercise Physiology 4.0
- Complete 5 credits from the following:
- Any PES 1000 level course except PES 1097, maximum of 1 credit may be applied to graduation
 - Any PES course 2050 or higher

See Course Descriptions section of the catalog for detailed course information. This department manages the following course

Physical Education And Recreation

prefixes:

- PES, Physical Education
- PETE, Physical Education Teacher Education
- REC, Recreation