

## Health And Human Performance w/Nature And Outdoor Recreation Programming Concentration

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Complete all [institutional graduation requirements](#).

**Health and Human Performance w/Nature And Outdoor Recreation Programming Concentration** requires a minimum of 65 credits to complete the major. A grade of “C-” or better is required for each course counting towards the major and a cumulative GPA of 2.00 is required for completion of the major. S/U courses may not be elected for program requirements.

Available both on-campus and online **with a two week summer residency requirement**. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

### **Program recommended general education courses;**

**SSC:** PSY 201, 202; SOC 204; ANTH 201

**SMI:** BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203, A statistics course - PSY 327; STAT 243

**GTW:** WR 121, LIB 127

\*Transfer students with 90 credits or more satisfy the requirement for **HHP 131** Professional Careers and Foundations in HHP

## Health and Human Performance Core Required Courses: 20 credits

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- [BIOL 231 - Human Anatomy & Physiology I w/Lab](#) Credits: 4
- [BIOL 231L - Human Anatomy/Physiology I Lab](#) Credits: 0  
*Lab is for on-campus students*
- [BIOL 232 - Human Anatomy & Physiology II w/Lab](#) Credits: 4
- [BIOL 232L - Human Anatomy/Physiology II Lab](#) Credits: 0  
*Lab is for on-campus students*
- [BIOL 233 - Human Anatomy & Physiology III w/Lab](#) Credits: 4
- [BIOL 233L - Human Anatomy & Physiology III Lab](#) Credits: 0  
*Lab is for on-campus students*
- [HHP 131 - Professional Careers & Foundations in HHP\\*GTW](#) Credits: 2
- [HHP 312 - Measurement and Evaluation in Physical Activity and Health](#) Credits: 3
- [HHP 350 - Behavior Change Theory](#) Credits: 3

## Nature And Outdoor Recreation Programming Required Courses: 33 credits

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- [CH 198 - Outdoor Act/Lifetime Wellness](#) Credits: 3
- [OUT 201 - Intro to Outdoor Recreation Management](#) Credits: 3
- [OUT 221 - Wilderness Survival](#) Credits: 3
- [OUT 352 - Wilderness First Responder](#) Credits: 3
- [EXS 333 - Environmental Exercise Physiology](#) Credits: 3
- [CH 412 - Program Planning \(Capstone\)](#) Credits: 3

- [CH 413 - Health Promotion Program Evaluation](#) Credits: 3
- [OUT 415 - Outdoor Leadership](#) Credits: 3
- [OUT 430 - Outdoor Adventure Leadership and Training \(Capstone\)](#) Credits: 6
- [CH 351 - Intro to Community Health](#) Credits: 3

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## Electives: 12 credits

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Complete 12 credit hours and at least 3 courses from the following course list:

- [COM 211 - Small Group Communication](#) Credits: 4
- [OUT 220 - Avalanche Fundamentals: Processes and Leadership](#) Credits: 2
- [CH 225 - General Nutrition](#) Credits: 3
- [CH 298 - Lifetime Fitness](#) Credits: 3
- [CH 352 - Cultural Competence in Health Education and Health Promotion](#) Credits: 4
- [HHP 496 - Capstone](#) Credits: 2-5
- [OUT 499 - Outdoor Recreation Internship](#) Credits: 1-15

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## Total credits required for major: 65

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### Last EPCC update - November 2022

Previous EPCC update January 2022 see [2022-2023 Academic Program Checksheets](#) for checksheet

[Previous EPCC Checksheet \(March 2021 update\)](#) this checksheet is for summer 2021-spring 2022

EPCC update March 2021 *Concentration name change from Outdoor Recreation Programming*

[Previous EPCC Checksheet \(March 2020 update\)](#) this checksheet is for summer 2020-spring 2021

[Previous EPCC Checksheet \(March 2019 update\)](#) this checksheet is for summer 2019-spring 2020

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## Four Year Plan

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[HHP-Nature and Outdoor Recreation Programming Typical Four Year Curriculum](#)

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