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 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.

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 Degree in Recreation Professions Requirements

<table>
<thead>
<tr>
<th>Degree Requirements</th>
<th>Credit Hours</th>
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<td>University Core Curriculum Requirements</td>
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<td>REC Core Requirements</td>
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<td>REC 300, REC 301, REC 302, REC 303, REC 305, REC 306, REC</td>
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<td>307, REC 330, REC 365; 1 of REC 491, REC 492, or REC</td>
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### Outdoor Recreation Track Requirements

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<td>Option A: Adventure Education Track: REC 401, REC 423, REC 433</td>
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<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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<td>Option C: Camp &amp; Community Track: REC 466, POLS 447, POLS 449</td>
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### Recreational Therapy Track Requirements

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### Degree Requirements

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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.

**REC202 - Outdoor Fitness** 202-1 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.

**REC203 - Mountain Biking** 203-1 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.

**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.

**REC221 - Kayaking** 221-1 Kayaking. This course provides an introduction to the fundamental skills and knowledge in flat water kayaking. Field trips required.

**REC222 - Stand Up Paddle Boarding** 222-1 Stand Up Paddle Boarding. This course provides an introduction to the fundamental skills and knowledge in stand up paddle boarding. Field trips required.

**REC223 - Adaptive Paddlesports** 223-2 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.

**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.

**REC241 - Rock Climbing II** 241-1 Rock Climbing II: Advanced Top Rope Skills. This course provides an introduction to the knowledge and skills necessary for top rope climbing. This course focuses on top rope anchor construction and climbing safety. Field trip required. Introduction to Rock Climbing (REC 240) or prior climbing experience strongly recommended.

**REC245 - Ecotherapy** 245-1 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.
**REC246 - Trail Building** 246-1 Introduction to Trail Building. This course provides an introduction to the fundamental skills and knowledge of trail building for outdoor recreation. Field trip required.

**REC255 - Recreational Arts and Crafts** 255-1 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.

**REC265 - Intro to Animal-Assist Therapy** 265-1 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.

**REC266 - RT Fitness Interventions** 266-1 Recreation Therapy Fitness Interventions. This course is designed to provide an overview of the types of fitness interventions utilized by entry level recreational therapists. Topics will include an overview of the certification options for RTs, implementation of fitness interventions for a variety of populations and settings, and the safety considerations for these interventions.

**REC267 - Adaptive Sports** 267-1 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.

**REC300 - Intro to Recreation** 300-3 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.

**REC301 - Leadership in Recreation** 301-3 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.

**REC302 - Program Design & Evaluation** 302-3 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.

**REC303 - Inclusive Recreation** 303-3 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.

**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.

**REC306 - Recreation Fieldwork 1** 306-3 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.

**REC307 - Recreation Fieldwork 2** 307-3 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.
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, programming, public relations, operations and strategic management, 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.

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 - RT Foundations 404-3 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.

REC405 - RT: Cognitive, ID, DD 405-3 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.

REC406 - RT: Physical Disorders 406-3 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.

REC407 - RT: Psych & Behavioral 407-3 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.
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.

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 - RT Administration 460-3 Administration of Recreational Therapy Services. Administration of recreation therapy programs in a variety of services areas. Topics will include: the TRAM model, 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 461 with a grade of C or better. This course is ONLINE.

REC461 - RT Assessment & Documentation 461-3 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.

REC465 - HR in Recreation 465-3 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.

REC466 - Community Recreation 466-3 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.

REC467 - Commercial Recreation 467-3 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.

REC468 - Campus Recreation 468-3 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.


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

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


**REC475E - Workshop: Outdoor Recreation** 475E-3 Recreation Workshop-Outdoor Recreation. Critical examination and analysis of innovative programs and practices. Field Trip fee: $100.

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


**REC475I - Workshop: RT Special Rec** 475I-3 Recreation Workshop-RT in Special Recreation Associations. Critical examination and analysis of innovative programs and practices.


**REC475L - Workshop: RT Correction Ctrs** 475L-3 Recreation Workshop-RT in Prisons and Correctional Facilities. Critical examination and analysis of innovative programs and practices.

**REC475M - Workshop: RT in School System** 475M-3 Recreation Workshop-RT in Schools and Special Education. 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.

**REC491 - Internship in Rec Management** 491-12 Internship in Recreation Management. An introduction to professional development in the 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 a recreation professional at a municipal, campus, nonprofit, or commercial recreation facility. A minimum of 600 hours must be completed during the course. 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; 2.5 grade point average. Special approval needed from the instructor.

**REC492 - Internship in Outdoor Rec** 492-12 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.

**REC493 - Internship in RT** 493-12 Internship in Recreational Therapy. An introduction to professional development in recreational therapy. This course is a combination of academic assignments and experiential learning. It is required for all therapeutic recreation students and is required for eligibility to sit for the NCTRC exam. It is supervised by a CTRS at the site AND at the academic institution. A minimum of 14 consecutive weeks AND 560 hours must be completed during the course. For undergraduate credit only. Must be taken during student's senior year. Prerequisite: completion of all requirements for major in recreation with a specialization in Therapeutic Recreation; 2.5 grade point average. Special approval needed from the instructor.

**Recreation Professions Faculty**

**Cave, Jasmine**, Assistant Lecturer, MPA, MS.Ed., Southern Illinois University, 2017

**Colson, Tina**, Associate 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.


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Carbondale, IL 62901
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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.