

Lock Haven University
Recreation Management Department
Bachelor of Science
Recreation Management – Fitness Management

Effective: Fall 2014

Intellectual Foundation	9 sh
Written Communication	3 sh
ENGL100: Composition (3 sh)	
WC Competency 1	
WC Competency 2	
Oral Communication	3 sh
Mathematical and Computational Thinking	3 sh.
Critical Thinking	
CT Competency 1	
CT Competency 2	

First Year Student Seminar	1 sh
RECR119: First Year Student Seminar	1 sh

Major Area and Cognate Courses	60 sh
RECR110: Introduction to Recreation and Leisure	3 sh
RECR210: Field Participation in Recreation	3 sh
RECR244: Recreation Leadership and Supervision	3 sh
RECR275: Inclusive Recreation and Therapeutic Recreation Services	3 sh
#RECR315: Program Planning and Design in Recreation	3 sh
#RECR330: Marketing Recreation Services	3 sh
#RECR410: Seminar in Current Issues of Recreation	3 sh
#RECR415: Organization and Management of Recreation	3 sh
#RECR420: Recreation Resource Management	3 sh
#RECR425: Professional Field Experience	10/12 sh
#RECR430: Assessment, Evaluation and Research	3 sh
RECR200: Personal Training and Aerobic Leadership	3 sh
RECR205: Nutrition for Wellness	3 sh
#RECR301: Exercise Prescription	3 sh
#RECR302: Supervision of Strength Training Programs	3 sh
#RECR303: Sports Nutrition	3 sh
#RECR312: Teaching Conditioning Principles for Certification Testing	3 sh
HLTH115: Anatomy and Physiology 1	4 sh
HLTH120: Anatomy and Physiology 2	4 sh
HLTH353: Physiology of Exercise	3 sh
HLTH305: Introduction to Biomechanics	3 sh

72/74

Knowledge and Inquiry	21 sh
Natural Science Inquiry	6 sh
I Lab Science	
Historical, Behavioral, and Social Science Inquiry	6 sh
Philosophical, Literary, and Aesthetic Inquiry	9 sh

Personal and Social Responsibility	12 sh
Global Awareness and Citizenship	9 sh
I GAC-H	
Wellness	3 sh
RECR105: Leisure, Wellness and Personal Lifestyle	3 sh
Experiential Learning	
EL Competency 1	
EL Competency 2	

Electives	17 sh
	5/3 sh

**Lock Haven University
Recreation Management Department
Fitness Management Track
Suggested Course Sequence**

Fall Freshman (example)

ENGL100: Composition (3)

RECR119: First Year Student Seminar (1)
RECR105: Leisure, Wellness and Personal Lifestyle (3 - WEL)
RECR110: Introduction to Recreation (3)

Elective/Gen Ed: (3)
Elective/Gen Ed: (3)

Credit Total: 16

Spring Freshman (example)

RECR200: Personal Training and Aerobic Leadership (3)
RECR244: Recreation Leadership and Supervision (3)
HLTH128: Anatomy and Physiology 1 (3)
HTLH129: Anatomy and Physiology 1 Lab (1)

Elective/Gen Ed: (3)
Elective/Gen Ed: (3)

Credit Total: 16

Fall Sophomore (example)

RECR205 Nutrition for Wellness (3)
RECR315 Program Planning (3)

HLTH130 A&P 2 (3)
HTLH131 A&P 2 Lab (1)
Elective/Gen Ed: (3)
Elective/Gen Ed: (3)

Credit Total: 16

Spring Sophomore(example)

RECR275 Inclusive Recreation and TR (3)
RECR330 Marketing Recreation Services (3)
HLTH353 Physiology of Exercise (3)
RECR210: Field Experience (3)
Elective/Gen Ed: (3)

Credit Total: 15

Fall Junior (example)

RECR301 Exercise Prescription (3)

RECR303 Sports Nutrition (3)

Elective/Gen Ed: (3)
Elective/Gen Ed: (3)
Elective/Gen Ed: (3)

Credit Total: 15

Spring Junior (example)

RECR302 Supervision of Strength Training Programs (3)
RECR312 Teaching Conditioning Principles for Certification Testing (3)
Elective/Gen Ed: (3)
Elective/Gen Ed: (3)
Elective/Gen Ed: (3)

Credit Total: 15

Fall Senior –Professional Semester

RECR405 Health Promotion (3)

RECR410 Issues (3)

Spring Senior (example)

RECR425 Professional Field Experience (10/12)

CIS Approved 3/14/2014

Administration Approved: 04/18/2014

RECR415 O & M (3)

RECR420 Recreation Resource

Management (3)

RECR320 Evaluation and Research (3)

Credit Total: 15

Credit Total: 10/12