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 2.50 and the consent of the instructor. Students who do not meet the 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, 43 hours of recreation core courses and 38 hours of specialty track courses. A grade of C or better is required in all Recreation prefix required courses. Students may not enroll in REC 300, REC 301, REC 302, and REC 305 more than two times without faculty consent.

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.

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

<table>
<thead>
<tr>
<th>Degree Requirements</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>University Core Curriculum Requirements</td>
<td>39</td>
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<tr>
<td>REC Core Requirements</td>
<td>43</td>
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<tr>
<td>6 hours of 200 level REC-prefix courses</td>
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<tr>
<td>REC 300, REC 301, REC 302, REC 303, REC 305, REC 306, REC 307, REC 330, REC 365; 1 of REC 491, REC 492, or REC 493</td>
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<tr>
<td>One specialization: Recreation Management, Outdoor Leadership and Management, Therapeutic Recreations</td>
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### B.S. Recreation Professions - Outdoor Leadership and Management Specialization Degree Requirements

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<thead>
<tr>
<th>Degree Requirements</th>
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<tr>
<td>REC 429, REC 430, REC 431, REC 432, REC 445</td>
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<td>1 of: REC 426, REC 427, REC 428</td>
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<td>Option A: Adventure Education Track: REC 401, REC 423, REC 433</td>
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<tr>
<td>Option B: Outdoor Industry Track: REC 467, MGMT 304, MKTG 304 or equivalent course approved by the REC faculty</td>
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<tr>
<td>Option C: Camp &amp; Community Track: REC 466, POLS 447, POLS 449</td>
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<tr>
<td>Electives</td>
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### B.S. Recreation Professions - Recreation Management Specialization Degree Requirements

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<td>REC 425, REC 465, REC 466, REC 467, REC 468</td>
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<td>ACCT 220</td>
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<td>ISAT 229 or CS 200B</td>
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<td>PSYC 323</td>
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<td>Electives (May be subject to certification requirements)</td>
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### B.S. Recreation Professions - Therapeutic Recreation Specialization Degree Requirements

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<tr>
<td>REC 404, REC 405, REC 406, REC 407, REC 460, REC 461</td>
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<tr>
<td>REC 425 or REC 436</td>
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<td>PSYC 331</td>
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### Degree Requirements

<table>
<thead>
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<th>Course</th>
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<tr>
<td>AH 241</td>
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<td>PH 311</td>
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<td>Electives</td>
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### 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 Professions is open to all majors. With completion of 15 credit hours in approved courses, students earn a minor in Recreation Leadership. The coursework consists of 15 credit hours from a combination of the Recreation Profession core courses and the REC 200 level activity courses. Students will enroll in REC 300 Introduction to Recreation, REC 301 Leadership in Recreation and choose one course from REC 302 Program Design and Evaluation, REC 303 Inclusive Recreation or REC 330 Outdoor Recreation. The remaining six credit hours will be chosen from an area of interest in outdoor recreation, recreational therapy or recreation administration selected from the REC 200 level courses.

**Recreation Leadership Minor Course Requirements- 15 credit hours:**

- REC 300 Introduction to Recreation
- REC 301 Leadership in Recreation
- REC 302 Program Design and Evaluations, REC 303 Inclusive Recreation or REC 330 Outdoor Recreation
- Select 6 hours from: 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. Credit Hours: 2

**REC202 - Introduction to Outdoor Fitness** This course provides an introduction to outdoor fitness. Class time will focus on preparing students for a range of outdoor recreation activities. Field trips required. Credit Hours: 1

**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. 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. Credit Hours: 1

**REC221 - Kayaking** This course provides an introduction to the fundamental skills and knowledge in flat water kayaking. Field trips required. 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. 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. 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

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

REC245 - Ecotherapeutic Recreation This course explores the meaning of ‘ecotherapy’ in terms of leisure and recreation perspectives. Psychological stand points will be also discussed by extending the psycho-therapeutic context to include the natural environment in which the people live. This course will review various methods of practice that challenge the normal leisure paradigm and see a person not as an independent psychic entity but rather as an interactive element of the natural environment. This course combines fascinating experiences from cross-cultural sources as well as experimental evidences of research. In doing so, this course will demonstrate how a direct nature-body connection can be utilized toward the healing effect of leisure and recreation and will encourage students to facilitate their effective ecotherapeutic activity/program for people’s well being. 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. 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

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

REC267 - Adaptive Sports This course will provide an overview of adaptive sports for individuals with disabilities. Students will also gain an understanding of certification requirements to become an adaptive sports coach. Credit Hours: 1

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

REC300 - Introduction to Recreation 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

**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

**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. Expenses for required field trip not to exceed $20. 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

**REC366 - 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. Credit Hours: 3

**REC367 - 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. 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: 1-2

**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: 1-2

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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 - RT Implementation: Cognitive, Intellectual, and Developmental Disabilities This course is designed to provide students with the skills to implement recreational therapy interventions for individuals with cognitive, intellectual, and developmental disorders. Students will learn how to complete activity assessments, select evidence-based interventions, and facilitate interventions. Travel to local agencies may be required. This course covers the NCTRC exam content area of implementation. Credit Hours: 3

REC406 - RT Implementation: Physical Disorders & Chronic Illness This course is designed to provide students with the skills to implement recreational therapy interventions for individuals with physical disorders or chronic illness. Students will learn how to complete activity assessments, select evidence-based interventions, and facilitate interventions. Travel to local agencies may be required. This course covers the NCTRC exam content area of implementation. Credit Hours: 3

REC407 - RT Implementation: Psychiatric & Behavioral Disorders This course is designed to provide students with the skills to implement recreational therapy interventions for individuals with psychiatric or behavioral disorders. Students will learn how to complete activity assessments, select evidence-based interventions, and facilitate interventions. Travel to local agencies may be required. This course covers the NCTRC exam content area of implementation. Credit Hours: 3

REC409 - 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 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. 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 for Recreation Professions** 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

**REC475A - Recreation Workshop-Budget and Finance** Critical examination and analysis of innovative programs and practices. Credit Hours: 3

**REC485 - 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. Credit Hours: 2-12

**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 senior year after all other major requirements have been completed. Requires a 2.5 minimum GPA and consent of the instructor. Credit Hours: 6-12

**REC492 - Internship in Outdoor Recreation** An introduction to professional development in the outdoor recreation industry. This course is a combination of academic assignments and experiential learning. Students will be under the joint supervision of the academic course instructor, and an outdoor recreation professional. A minimum of 600 hours must be completed during the course. For undergraduate credit only. Must be taking during student's senior year. Prerequisite: completion of all requirements for major in recreation or consent of course coordinator; 2.5 grade point average. Special approval needed from the instructor. 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 student's senior 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: 6-12

Recreation Professions Faculty

Cave, Jasmine, Assistant Lecturer, MPA, MS.Ed., Southern Illinois University, 2017
Colson, Tina, Associate Lecturer, M.S., Southern Illinois University, 2004.
Croft, Brian, Assistant Lecturer, MS.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.

Last updated: 03/10/2021
Southern Illinois University
Carbondale, IL 62901
Phone: (618) 453-2121

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.