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# Recreation

In the College of Professional Studies and Fine Arts

**OFFICE: Professional Studies and Fine Arts 431**  
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Accredited by the National Recreation and Parks Association.

(**Note:** Students graduating from this program are immediately eligible to sit for the examination to become a Certified Leisure Professional and thereby acquire this valuable credential for professional advancement.)

## Faculty

Emeritus: Duncan, Hanson, Hutchinson, Peterson, Rankin  
Chair: Lamke  
Professors: Beck, L., Dixon, Gattas, Lamke  
Associate Professor: Testa  
Assistant Professor: Sasidharan  
Lecturers: Beck, A., Gabay, Lustig, Sipe

## Offered by the Department of Recreation, Parks and Tourism

Major in recreation administration with the B.S. degree in applied arts and sciences.

- Emphasis in outdoor recreation.
- Emphasis in recreation systems management.
- Emphasis in recreation therapy.

Minor in recreation.

## The Major

A commitment to working with people to enhance the quality of their lives is important to a study of recreation.

Increasingly diverse opportunities are available in the park, recreation and tourism profession. The major offers a sufficiently wide range of courses for students who may wish to enter diverse recreation, park, or human services fields.

Students in this major elect one of three areas of emphasis. The outdoor recreation emphasis stresses conservation, natural science, ecology, and recreation/park administration. Society's efforts to sustain a balance between the environment and recreational use are studied.

Recreation systems management stresses the effective organization, administration and supervision of recreation, park, and tourism agencies, both public and private.

Recreation therapy prepares students to work in clinical and community settings with the disabled. It stresses elements of both psychology and social science, as well as recreation leadership skills. Students learn about assessment, intervention, and evaluation for planning recreation programs.

Outdoor recreation graduates serve as naturalists, outdoor education specialists, outdoor recreation planners, park interpreters, and park rangers.

Recreation systems management graduates find employment as administrators and supervisors with public, private or commercial park and recreation agencies. They assume professional positions with youth and family serving agencies, private clubs and condominium associations, a variety of leisure related businesses including tourism agencies, and municipal, county, and state organizations.

Recreation therapy graduates may become therapeutic recreation specialists, registered and certified by state and national certification plans. They are employed typically by hospitals, convalescent and rehabilitation centers, and retirement communities.

## Recreation Administration Major

**With the B.S. Degree in Applied Arts and Sciences**  
**(Major Code: 21031)**

All candidates for a degree in applied arts and sciences must complete the graduation requirements listed in the section of this catalog on "Graduation Requirements."

The major in recreation administration must be planned with an emphasis in one of the following three areas: (1) Outdoor Recreation, (2) Recreation Systems Management, or (3) Recreation Therapy.

A minor is not required with this major.

### Emphasis in Outdoor Recreation

**Preparation for the Major.** Recreation 101, 107, 284; Biology 100, 100L; Geography 101; Geological Sciences 100, 101; Psychology 101; Sociology 101. (27 units)

**Graduation Writing Assessment Requirement.** Passing the Graduation Writing Assessment or Recreation 396W with a grade of C (2.0) or better.

**Major.** A minimum of 54 upper division units to include Recreation 304, 305, 351, 464, 485, 487, 489, 498 (12 units), 561, 566, 575; Geography 370; and nine units selected from Biology 327; Geography 572, 575; Geological Sciences 301; History 441; Political Science 334; Psychology 340; Recreation 450, 477, 496.

### Emphasis in Recreation Systems Management

**Preparation for the Major.** Recreation 101, 107, 284; Information and Decision Systems 180; Psychology 101; Sociology 101; and six units selected from Accountancy 201; Economics 101; Finance 240; Information and Decision Systems 290. (25 units)

**Graduation Writing Assessment Requirement.** Passing the Graduation Writing Assessment or Recreation 396W with a grade of C (2.0) or better.

**Major.** A minimum of 51 upper division units to include Recreation 304, 305, 351, 464, 498 (12 units), 561, 566, 575; nine units selected from Recreation 340, 450, 470, 475, 477, 485, 489, 580; and nine units selected from Counseling and School Psychology 400; Marketing 370, 371, 373; Psychology 321, 340; Public Administration 301, 340, 350, 460; Sociology 355, 444.

### Emphasis in Recreation Therapy

**Preparation for the Major.** Recreation 101, 107, 284; Biology 212; Information and Decision Systems 290; Psychology 101; Social Work 110; Sociology 101. (26 units)

**Graduation Writing Assessment Requirement.** Passing the Graduation Writing Assessment or Recreation 396W with a grade of C (2.0) or better.

**Major.** A minimum of 54 upper division units to include Recreation 304, 305, 351, 361, 371, 464, 498 (12 unit section), 561, 566, 575; Biology 336; Psychology 350; and nine units selected from Counseling and School Psychology 400; Exercise and Nutritional Sciences 301; Psychology 333, 351, 452; Sociology 436, 441, 443, 444, 543. Note: To satisfy professional certification programs, completion of nine units should include one upper division course specifically oriented to "human growth and development" and one upper division course in a "helping area" outside of psychology, e.g. counseling, sociology, special education, or human services.

## Recreation Minor

The minor in recreation consists of a minimum of 22 units to include Recreation 101, 107, 304, 305, and nine additional upper division units selected from Recreation 340, 351, 361, 371, 464, 475, 485, 496, 575, 580. Prerequisite to the minor includes Biology 100.

Courses in the minor may not be counted toward the major, but may be used to satisfy preparation for the major and general education requirements, if applicable. A minimum of six upper division units must be completed in residence at San Diego State University.

## Courses (REC)

### LOWER DIVISION COURSES

#### REC 101. Introduction to Recreation Systems (3) I, II

Basic role of recreation and park systems in today's society. Scope of recreation services, their history, philosophy, facilities, programs, personnel and evaluation.

#### REC 107. Recreation Planning and Leadership (4) I, II

Three lectures and three hours of laboratory.

Theories, principles and techniques of group leadership, group dynamics, communication, problem solving, creativity, program planning, and publicity as they relate to selected recreation systems.

#### REC 284. Supervised Field Work (3) Cr/NC I, II, S

Prerequisites: Consent of instructor or department chair, credit or concurrent registration in Recreation 107, and 125 hours experience in recreation leadership.

Observation and participation in community recreation leadership. Practical experience in a variety of recreational settings. Eight hours per week at an agency.

#### REC 296. Experimental Topics (1-4)

Selected topics. May be repeated with new content. See Class Schedule for specific content. Limit of nine units of any combination of 296, 496, 596 courses applicable to a bachelor's degree.

### UPPER DIVISION COURSES (Intended for Undergraduates)

#### REC 304. Challenges of Leisure (3) I, II

Prerequisite: Completion of the General Education requirement in Foundations II.B., Social and Behavioral Sciences.

Study of leisure and its impact on contemporary life; issues affecting recreation in today's urbanized society. (Formerly numbered Recreation 204.)

#### REC 305. Wilderness and the Leisure Experience (3) I, II

Prerequisites: Biology 100; and completion of the General Education requirement in Foundations II.B., Social and Behavioral Sciences.

Use and abuse of natural resources for recreational purposes. Effects of increased leisure on wilderness areas. Field experiences required. (Formerly numbered Recreation 205.)

#### REC 340. Conduct of Recreational Sports (3) I, II

Three lectures plus outside practical experience in the conduct of recreational sports programs.

Organization of competition, community sports programs, administration of intramural athletics, and techniques of officiating.

#### REC 351. Recreation for Special Populations (3) I, II

Analysis of the sociopsychological aspects of special populations and their implications for leisure pursuits. Field trips may be included.

#### REC 361. Scientific Foundations of Recreation Therapy (3)

Prerequisite: Recreation 351 required for recreation majors; open to others with consent of instructor.

Theoretical principles of therapy and prevention. Survey of medical and psychiatric pathology and terminology.

#### REC 371. Professional Foundations of Recreation Therapy (3) I, II

Prerequisite: Recreation 351 required for recreation majors; open to others with consent of instructor.

Analysis of present-day policies, programs, implementation and future aspects of professional principles of recreation therapy.

#### REC 396W. Writing in Recreation Settings (3) I, II

Prerequisite: Satisfies Graduation Writing Assessment Requirement for students who have completed 60 units, passed Transfer Writing Assessment or Writing Proficiency Assessment with a score of 8 or better or earned a C or higher in RWS 95 or 96 or 280 or 281, and completed the General Education requirement in Composition and Critical Thinking. **Proof of completion of prerequisites required:** Test scores or verification of exemption; copy of transcript.

Theory and practice of writing in the field of recreation and parks with application to various settings.

#### REC 450. Camp and Aquatic Administration (3)

Prerequisite: Recreation 101.

Management of resident, day and travel camps and swimming pools, beaches, lakes and marinas; legal requirements, health and safety standards, finances, programming, maintenance, and planning.

#### REC 464. Supervision of Recreation and Park Agencies (3) I, II

Prerequisite: Recreation 107.

Interagency relations, personnel policies and procedures, volunteer coordination, supervisory techniques, community organization, public relations in public, private and commercial settings.

#### REC 470. Recreational Travel and Tourism Management (3) I

Prerequisites recommended: Recreation 101 and 304.

Tourism management, economics, marketing and development. Recognizing indicators of tourism's recreational, social and cultural impact. Organization of tourism industry and its components.

#### REC 475. Commercial Recreation and Attractions Management (3) I

Analysis of commercial recreation field, including design, development, programming and marketing aspects of various commercial recreation enterprises.

#### REC 477. Tourism Planning (3)

Prerequisite: Recreation 101.

Nature and scope of tourism planning including planning theory and approaches, principles, and processes. Case studies utilized for analysis of impacts of tourism, amenities, attractions, services, facilities, transportation, and information-direction.

#### REC 484. Directed Leadership (3) Cr/NC I, II, S

One lecture and eight hours of supervised activity.

Prerequisite: Recreation 284.

Supervised leadership experience in public and private recreation agencies. Maximum credit six units.

#### REC 485. Outdoor Recreation Planning and Policy (3) II

Nature and scope of recreation in nonurban areas. Public demand for recreation and its impact on natural resources. Management, planning, research and operation of regional and national park and recreation areas.

#### REC 487. Outdoor Education and Environmental Interpretation (3)

Prerequisite: Recreation 101.

Philosophy, theory, methods, and scope of outdoor education and environmental interpretation.

#### REC 489. Outdoor Leadership and Adventure Programming (3)

Prerequisite: Recreation 305.

Theoretical principles and experience in leadership, judgment, and decision making in outdoor adventure programming.

## Recreation

### REC 496. Experimental Topics (1-4)

Selected topics. May be repeated with new content. See Class Schedule for specific content. Limit of nine units of any combination of 296, 496, 596 courses applicable to a bachelor's degree.

### REC 498. Internship in Recreation Systems (6 or 12) Cr/NC I, II, S

Twenty off-campus hours required per week for 6-unit program, or 40 off-campus hours required per week for 12-unit programs.

Prerequisites: Consent of instructor or department chair, completion of all required lower division recreation courses, and completion of both Standard or Multimedia First Aid certificate and CPR certificate by end of semester.

Students will be assigned to various governmental, commercial, private or medical agencies conducting recreation programs. Variety of experiences in supervision and administration. Maximum credit 12 units.

### REC 499. Special Study (1-3) I, II

Prerequisite: Consent of special study adviser.  
Individual study. Maximum credit six units.

### UPPER DIVISION COURSES (Also Acceptable for Advanced Degrees)

### REC 561. Legal Aspects and Research in Recreation and Parks (3)

Prerequisite: Recreation 464.

Legal obligations and research pertinent to delivery of leisure services. Liability and risk management, open space acquisition and preservation, constitutional guarantees, administrative regulations,

contracts, and criminal law. Methods of investigation and evaluation, data analysis and reporting in relation to research needs in recreation, parks and tourism. (Formerly numbered Recreation 560.)

### REC 566. Administration and Fiscal Aspects in Recreation and Parks (3)

Prerequisite: Recreation 464.

Organizational behavior, planning, policy development, and future trends in recreation systems. Basic principles of fiscal management including budgeting, record keeping, and marketing as applied to recreation, parks and tourism agencies. (Formerly numbered Recreation 565.)

### REC 575. Designing Recreation and Park Areas and Facilities (3) I, II

Prerequisite: Recreation 101.

Design principles and concepts applied to planning and development of park and recreation areas and facilities.

### REC 580. Leisure, Recreation Therapy, and the Aging Process (3) II

Concepts of the relationship between leisure and gerontology are examined. Influence of leisure and recreation on work and life satisfaction of older adults in relationship to recreation therapy services.

### GRADUATE COURSES Refer to Bulletin of the Graduate Division.

