**Fall Semester** | **Spring Semester**
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**First Year** |  
EXHP 101: Intro to EXHPR | REC 104: Desert Orientation*  
REC 100L: Wilderness Technical Skills | CIS 100: Intro to Word & Windows(recomm. elective)  
REC 102: Mountain Orientation* | CIS 103: Powerpoint & Web Publishing (recomm. elective)  
REC 249: Challenge Course Leadership | CIS 104: Excel Spreadsheets(recomm. elective)  
ENG 101: English Composition I | ENG 102: English Composition II  
General Education Course | Gen Ed Course: Nat & Phys Science (1course w/lab)  
**TOTAL SEMESTER HOURS** | **TOTAL SEMESTER HOURS**
13 | 15

**Second Year** |  
REC 103: Winter Orientation** | REC 105: Canyon Orientation**  
REC 240: Recreation Program Design* | REC 370: Outdoor Leadership II  
REC 270: Outdoor Leadership I* | Hours outside the major  
REC 280: Foundations of Therapeutic Recreation | General Education Courses  
General Education Courses | **TOTAL SEMESTER HOURS**
13 | 14

**Third Year** |  
REC 360: Outdoor Education | REC 350: Leadership and Ethics  
Required major outdoor skills*** | REC 388: Outdoor Leadership Practicum  
Hours outside the major | Required major outdoor skills***  
Gen Ed Course: Nat & Phys Science (1course w/lab) | General Education Course  
**TOTAL SEMESTER HOURS** | **TOTAL SEMESTER HOURS**
14 | 13

**Fourth Year** |  
Required major outdoor skills*** | REC 484: Outdoor Resources & Management  
REC 375: Research & Evaluation of Recreation | REC 493: Seminar  
REC 322: Wilderness First Aid | Required major outdoor skills***  
Hours outside the major | EXHP 461: Managing Programs in EXHPR  
(at least 4 hours *Upper division) | Hours outside the major  
**TOTAL SEMESTER HOURS** | **TOTAL SEMESTER HOURS**
14 | 12

**Senior – Summer** |  
REC 498: Internship | **TOTAL SEMESTER HOURS**
OR | 12
REC489: Internship in Therapeutic Rec

*These are prerequisites before taking REC 370 (Outdoor Leadership II)  
** Select only one from Winter Orientation or Canyon Orientation

**Choose from one of the following:**  
EXHP 105L Snow Sports  
REC 112L Rock Climbing  
REC 113L Whitewater Boating  
REC 114L Basic Mountaineering Techniques
General Education Requirements: 35 semester hours

- ENG 101: English Composition I (3)
- ENG 102: English Composition II (3)
- Mathematics Course (3)
- Humanities Courses (9)
  - SPCOM 103: Speaking and Listening (3)
- History Course (3)
- Social Sciences Courses (6)
- Natural and Physical Sciences Courses (8) (2 courses with labs)

Course Completed elsewhere  CSU-Pueblo equivalent
(Ex: English 101)  (Ex: English 101)

Major Requirements:

EXHP Recreation Core Requirements: 34 semester hours

- EXHP 101: Introduction to EXHPR (2)
- REC 240: Recreation Program Design (3)
- REC 280: Foundations of Therapeutic Recreation (3)
- REC 350: Leadership and Ethics (3)
- REC 360: Outdoor Education (3)
- REC 375: Research and Evaluation of Recreation (3)
- EXHP 461: Managing Programs in EXHPR (3)
- REC 493: Seminar (2)
- REC 498: Internship (12)
- OR
- REC 489 Internship in Therapeutic Rec (12)

Major Requirements cont.:

Outdoor Leadership Emphasis: 25 semester hours

- Choose 4 of the following Outdoor Skills (4)
  - EXHP 105L: Snow Sports
  - REC 112L: Rock Climbing
  - REC 113L: Whitewater Boating
  - REC 114L: Basic Mountaineering Techniques
  - REC 116L: Camping
  - REC 117L: Backcountry
  - EXHP 205L: Snow Sports II
- REC 100L: Wilderness Technical Skills (1)
- REC 102: Mountain Orientation (2)
- REC 104: Desert Orientation (2) (required before taking REC 370)
- REC 103: Winter Orientation (2)
- OR
- REC 105: Canyon Orientation
- REC 249: Challenge Course Leadership (2)
- REC 270: Outdoor Leadership I (2)
- REC 322: Wilderness First Aid (2)
- REC 370: Outdoor Leadership II (2)
- REC 388: Outdoor Leadership Practicum (3)
- REC 484: Outdoor Resources and Management (3)

Hours Outside the Major: 20 semester hours (at least 4 upper division credits)

Elective courses: 6 semester hours

Electives (6) If CIS 100-104 is taken, take 3 additional credits.
- CIS 100: Intro to Word & Windows (1) (recommended option)
- CIS 103: PowerPoint & Web Publish (1) (recommended option)
- CIS 104: Excel Spreadsheets (1) (recommended option)
- EXHP 176L: Lifeguard Training (2) (recommended)

Institutional Graduation Requirements:

- Total of 120 semester hours, minimum.
- Complete a minimum of 40 semester hours in upper-division courses.
- Overall cumulative grade point average of 2.00.
- A minimum of 60 semester hours must be earned from a four year institution. Of these, a minimum of 30 semester hours of credit must be earned in residence.
- Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- All other requirements as specified in the Catalog.

Additional Major Graduation Requirements:

- Complete an emphasis of study with a cumulative GPA of 2.50 or higher
- Earn a minimum grade of a “C” in all prerequisite and major courses
- Repeat prerequisite and major courses with a grade of “D” or lower until a grade of “C” or higher is achieved; and
- Earn a cumulative of 2.0 or higher in required English and speech communication courses.

DISCLAIMER: The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered CSU-Pueblo.