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Recreation Professions

Students majoring in Recreation Professions will choose one of the following specializations:

- Recreation Management & Outdoor Leadership - For students seeking a career in outdoor education, municipal parks and recreation, commercial recreation and tourism, campus recreation, community or nonprofit recreation agencies, camp management, and expedition/trip-based programs.
- Therapeutic Recreation/Recreation Therapy - For students seeking a career as a recreational therapist or a related profession in the allied health field. This specialization is also suitable for students seeking graduate degrees in related fields such as occupational therapy and rehabilitation. Recreation therapy employment settings include adaptive sports centers, behavioral health centers, geriatric services, physical medicine/rehab, and community special recreation. Students are eligible to apply for the Recreational Therapist/CTRS exam from NCTRC upon completion of the degree requirements.

Students majoring in recreation professions are required to complete 39 credit hours of University Core Curriculum courses, 65 credit hours of one REC Specialization Area listed above, and 16 credit hours of electives. A grade of 'C' or better is required in all Recreation prefix required courses. Students may not enroll in REC 300, REC 301, REC 303, REC 304, REC 305, REC 306, and REC 330 more than two times without faculty consent. Majors will take 12 credit hours of internship upon the completion of all other coursework. The internship can be completed in fall, spring, or summer semesters. In order to be admitted to internship courses, students must have a grade point average of 2.50 and the consent of the instructor.

Students majoring in recreation professions can use their elective hours to complete a minor. Suggested minors include, but are not limited to: Animal Science, Studio Art, Environmental Studies, Healthcare Management, Horticulture, Hospitality Tourism, & Event Management, Long Term Care Administration, and Psychology.

Bachelor of Science (B.S.) in Recreation Professions Degree Requirements

Degree Requirements	Credit Hours
University Core Curriculum Requirements	39
REC Core Requirements ¹	9
One specialization: Recreation Management and Outdoor Leadership – OR - Therapeutic Recreation/ Recreation Therapy	65
Electives	16
Total	120

B.S. Recreation Professions - Recreation Management and Outdoor Leadership Specialization Degree Requirements

Degree Requirements	Credit Hours
Foundational Classes: REC 300, REC 301, REC 303, REC 304, REC 305, REC 306, REC 330	21
REC 302, REC 307, REC 365, REC 425, REC 465, REC 491	27
At least 1 of the following: REC 332, REC 401, REC 432, REC 433, or REC 445	3
Other courses with a REC prefix, KIN prefix, or FOR prefix at 300-level or higher Recommended courses include: REC 404, REC 431, REC 466, REC 467, REC 468, FOR 423, KIN 260, KIN 367, KIN 416	14
Total	65

B.S. Recreation Professions - Therapeutic Recreation/Recreation Therapy Specialization Degree Requirements

Degree Requirements	Credit Hours
Foundational Classes: REC 300, REC 301, REC 303, REC 304, REC 305, REC 306, REC 330	21
Recreation Therapy Courses: REC 404, REC 405, REC 406, REC 407, REC 460, REC 461, REC 493	30
Additional Requirements: AH 105, AH 241, KIN 402, PSYC 331, PH 311 or PSYC 250	14
Total	65

Recreation Leadership Minor

The Recreation Leadership Minor is designed to provide knowledge in the core competencies of Recreation Professions. The coursework develops students' understanding of the basic concepts, theories and fundamentals in the Recreation Profession and have the ability to demonstrate basic skill level in selected recreation activities. Students earning the minor will be competent in implementing programming of recreational programs for various populations.

The minor in Recreation Leadership is open to all majors. A minor is earned upon completion of 15 credit hours in approved courses. Students will enroll in REC 300 Recreation in Society, REC 301 Leadership in Recreation, REC 302 Program Design and Evaluation and choose one course from REC 303 Inclusive Recreation, REC 304 Therapeutic Recreation or REC 330 Outdoor Recreation. The remaining three credit hours consist of experiential field-based activities. Students may choose to take multiple REC

200-level activity courses or the requirement may be fulfilled by taking REC 306 Fieldwork or REC 332 Introduction to Outdoor Leadership.

Recreation Leadership Minor Course Requirements- 15 credit hours:

- REC 300 Recreation in Society
- REC 301 Leadership in Recreation
- REC 302 Program Design and Evaluation
- One of the following: REC 303 Inclusive Recreation, REC 304 Therapeutic Recreation or REC 330 Outdoor Recreation
- REC 332 OR Rec 306 OR 3 Credit Hours of REC 200-level courses

Recreation Professions Courses

REC200 - Backpacking This course provides an introduction to the fundamental skills and knowledge in backpacking. Overnight trip required. Backpacking fee: \$75. Credit Hours: 2

REC203 - Introduction to Mountain Biking This course provides an introduction to the foundational knowledge and skills of mountain biking. Instruction will take place in an outdoor setting. Field trips required. Fee: \$50. Credit Hours: 1

REC210 - Leave No Trace Outdoor Ethics This course provides an introduction to the fundamental skills and knowledge of Leave No Trace Outdoor Ethics. Field trip required. Credit Hours: 1

REC220 - Canoeing This course provides an introduction to the fundamental skills and knowledge in canoeing. Field trips required. Fee: \$50. Credit Hours: 1

REC221 - Kayaking This course provides an introduction to the fundamental skills and knowledge in flat water kayaking. Field trips required. Fee: \$50. Credit Hours: 1

REC222 - Stand Up Paddle Boarding This course provides an introduction to the fundamental skills and knowledge in stand up paddle boarding. Field trips required. Fee: \$50. Credit Hours: 1

REC223 - Adaptive Paddlesports This course will provide an overview of adaptive paddlesports for individuals with disabilities. Students will also gain an understanding of certification requirements to become an adaptive paddlesport instructor. Service hours and/or field trips required. Credit Hours: 2

REC224 - Swift Water Canoeing This course provides an introduction to the fundamental skills and knowledge in swift water canoeing. Overnight field trip required. Fee: \$75. Credit Hours: 2

REC230 - Land Navigation This course provides an introduction to the fundamental skills and knowledge in land navigation. Field trips required. Credit Hours: 1

REC234 - Wilderness First Aid Designed for outdoor enthusiasts and anyone who works or spends time in remote environments, this course teaches advanced skills to be used in emergencies when help from professional first responders may be far away. Successful completion of this course will result in a 2 year Wilderness First Aid certification. CPR/AED certification is not included and must be obtained for certification to be active. \$70 Certification fee required. Credit Hours: 2

REC235 - Disc Golf This course will introduce students to the sport of disc golf. The course covers the following topics: equipment, basic rules and etiquette, proper throwing mechanics, game scoring, and community resources. \$20 Course fee required. Credit Hours: 1

REC236 - Introduction to Pickleball This course will introduce students to the sport of Pickleball. The course covers the following topics: equipment, basic rules and etiquette, proper body mechanics, game scoring, and community resources. Credit Hours: 1

REC240 - Indoor Rock Climbing This course provides an introduction to the fundamental skills and knowledge in rock climbing. Fee: \$50. Credit Hours: 1

REC241 - Outdoor Rock Climbing This course provides an introduction to the knowledge and skills necessary for outdoor climbing. Field trip required. Indoor Rock Climbing (REC 240) or prior climbing experience strongly recommended. Fee: \$50. Credit Hours: 1

REC246 - Introduction to Trail Building This course provides an introduction to the fundamental skills and knowledge of trail building for outdoor recreation. Field trip required. Fee: \$50. Credit Hours: 1

REC255 - Recreational Arts and Crafts This course focuses on facilitation of arts and crafts in the recreational setting. Emphasis is on teaching craft skills for the non-artist with an introduction to various craft techniques, materials and methods for populations including people with disabilities, geriatrics and children. Credit Hours: 1

REC256 - Nature-Based Crafts This course focuses on facilitation of recreational arts and crafts focused on nature and utilizing natural materials. Emphasis is on teaching craft skills for the non-artist with an introduction to various craft techniques, materials and methods. Credit Hours: 1

REC257 - Outdoor Cooking This course focuses on recreational cooking in an outdoor environment. Students will practice various methods of cooking which may include use of a camp stove, solar oven, dutch oven, and campfire with the goal of being able to facilitate the preparation of a meal during an outdoor outing. \$35 Course fee required. Credit Hours: 1

REC265 - Introduction to Animal-Assisted Therapy This course will provide an overview of Animal-Assisted Therapy (AAT), and its use as an intervention for common health disorders. Topics include the history of AAT in a variety of treatment settings, common therapeutic animals and techniques, and ethical concerns when working with animals in therapeutic settings. Credit Hours: 1

REC266 - Adaptive Fitness & Sports This course provides an introduction to adaptive fitness and sports. Topics include certifications, fitness organizations, sport organizations, and a general overview of the Paralympic and Special Olympic Movements. Students will have the opportunity to earn the Certified Adaptive Recreation and Sports Specialist certification. Credit Hours: 2

REC270 - Equine Assisted Activities and Therapies This course will provide students an overview of equine-assisted activities and therapies used by healthcare and equestrian professionals. Topics will include equine-assisted psychotherapy, equine-assisted learning, hippotherapy, therapeutic riding, therapeutic driving, interactive vaulting, and equestrian sports for individuals with disabilities. Professional organizations and certification options will be discussed. This course has service hours required, and may be taken twice for credit. Credit Hours: 2

REC280 - Leisure Based Strategies for Stress Management This course explores various evidence-based mind-body activities for stress management. Students will try a variety of activities that can be utilized as stress coping skills. Activities may include: breathwork, qigong and tai chi, meditation, guided imagery, yoga, forest therapy, expressive writing, or meditative art. Credit Hours: 1

REC300 - Recreation in Society A study of the history, science, and philosophy of recreation, and the effect of recreation participation on human health and community life. Students will explore the nature and scope of the recreation industry, while gaining an understanding of the impact recreation has on mental, emotional, and physical health. Students will also discover the role of parks and recreation professionals in various industries. Credit Hours: 3. Credit Hours: 3

REC301 - Leadership in Recreation An examination of leadership theories and styles appropriate for activity leaders in a variety of settings. Topics include: leadership process and methodology, group dynamics, group behavior, individual roles within groups, and other techniques and processes used by recreation or activity professionals. Credit Hours: 3

REC302 - Recreation Program Design & Evaluation An introduction to the essential elements and basic principles of recreation programming and event design. Students will design, implement, and evaluate a recreation program or event for a local agency. Credit Hours: 3

REC303 - Inclusive Recreation Philosophy and principles of recreation for the inclusion of all individuals as well as an investigation of programming/activity alternatives. Students will consider the impact of prejudice and discrimination on the lives of others, and the impact this may have on quality of life and recreation participation. Students will develop an enhanced understanding of recreational service

provision for different populations. Topics will include issues of class, race and ethnicity, sex and gender, sexual orientation, age, military service, and disability. Credit Hours: 3

REC304 - Therapeutic Recreation An introductory course in the field of therapeutic recreation. Concepts, history, theories, facilitation, and other professional issues will be introduced. Students will gain knowledge of therapeutic recreation implementation, settings, and risk management. No previous knowledge of therapeutic recreation needed prior to enrollment. Credit Hours: 3

REC305 - Professional Development An introduction to the responsibilities and opportunities within the field of recreation. The course includes field experience identification and selection, resume preparation, interviewing, portfolio organization and professional development. Credit Hours: 3

REC306 - Recreation Fieldwork 1 Supervised leadership experiences in a public, community, clinical or commercial organization. Only one fieldwork experience may be completed per semester. A minimum of 150 contact hours must be completed at one site. Prerequisites: REC 300, 301, 302, 303, and 305 with grades of C or better. Special approval needed from the instructor and 2.5 grade point average. Credit Hours: 3

REC307 - Recreation Fieldwork 2 Supervised leadership experiences in a public or private setting. Only one fieldwork experience may be completed per semester. A minimum of 100 contact hours must be completed at one site. In addition, students will complete an approved project. Prerequisite: REC 305 with a grade of C or better. Special approval needed from the instructor and 2.5 grade point average. Credit Hours: 3

REC330 - Outdoor Recreation This course provides an overview of outdoor recreation philosophy and principles while exposing students to outdoor pursuits, such as backpacking, land navigation, paddling, and rock climbing. Topics include outdoor pursuit techniques, safety procedures, and equipment management. Course fee: \$50. Credit Hours: 3

REC332 - Introduction to Outdoor Leadership This eight-week course will introduce the foundations of outdoor adventure leadership, including an introduction to the core competencies of outdoor living skills, education, leadership, risk management, environmental integration, and planning and logistics. The course emphasizes backcountry leadership and judgement with a broad overview of the relevant theories and practices of the outdoor adventure industry. Students participate in two weekend backcountry field experiences. Outdoor Leadership fee: \$199. Credit Hours: 3

REC365 - Administration of Recreation and Leisure Services Administrative procedures for parks and recreation. Topics include: organization, finance, personnel, facilities, programming, public relations, operations and strategic management, and other areas. Credit Hours: 3

REC385 - Readings in Recreation Selected readings in professional publications for the purpose of becoming acquainted with the types of research current in community, park, special populations, outdoor recreation, outdoor education, and related fields. Prerequisite: 15 hours in recreation. Restricted to REC majors. Credit Hours: 3

REC386 - Problems in Recreation Designed to enable students to effectively request funds, request personnel, initiate new programs, or support recreation leisure services. Prerequisite: 15 hours in recreation. Credit Hours: 3

REC401 - Fundamentals of Environmental Education (Same as AGRI 401 and FOR 401) An experiential course designed to help students interested in conservation education understand and apply teaching principles for both inside and outside the classroom. The class includes certification in a nationally recognized environmental education program, and is suitable for students in natural resource, agriculture, recreation and education fields. Requires field trip transportation fee and supplemental expenditures not to exceed \$25 per course registration. Offered alternate (odd) years. Credit Hours: 3

REC404 - Foundations of Recreational Therapy An introductory course in the practice of recreational therapy. Concepts, history, and growth of RT as a healthcare profession, theories, treatment approaches in RT, an overview of the APIE process, and other professional issues will be introduced. This course covers the NCTRC exam content area of Foundation Knowledge. This course is ONLINE. Credit Hours: 3

REC405 - Recreation Therapy Facilitation Techniques This course is designed to provide students with knowledge of a variety of facilitation techniques utilized in recreation therapy. Facilitation techniques discussed include assistive technology, animal assisted services, land and water based outdoor recreation, sports, exercise, stress management, and creative arts. Students will gain an understanding of the theory, risk management, and application for each facilitation technique. Credit Hours: 3

REC406 - Recreation Therapy for Physical Disabilities This course is designed to provide students with the knowledge to implement recreational therapy interventions such as exercise, aquatic activities, sports, mind-body techniques, and outdoor recreation for individuals with physical disorders or chronic illness. Students will learn how to design, plan, and implement evidenced-based RT programs. Travel to local agencies may be required. It is recommended REC 405 be taken prior or concurrent with this course. Credit Hours: 3

REC407 - Recreation Therapy for Mental Health This course is designed to provide students with the knowledge to implement recreational therapy interventions such as exercise, aquatic activities, sports, mind-body techniques, and outdoor recreation for individuals with a mental health disorder, cognitive disorder, or intellectual disability. Students will learn how to design, plan, and implement evidenced-based RT programs. Travel to local agencies may be required. It is recommended REC 405 be taken prior or concurrent with this course. Credit Hours: 3

REC423 - Environmental Interpretation (Same as AGRI 423 and FOR 423) Principles and technique of natural and cultural interpretation. Two hours lecture, three hours laboratory. Prerequisite: ten hours biological science or ten hours of recreation. Requires field trip transportation fee not to exceed \$40 per course registration. Credit Hours: 3

REC425 - Planning and Design of Recreational Facilities An examination of major design considerations for a variety of recreation facilities such as recreation centers, recreation sport complexes, parks, visitors centers, and natatoriums. Special attention will be given to long range facility planning. Prerequisite: REC 300, REC 301, REC 303. Restricted to 4th Year or graduate standing. Credit Hours: 3

REC426 - Outdoor Adventure Land Based Pursuits This course provides a combination of theoretical background and technical aspects of outdoor adventure based pursuits in a vertical environment and will emphasize hands-on skill development such as movement on rock, rope systems, anchors, rappelling and belaying, protection placement, and lead climbing philosophy. Taught biennially. Course fee and field trips required. Fee: \$100. Credit Hours: 3

REC427 - Outdoor Adventure Water Based Pursuits This course provides a combination of theoretical background and technical aspects of outdoor adventure based pursuits in a water environment and will emphasize hands-on skill development such as equipment nomenclature, strokes, rescues, and reading/recognizing water features. Taught biennially. Course fee and field trips required. Fee: \$100. Credit Hours: 3

REC428 - Outdoor Adventure Challenge Based Pursuits This course provides a combination of theoretical background and technical aspects of outdoor adventure based pursuits in a challenge environment and will emphasize hands-on skill development-spotting/belaying, equipment management, program design/sequencing, facilitation strategies, and course design and maintenance. Taught biennially. Course fee and field trips required. Fee: \$100. Credit Hours: 3

REC429 - Planning, Logistics, & Risk Management in Outdoor Recreation This course provides an experiential approach in addressing the planning, logistics, and safety and risk management needed to design, implement, and prepare outdoor adventure based expeditions. Fulfills portions of the Wilderness Education Association's Planning and Logistics/Safety and Risk Management core competencies. Taught Biennially. Credit Hours: 3

REC430 - Outdoor Living Skills This course provides a foundation to basic outdoor living skills in backcountry environments. Topics include basic camping skills, equipment and clothing selection, weather, health and sanitation, travel techniques, navigation, and decision making. Course fees and field trip required. Course fee: \$100. Credit Hours: 3

REC431 - Expedition Leadership This course focuses on professional leadership of highly adventurous wilderness trips. Emphasis is on development of leadership through sound judgment, decision-making,

and teaching in a backcountry/wilderness environment on an extended expedition. Fulfills the Wilderness Education Association's Education and Leadership core competency. Taught biennially. REC 429 & REC 430 recommended before taking REC 431. Course fee and field trips required. Trip fees not to exceed \$750. Credit Hours: 3

REC432 - Environmental Issues and Ethics in Outdoor Recreation This course will address the management and issues related to outdoor recreation and the importance of developing a land ethic that will ensure future use of outdoor resources. The history, background, and development of the recreation ecology movement will be addressed. Fulfills the WEA's Environmental Integration core competency and LNT's Master Educator curriculum. Taught Biennially. Course fee and field trip required. Fee: \$35. Credit Hours: 3

REC433 - Adventure Education This course provides a practical and theoretical background of adventure education. Topics that will be addressed and applied include the use of challenge and adventure in various situations, experiential education, activity sequencing, utilizing peak experiences, leadership styles and development, debriefing, and framing. Taught Biennially. Field trips required. Credit Hours: 3

REC434 - Wilderness First Responder This course addresses the practice of advanced medical techniques in a wilderness environment. The Wilderness First Responder is recognized as the industry standard for those who work in the backcountry or remote environments. Wilderness First Responder certification offered with successful completion. Course fee and field trips required. Fee: \$30. Credit Hours: 3

REC435 - Advanced Outdoor Leadership This course focuses on advanced leadership techniques for outdoor recreation leaders. Emphasis is on evaluation and assessment of leaders in backcountry/wilderness environments. Utilizes the Wilderness Education Association's assessment and evaluation curriculum. Field experience required. Special approval needed from the instructor. May be taken twice for credit. Credit Hours: 3

REC436 - Introduction to Adventure Therapy This course introduces the theory and practice of adventure therapy programming utilized by recreation professionals, social workers, psychologists, addiction counselors, and healthcare professionals. Topics include: history of adventure therapy, current trends and issues, risk management, facilitation techniques, and program assessment. Credit Hours: 3

REC445 - Outdoor Recreation Management This course addresses the philosophies and principles underlying the growth and development of outdoor recreation management. Outdoor recreation is examined in terms of historical values, long range planning, site design, visitor needs, and environment impact. Course fee and field trip required. A fee of up to \$14 may be required. Credit Hours: 3

REC446 - Backcountry and Wilderness Trail Stewardship This course provides a hands-on approach to aspects of volunteer trail stewardship in planning, implementing, and evaluating basic and advanced trail features and building projects. Rules, regulations, and potential hazards associated with working, traveling, and camping in the backcountry will be addressed. Students will be exposed to trail building tools and their proper usage and care. Field trips required. Special approval needed from the instructor. Credit Hours: 3

REC460 - Administration of Recreational Therapy Services Administration of recreation therapy programs in a variety of services areas. Topics will include: the US Healthcare system, organizational planning, personnel management, and advocacy for the profession. This course includes the NCTRC exam content areas of Administration of TR/RT Service and Advancement of the Profession. Prerequisite: REC 404 with a grade of C or better or concurrent enrollment. Credit Hours: 3

REC461 - Assessment and Documentation for Recreational Therapy This course is designed to provide students with the skills to assess client needs, design treatment plans, and complete documentation as an entry level recreational therapist (RT). Students will learn how to complete assessments of clients in a variety of treatment settings, write client goals and objectives, develop treatment plans, and write discharge plans. This course covers the NCTRC exam content areas of Assessment Process, and Documentation. Prerequisite: REC 404 with a grade of C or better. This course is ONLINE. Credit Hours: 3

REC465 - Human Resources in Sport and Recreation An examination of current human resources topics in the recreation industry. Topics will include: planning and analysis, staffing, compensation, employee motivation, employee training, employee development, employee relations and compliance. Credit Hours: 3

REC466 - Community Recreation Designed to examine current administrative topics in public and nonprofit recreation. Topics include: history and philosophical foundations of public parks, administrative practices, planning, budgeting, working with boards and commissions, community engagement, land acquisition, programming, and current trends in community recreation. This course is ONLINE. Credit Hours: 3

REC467 - Commercial Recreation Trends in commercial recreation will be addressed in this class. Topics include: challenges and constraints in commercial recreation, starting a commercial recreation enterprise, financial management, marketing, operations, programming, and future trends in commercial recreation. This course is ONLINE. Credit Hours: 3

REC468 - Campus Recreation This course focuses on the administration, organization, planning, implementation, and evaluation of programs and facilities in the campus recreation field. Specific topics addressed include historical and philosophical aspects, administrative practices, competitive and non-competitive programming, future trends and issues, budgeting, public relations, professional associations, and examination of individual characteristics of campus recreation. This course is ONLINE. Credit Hours: 3

REC491 - Internship in Recreation An introduction to career development in the recreation industry. This course is a combination of academic and service learning. Students will be under the joint supervision of an academic and a site supervisor. A minimum of 600 hours must be completed over a minimum of 12 weeks. For undergraduate credit only. Must be taken during the student's 4th Year after all other major requirements have been completed. Requires a 2.5 minimum GPA and consent of the instructor. Credit Hours: 12. Credit Hours: 12

REC493 - Internship in Recreation Therapy An introduction to professional development and clinical skills in recreation therapy. For undergraduate credit only. Must be taken during the student's 4th Year after all other major requirements have been completed. Requires a 2.5 minimum GPA and consent of the instructor. Internship must meet NCTRC certification requirements for approval. Credit Hours: 12

Recreation Professions Faculty

Cave, Jasmine, Assistant Lecturer, MPA, M.S.Ed., Southern Illinois University, 2017

Colson, Tina, Associate Lecturer, M.S., Southern Illinois University, 2004.

Croft, Brian, Assistant Lecturer, M.S.Ed., Southern Illinois University.

Hollmann, Alissa, Assistant Lecturer, M.S., University of New Hampshire.

Kim, Jun, Assistant Professor, Ph.D., University of Utah, 2013.

Emeriti Faculty

Glover, James, Associate Professor, Emeritus, Ph.D., University of Maryland, 1980.

Glover, Regina, Associate Professor, Emerita, Ph.D., University of Maryland, 1983.

Malkin, Marjorie J., Professor, Emerita, Ed.D., University of Georgia, 1986.

McEwen, Douglas, Professor, Emeritus, Ph.D., Michigan State University, 1973.

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