Recreation Professions

The Recreation Professions major prepares students for positions and careers in the recreation management, outdoor leadership and management, and therapeutic recreation field. The curriculum, built on a broad core, offers professional courses within the department and draws from many related majors for competencies and skills in the preparation of professionals for the recreation field. The curriculum emphasizes the practical and theoretical aspects of recreation by offering supervised field experience and internships in various recreational settings throughout Illinois and the nation.

In order to be admitted to practicum courses, students must have a grade point average of 2.25 and the consent of the instructor. Students who do not meet the College of Education and Human Services requirements must be screened and approved by the department undergraduate faculty.

Students majoring in recreation professions are required to complete 39 hours of University Core Curriculum courses, 37 hours of professional core courses and 44 hours of professional courses in at least one area of specialization. Electives for their chosen area of specialization must have advisor approval. A total of 79 hours beyond the University Core Curriculum is required. A grade of C or better is required in all Recreation prefix required courses. Students may not enroll in REC 300, 301, 303 and 305 more than two times.

Recreation Professions offers courses leading to specializations in therapeutic recreation, recreation management, and outdoor leadership and management.

Students majoring in recreation professions should meet early in their college careers with a faculty member in the department to identify their area of interest and recommended electives. Within the field of recreation, certifications may be required for employment in different interest areas and faculty will discuss these with interested students. All students are encouraged to obtain First Aid and/or Wilderness First Responder Certification. Students focusing on a therapeutic orientation should attempt to acquire either academic or practical experience related to physiological, psychological and sociological functioning and the concomitant effect of disability. As soon as possible, recreation majors will decide on one of the three specializations and elect courses for their area of specialization.

The Recreation Professions major prepares students for positions and careers in the recreation management, outdoor leadership and management, and therapeutic recreation field. The curriculum, built on a broad core, offers professional courses within the department and draws from many related majors for competencies and skills in the preparation of professionals for the recreation field. The curriculum emphasizes the practical and theoretical aspects of recreation by offering supervised field experience and internships in various recreational settings throughout Illinois and the nation.

In order to be admitted to practicum courses, students must have a grade point average of 2.25 and the consent of the instructor. Students who do not meet the College of Education and Human Services requirements must be screened and approved by the department undergraduate faculty.

Students majoring in recreation professions are required to complete 39 hours of University Core Curriculum courses, 37 hours of professional core courses and 44 hours of professional courses in at least one area of specialization. Electives for their chosen area of specialization must have advisor approval. A total of 79 hours beyond the University Core Curriculum is required. A grade of C or better is required in all Recreation prefix required courses. Students may not enroll in REC 300, 301, 303 and 305 more than two times.

Recreation Professions offers courses leading to specializations in therapeutic recreation, recreation management, and outdoor leadership and management.
Students majoring in recreation professions should meet early in their college careers with a faculty member in the department to identify their area of interest and recommended electives. Within the field of recreation, certifications may be required for employment in different interest areas and faculty will discuss these with interested students. All students are encouraged to obtain First Aid and/or Wilderness First Responder Certification. Students focusing on a therapeutic orientation should attempt to acquire either academic or practical experience related to physiological, psychological and sociological functioning and the concomitant effect of disability. As soon as possible, recreation majors will decide on one of the three specializations and elect courses for their area of specialization.

**Bachelor of Science Degree in Recreation Professions, College of Education and Human Services**

<table>
<thead>
<tr>
<th>Degree Requirements</th>
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<tr>
<td>Requirements for Major in Recreation Professions</td>
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**Recreation Management Specialization**

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### Therapeutic Specialization

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### Recreation Professions Courses

**REC200 - Backpacking** 200-1 Backpacking. This course provides an introduction to the fundamental skills and knowledge in backpacking. Field trip required.

**REC210 - Leave No Trace** 210-1 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.

**REC220 - Canoeing** 220-1 Canoeing. This course provides an introduction to the fundamental skills and knowledge in canoeing. Field trips required.
REC230 - Land Navigation 230-1 Land Navigation. This course provides an introduction to the fundamental skills and knowledge in land navigation. Field trips required.

REC240 - Rock Climbing 240-1 Rock Climbing. This course provides an introduction to the fundamental skills and knowledge in rock climbing. Field trips required.

REC300 - Intro Rec & Leisure Services 300-3 Introduction to Recreation and Leisure Services. An introduction to the professional field of recreation. A study of the historical, philosophical, sociological, psychological, and economic development of leisure and recreation. Insight into the fundamental concepts, values, and functions of leisure and recreation as an individual emotional experience as well as a necessary part of community life.

REC301 - Leadership in Recreation 301-3 Leadership in Recreation. An examination of leadership theories and styles appropriate for activity leaders in recreation. Emphasis will be placed on leadership process and methodology as applicable to leisure service settings.

REC302 - Prog Des & Group Dynamics 302-3 Program Design and Group Dynamics. A study of essential elements and basic principles involved with the organization and administration of various types of recreation programs and services.

REC303 - Rec Individuals w/Disabilities 303-3 Recreation for Individuals with Disabilities. Philosophy and principles of recreation for individuals with disabilities as well as an investigation of programming/activity alternatives. General physiological, psychological and social characteristics of various disabilities and societal and personal attitudes are explored.

REC305 - Recreation Pre-Practicum 305-1 Recreation Pre-Practicum. An introduction to the responsibilities and opportunities of field experience within the field of recreation. The course includes field experience identification and selection, resume preparation, letters of applications, interviewing, portfolio development, professional behavior and professional associations.

REC330 - Outdoor Recreation 330-3 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. Expenses for required field trip not to exceed $20.

REC365 - Admin Rec & Leisure Services 365-3 Administration of Recreation and Leisure Services. Administrative procedures for parks and recreation. Topics include: organization, finance, personnel, facilities, program, public relations, and other areas.

REC366 - Admin Issues in Recreation 366-3 Workshop in Administrative Issues in Recreation. Designed to examine current administrative issues in recreation, such as practices and trends in budget and finance, legal aspects, grant writing, personnel practices and policies, and others. Prerequisite: REC 365.

REC367 - Research/Evaluation Rec 367-3 Research and Evaluation in Recreation. An introduction to methodological approaches to the scientific study of phenomena inherent to recreation and leisure. The course includes basic research and evaluation designs, research and evaluation report writing, analysis of current leisure research, and use of computers in leisure research and evaluation.

REC375 - Commercial Rec & Tourism 375-3 Commercial Recreation and Tourism. Problems of commercial recreation and tourism will be addressed in this class. Topics include: free enterprise, marketing, transportation industry, attractions, food and lodging industry and government’s role in tourism.

REC377 - Campus Recreation 377-3 Overview of Campus Recreation. 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 a variety of campus recreation.

REC380A - Recreation Fieldwork 380A-3 Recreation Fieldwork. Supervised leadership experiences in a public or private recreation setting. Only one fieldwork experience may be completed per semester.
Students must complete fieldwork at two different sites (REC 380A, B). A minimum of 100 contact hours must be completed at the approved sites. In addition, students will complete an approved project. Prerequisite: REC 300, 301, 302, 303, 305. Special approval needed from the instructor and 2.25 grade point average.

**REC380B - Recreation Fieldwork** 380B-3 Recreation Fieldwork. Supervised leadership experiences in a public or private recreation setting. Only one fieldwork experience may be completed per semester. Students must complete fieldwork at two different sites (REC 380A, B). A minimum of 100 contact hours must be completed at the approved sites. In addition, students will complete an approved project. Prerequisite: REC 300, 301, 302, 303, 305. Special approval needed from the instructor and 2.25 grade point average.

**REC385 - Readings in Recreation** 385-1 to 2 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.

**REC386 - Problems in Recreation** 386-1 to 2 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.

**REC401 - Environmental Education** 401-3 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.

**REC404 - Introduction to TR** 404-3 Principles and Practices of Therapeutic Recreation. An introductory course for therapeutic recreation (TR) students. Concepts, history, and growth of TR as a healthcare profession, theories, treatment approaches to TR, an overview of the APIE process, and other professional issues will be introduced.

**REC423 - Environmental Interpretation** 423-3 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.

**REC425 - Plan & Design Rec Facilities** 425-3 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 senior or graduate standing.

**REC426 - Land Based Recreation** 426-3 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.

**REC427 - Water Based Recreation** 427-3 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.

**REC428 - Challenge Based Recreation** 428-3 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.

**REC429 - Planning & Risk in Outdoor Rec** 429-3 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.

**REC430 - Outdoor Living Skills** 430-3 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 and use, weather, health and sanitation, travel techniques, navigation, and decision making/problem solving. Fulfills the Wilderness Education Association`s Outdoor Living core competency. Taught Biennially. Course fees and field trips required. REC 429 recommended before taking REC 430. Trip fee not to exceed $350.

**REC431 - Expedition Leadership** 431-3 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.

**REC432 - OR Env Issues & Ethics** 432-3 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.

**REC433 - Adventure Education** 433-3 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.

**REC434 - Wilderness First Responder** 434-3 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.

**REC435 - Advanced Outdoor Leadership** 435-3 Advanced Outdoor Leadership. This course focuses on advanced leadership techniques for outdoor leaders. Emphasis is on evaluation and assessment of leaders in backcountry/wilderness environments. Utilizes the Wilderness Education Association`s assessment and evaluation curriculum. Field trip required. Special approval needed from the instructor.

**REC440A - TR Specific Popltns-Psyc Disrd** 440A-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings-therapeutic recreation for individuals with psychological disorders. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

**REC440B - TR Specific Popltns-Devlpt Dis** 440B-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation for individuals with developmental disabilities. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

**REC440C - Therapeutic Recreation** 440C-3 Therapeutic Recreation for Older Adults-Therapeutic Recreation for the Aged. (Same as GRON 440C) Students will examine problems and characteristics of
individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings. Prerequisites: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

**REC440D - TR Specific Popltns-Crim Jstic** 440D-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation for those in the criminal justice system. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

**REC440E - TR Specific Popltns-Physl Disb** 440E-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation for individuals with physical disabilities. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

**REC440F - Ther Rec-Substance Abuse** 440F-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation in substance abuse treatment. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

**REC445 - Outdoor Rec Management** 445-3 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.

**REC446 - Trail Stewardship** 446-3 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.

**REC460 - Therapeutic Rec Mgmt** 460-3 Therapeutic Recreation Management. Management of therapeutic recreation programs in healthcare systems and other related human services areas. This course will cover a variety of issues such as U.S. healthcare systems and settings, organizational planning, financial and personnel management legal foundations, and advocacy and advancement of therapeutic recreation profession. Prerequisite: REC 300, REC 301, REC 302, REC 303, REC 304 or consent of department.

**REC461 - TR Program Design & Evaluation** 461-3 Program Design and Evaluation in Therapeutic Recreation. To equip the student with skills necessary to systematically design and evaluate programs. Philosophy and nature of systems, system analysis, assessment, individual treatment planning, implementation and evaluation of treatment programs. Prerequisite: REC 300, REC 301, REC 302, REC 303, REC 304, one section of REC 440, or consent of department.

**REC462 - Facilitation Techs: Ther Rec** 462-3 Facilitation Techniques in Therapeutic Recreation. This course is designed to provide an understanding of the basic processes and techniques of therapeutic recreation and to develop technical competencies necessary for the provision of quality therapeutic recreation services. Emphasis is on the skillful application of various processes and techniques to facilitate therapeutic changes in the client and the client`s environment. Prerequisite: REC 304 or concurrent enrollment.

**REC465 - Adv Admin Techniques in Rec** 465-3 Advanced Administrative Techniques in Recreation. Designed to examine current administrative topics in recreation such as practices and trends in budget and finance, legal aspects, grant writing, personnel and policies and others.

REC475B - Workshop: Campus Rec Services 475B-3 to 39 Recreation Workshop-Campus Recreation Services. Critical examination and analysis of innovative programs and practices.

REC475C - Workshop: Commercial 475C-3 to 39 Recreation Workshop-Commercial. Critical examination and analysis of innovative programs and practices.


REC475F - Workshop: Personnel 475F-3 to 39 Recreation Workshop-Personnel. Critical examination and analysis of innovative programs and practices.


REC475M - Workshop: Tourism 475M-3 to 39 Recreation Workshop-Tourism. Critical examination and analysis of innovative programs and practices.

REC485 - Practicum: Outdoor Education 485-2 to 12 Practicum in Outdoor Education. A supervised experience in a professional setting. Emphasis on administrative, supervisory, teaching, and program leadership in outdoor, conservation, or environmental education setting. Costs for travel are the responsibility of the student. Special approval needed from the instructor.

REC490A - Internship-Leisure Svcs Mgmt 490A-12 Internship in Leisure Services Management. Supervised practicum experience in a professional recreation setting. For undergraduate credit only. Must be taken during student’s senior year. Prerequisite: completion of all requirements for major in recreation or consent of course coordinator; 2.25 grade point average. Special approval needed from the instructor.

REC490B - Internship-Outdoor Recreation 490B-12 Internship in Outdoor Recreation. Supervised practicum experience in a professional recreation setting. For undergraduate credit only. Must be taken during student’s senior year. Prerequisite: completion of all requirements for major in recreation or consent of course coordinator; 2.25 grade point average. Special approval needed from the instructor.

REC490C - Internship-Therapeutic Rec 490C-12 Internship in Therapeutic Recreation. Supervised practicum experience in a professional recreation setting. For undergraduate credit only. Must be taken during student’s senior year. Prerequisite: completion of all requirements for major in recreation or consent of course coordinator; 2.25 grade point average. Special approval needed from the instructor.
Recreation Professions Faculty

Colson, Tina, Senior Lecturer, M.S., Southern Illinois University, 2004.
Glover, James, Associate Professor, Emeritus, Ph.D., University of Maryland, 1980.
Glover, Regina, Associate Professor, Emerita, Ph.D., University of Maryland, 1983.
Kim, Jun, Assistant Professor, Ph.D., University of Utah, 2013.
Malkin, Marjorie J., Professor, Emerita, Ed.D., University of Georgia, 1986.
McEwen, Douglas, Professor, Emeritus, Ph.D., Michigan State University, 1973.
Weaks, Steven E., Senior Lecturer, Rh.D., Southern Illinois University Carbondale, 2003.

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Catalog Year Statement:
Students starting their collegiate training during the period of time covered by this catalog (see bottom of this page) are subject to the curricular requirements as specified herein. The requirements herein will extend for a seven calendar-year period from the date of entry for baccalaureate programs and three years for associate programs. Should the University change the course requirements contained herein subsequently, students are assured that necessary adjustments will be made so that no additional time is required of them.