

# Health, Physical Education, Recreation & Dance

## B.S. Recreation-Corporate Recreation/Wellness

### Freshman

Freshman Seminar	71-101	1	Composition	10-112	3
Composition	10-111	3	Physical Science & Lab		4
General Psychology	08-103	3	American Historical Survey	33-155	3
General Biology & Lab	04102/103	4	Leisure and Society(IR)	45-211	3
Lifetime Wellness & Lab	22-110/111	3	General Sociology	35-101	3
<b>Total</b>		<b>14</b>	<b>Total</b>		<b>16</b>

### Sophomore

Foundations of Recreation	45-240	3	Fine Arts		3
Leisure Services & Spec. Pops	45-245	3	American Government	34-102	3
Math Requirement		3	Recreation Programs	45-340	3
Humanities/Philosophy		3	Anatomy & Physiology	22-254	3
Fund of Oral Communications	29-102	3	Tech. Recreation Leadership	45-443	3
<b>Total</b>		<b>15</b>	<b>Total</b>		<b>15</b>

### Junior

Adapted Physical Education	22-410	3	Health Promotion	22-552	3
Tech of Recreation Leadership	45-443	3	Field Experience in Recreation	45-452	3
Biomechanics (Kinesiology)	22-336	3	Physiology of Exercise	22-332	3
Introduction to Literature	10-220	3	Facility Design & Management	45-540	3
Computers & Info. Technology	44-130	3	Nutrition & Diet Behavior	15-234	2
<b>Total</b>		<b>15</b>	<b>Total</b>		<b>14</b>

### Senior

Administration of Recreation	45-546	3	Evaluation of Leisure Services	45-446	3
Senior Seminar in Recreation	45-434	3	Risk Management	22-545	3
<u>Electives</u>		<u>6-9</u>	<u>Electives</u>		<u>6-9</u>
<b>Total</b>		<b>12-15</b>	<b>Total</b>		<b>12-15</b>

### Last Trimester

Recreation Internship                      45-499                      6-12

It is recommended that elective hours be selected from the following:

PE 22-532 Exercise Testing & Prescription	PE 22-550 Community Health
Rec 45-545 Risk Management	PE 22-382 Care & Prevention Athletic Injuries
Bio 04-104 Medical Terminology	FCS15-216 Gerontology
PE 22-207 Aerobic Strength & Conditioning	Rec 45-365 Leisure and Aging
PE 22-512 Socio-Psychological Aspects of Human Performance	PE 22-555 Intervention & Strategies for Health Behavior Change
Rec 45-547 Grantsmanship	PE 22-529 Theory & Fundamentals of Strength & Conditioning/Personal Training
Rec 22-560 Health in Later Years	
Rec 45-533 Recreation Sports Management	

Students must earn a minimum total of **124 hours** to complete their degree.

Please note this outline does not supersede the requirements listed in the Northwest Undergraduate Student Catalog nor does it constitute a contractual arrangement, rather it is for information only. It is the student's responsibility to be aware of and meet all University and Department requirements as listed in the catalog.

Fall 2010