

Health and Human Performance Major with Outdoor Recreation Programming Concentration



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 60 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/Outdoor Recreation Programming Concentration is only available on-campus.

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>
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>

Course Number	Course Title	Credits	Prerequisites
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
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	Consent of instructor
HHP 496	Capstone Course	2	HHP 495, consent of instructor

OUTDOOR RECREATION PROGRAMMING REQUIRED COURSES: 25 credit hours

Course Number	Course Title	Credits	Prerequisites
OUT 201	Intro to Outdoor Recreation Management	3	
CH 298	Lifetime Fitness	3	
OUT 352	Wilderness First Responder	3	
OUT 385	Recreation Management and Entrepreneurship	3	OUT 201
OUT 409	Internship in Outdoor Recreation and Leadership	3	OUT 201
OUT 415	Outdoor Leadership	4	OUT 201
CH 412	Program Planning	3	
CH 413	Program Evaluation	3	CH 412

OUTDOOR RECREATION PROGRAMMING ELECTIVE COURSES: 12 credit hours

Complete 12 credit hours from the following courses:

Course Number	Course Title	Credits	Prerequisites
CH 198	Outdoor Activity and Lifetime Wellness	3	

Course Number	Course Title	Credits	Prerequisites
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	
OUT 499	Summer Outdoor Recreation Internship	1 to 15	
			Total credits required for major: 60

Select (highlight) information above this line and right click to print the check sheet

[Previous EPCC Checksheet \(March 2019 update\) \(https://www.eou.edu/academics/files/2020/06/HHP-Major-Outdoor-Rec-Conc-EPCC-update-March-2019.pdf\)](https://www.eou.edu/academics/files/2020/06/HHP-Major-Outdoor-Rec-Conc-EPCC-update-March-2019.pdf) this checksheet is for summer 2019-spring 2020

EPCC update March 2019 [*Feb 2020 course update*]