# REC/RSL: Recommended Sequence of Courses

## Phase Component Requirement Recommended for RSL

### I. Foundations
- **Composition** 3-6 hours ENG 101 and ENG 201 or ENG 103
- **Lifetime Wellness** 2 hours PED 101
- **Math & Statistics** 3 hours MAT 111
- **Foreign Language** 3-6 hours ASL 101 and ASL 102 or SPN 201
- **First Year Seminar** 3 hours UNI 101

### II. Approaches & Perspectives
- **Aesthetic, Interpretive, & Literary Perspectives** At least 6 hours; No more than 3 hours from one discipline ENG 111; PED 136
- **Historical & Philosophical Approaches** At least 6 hours; No more than 3 hours from one discipline HST 203; PAR 115
- **Scientific Approaches to the Natural World** At least 7 hours with 1 lab course; no more than 4 hours from one discipline EVS 195; EVS 195L; EVS 205; GGY 130; GLY 101; GLY 120; GLY 250
- **Understanding Human Institutions and Behaviors** At least 6 hours; no more than 3 hours from one discipline ANT 205; COM 220; ECN 125; PLS 101; MGT 350; PLS 217; SOC 105
- **Living in Our Diverse Nation** At least 3 hours ECN 328; GRN 101; MGT 350; PSY 271
- **Living in a Global Society** At least 3 hours BIO 150; EVS 195; EVS 205; GGY 140; GLY 250; HST 203

### III. Clusters
- **Global Diversity Cluster or Coastal Health and Environment** At least 9 hours with at least 2 different prefixes PED 206; PED 235; REC 265; REC 351; REC 494
- **Global Diversity Cluster or Coastal Health and Environment** At least 9 hours with at least 2 different prefixes HEA 207; REC 265, REC 351; REC 362

### IV. Building Competencies
- **Writing Intensive** 9 hours with at least 3 hours at 300-400 level and at least 3 hours in the major EVS 495; GGY 435; MGT 352; PED 415; REC 375
- **Information Literacy** 9 hours; 1st year seminar and two additional courses; one in the major UNI 101; EVS 495; PED 415; REC 380
- **Quantitative & Logical Reasoning** 3 hours REC 359

### V. Explorations Beyond Classroom
- **One approved experience** REC 498

### VI. Capstone Course
- **12 hours** REC 498

- Minimum of 124 hours required for graduation.
- Commonly offered summer courses include: REC 348, REC 362, REC 494, REC 498
- This program of study is based on a student selecting the Recreational Sport Leadership Academic Concentration. Other Academic Concentrations are available (see catalogue).