

Recreation Administration and Leisure Studies



College of Health
and Human Services

Recreation Administration and Leisure Studies Program

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B.S. in Recreation Administration

Emphases:

- Leisure Services Management
- Therapeutic Recreation

Minor in Recreation Administration

Certificate in Adventure-Based Programming

Certificate in Serving At-Risk Youth

Certificate in Special Event Planning

cial recreation and tourism enterprises, public recreation agencies, nonprofit organizations, park-oriented agencies, hospitals, rehabilitation centers, and other service organizations.

Students may apply for an Honors Internship (out of state) if they achieve a major GPA of 3.3 and a cumulative GPA of 3.0. Additional requirements must also be met.

Career Opportunities

Recreation and leisure comprise the second largest industry in the United States. Fresno State graduates have been very successful in securing professional positions as recreation therapists in hospitals, centers for the disabled, and rehabilitation facilities; recreation directors in schools, churches, youth agencies, detention centers, cities, and counties; as state and federal recreation specialists; and as managers of resorts, membership clubs, travel and tourism, hotel guest services, employee services, special events planning, and others.

Recreation Administration

The program offers a Bachelor of Science degree in Recreation Administration for individuals who are committed to the recreation and leisure services profession. The major in Recreation Administration and Leisure Studies prepares students with the knowledge, understanding, ability, and skill necessary to successfully function in professional positions related to the major.

Faculty are committed to providing a quality professional preparation program in recreation and leisure services, founded on a competency based curriculum. Our graduates acquire specific skills as identified by practitioners, faculty, and the National Recreation and Park Association. These competencies are related to leadership, program planning, recreation and leisure oriented activities, budgeting, evaluation of programs and personnel, history, professional ethics, philosophy, research techniques, public relations, communication skills, organizational systems, laws and legislation, facility management, administration, and therapeutic techniques. In addition, students can choose between three specializations in leisure service management: (1) community recreation and youth services, (2) commercial recreation, (3) adventure recreation and tourism.

Curriculum

Accredited by the National Recreation and Park Association Council on Accreditation, the program offers a B.S. degree and a Minor in Recreation Administration. Prepa-

ration is provided within the major for two distinct emphasis areas: leisure services management and therapeutic recreation.

Students in the recreation administration major complete a core of courses. These courses are designed to assist students in acquiring competencies related to the content of courses in principles of recreation, leadership, group dynamics, and leisure behavior. Courses also cover legal and financial aspects of recreation service, advanced program planning, organization and administration of leisure services, trends, research, and professionalism.

Within the leisure services management emphasis, students develop specific skills in the areas of communication, human behavior, youth services, entrepreneurship, adventure-based recreation and tourism, finance, business management, marketing, funding, resources, program planning and supervision, and facility management. Students in the therapeutic recreation emphasis acquire specific skills related to the subject matter of courses in physiology, anatomy, foundations of therapeutic recreation service, methods in therapeutic recreation, abnormal psychology, and individual and small group counseling.

Under the guidance of a practitioner, students in recreation administration and leisure studies are encouraged to acquire 1,000 hours of paid or voluntary hands-on experience in a variety of recreation, clinical, or leisure services agencies. In addition, they serve full-time internships with commer-

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Faculty

John Crossley, *Coordinator*
 L. Jay Fine
 Jody Hironaka-Juteau
 Andrew E. Hoff
 Ralph W. Weber

Bachelor of Science Degree Requirements

Recreation Administration Major

Units

Major requirements 65

The following core program courses are required of all candidates for this degree. Additional required courses dependent upon the selected emphasis area and specialization are outlined following the core program requirements.

• Core Program

RLS 55, 73, 73L, 101, 125, 128, 128L, 179, 180 (23)

• Emphasis Area (select one) (42)

Leisure Services Management

Emphasis Area

RLS 133, 135, 139, 184 22

Select one of the specializations listed below 20

Specialization in Community Recreation and Youth Services

Complete RLS 113, 117 and 146 9

Select from the following: RLS 80, 106, 108, 146; CFS 39, 136; CRIM 120, 130; EHD 107, 109; GERON 10, 103; HS 110; MCJ 106, 152; MGT 133; PLSI 163; PSYCH 102; SSCI 150T (150T repeatable up to 2 units); SWRK 128 5-8

Select from the following: ART 20, 30, 60; DRAMA 136, 138A; HS 48; KINES 32, 132, 152; MUSIC 153; RLS 74, 75, 192T (192T repeatable up to 3 units) 3-6

Specialization in Commercial Recreation

Complete RLS 117, 131, and MCJ 106 9

Select from the following: ACCT 3; BA 18; COMM 103; ENTR 81, 153, 155; HS 48; MCJ 142; MKT 130; RLS 74, 146, 192T (192T repeatable up to 3 units) 11

Specialization in Adventure Recreation and Tourism

Complete RLS 131, 146; HS 48 or equivalent 9

Select from the following: BIOL 100; COUN 174; ENTR 81; GEOG 135, 145T; GEOL 3; KINES 122; RLS 74, 75, 80, 82, 84, 86, 88, 106, 108, 113, 192T (192T repeatable up to 2 units) 11

Therapeutic Recreation

Emphasis Area*

RLS 142, 144A, 144B, 148, 187; PHYAN 33; PSYCH 166; CFS 38 (36)

Select from the following: RLS 74, 75, 80, 106, 108, 113, 117, 146, 192T (repeatable for up to 3 units) (3)

Select from the following: PSYCH 101, 102; COUN 174; CSD 91; CFS 131, 136; CRIM 100, 120, 130; SOC 143, 147, 168; GERON 103, 130, 132, 161; PHTH 105; IPC 201 (with permission) (3)

General Education requirements 51

Electives and remaining degree requirements 4-10*

Total 120**

* Students in the Therapeutic Recreation Emphasis who may seek certification at the state or national level are encouraged to meet with faculty for advisement on their selection of electives.

**This total indicates that a maximum of 6 units in General Education also may be applied to 6 units of electives in the RLS major as follows: ART 20 in G.E. Breadth C1; RLS 80 or GERON 10 in G.E. Breadth E1. Consult the department chair or faculty adviser for additional details.

Advising Notes

1. CR/NC grading is not permitted in the recreation administration major with the exceptions of RLS 74, 75, 82, 84, 86, 88, 108, 115, 184, 187, and 192T.
2. General Education and elective units may be used toward a minor (see *departmental minor*). Consult the appropriate department chair, program coordinator, or faculty adviser for further information.
3. Students who must complete a course to fulfill the Upper-Division Writing Skills requirement are advised to take IS 105W.
4. Only a grade of C or higher in RLS 55, 73, 73L, 101, 125, 128, 128L, 131, 142,

179, and 180 will apply to the major in Recreation Administration.

Recreation Administration Minor

The Minor in Recreation Administration consists of 24 units. Students completing the minor develop a basic knowledge of leisure services management that has application in many diverse fields.

Units

RLS 55, 73, 73L, 80 or 101, 128, 128L, 131 or 113, 133 or 146, 135 .. 24

Note: The Recreation Administration Minor also requires a 2.0 GPA and 6 upper-division units in residence.

Certificate in Serving At-Risk Youth

The Certificate in Serving At-Risk Youth is awarded to students who successfully complete 12 units of upper-division coursework selected to provide an overview of the critical issues that face youth and the service concerns associated with meeting their needs. All coursework to be applied to this certificate must be completed with a minimum grade of C to be counted.

Units

Required courses 6

RLS 113 (3)*

RLS 115 (3)*

Elective courses 6

Select 6 units from the following: CRIM 120, PSYCH 102; CFS 133S, 136; EHD 107, 108; COUN 150; RLS 106, 108, 117

Total 12

* RLS 115 must be taken concurrently with RLS 113.

Certificate in Special Event Planning

The Certificate in Special Event Planning is awarded to students who complete a selective course of study in recreation administration and related courses. Students must complete a minimum of 12 units of upper-division coursework with a grade of C or better in all classes.

The Certificate in Special Event Planning is designed to prepare students to plan large community events such as street fairs, community festivals, convention center events, major fund-raising events, corporate events, and joint sponsorship events.

The certificate is appropriate for those students seeking employment in community-based recreation agencies, corporate recreation, community nonprofit organizations, convention centers, and any business dealing with special event planning.

	<i>Units</i>
Required courses	9
RLS 115	(3)*
RLS 117	(3)*
RLS 135	(3)
Elective courses	3
Select one class from the following:	
ENTR 81	(3)
MCJ 106	(3)
MCJ 142	(3)
MGT 133	(3)
Total	12

*RLS 115 and 117 must be taken concurrently.

Certificate in Adventure-Based Programming

The Certificate in Adventure-Based Programming is designed for students pursuing a professional interest in perceived risk and wilderness activities within settings such as youth organizations, church groups, travel and tourism, and schools and colleges. Adventure education will be explored through courses using group initiative and perceived risk activities to foster personal development. The certificate will center on preparing students to facilitate ropes courses, climbing walls, mobile initiative courses, and natural resource-based pursuits such as rock climbing, backpacking, cross-country skiing, and other outdoor activities.

Students will learn specific sequencing, processing, and leadership techniques for adventure education. They will gain insight into their own strengths and weaknesses related to interaction with on-going psychodynamic processes and apply these techniques to diverse groups and special populations. All coursework to be applied to this certificate must be completed with a minimum grade of *C* to be counted. Admission to the program requires the consent of the program faculty.

	<i>Units</i>
Required courses	6-7
RLS 106	(2)
RLS 115	(1-2)*
RLS 146	(3)*

*RLS 115 and 146 must be taken concurrently.

Elective courses	5-6
Select 5-6 units from the following:	
COUN 174	(3)
CI 122	(2)
KINES 122	(3)
MGT 106	(3)
RLS 108	(1)
RLS 113	(3)
Total	12

COURSES

Recreation and Leisure Studies (RLS)

55. Introduction to Recreation, Parks, and Tourism (3)
Philosophical, theoretical, and historical basis for recreation service in contemporary American society; exploration of the various facets of recreation, parks, and tourism including public, nonprofit, therapeutic, and commercial recreation. (CAN REC 2)

73. Recreation Leadership and Programming (3)
Theoretical, philosophical, and practical basis for leadership and programming. Dynamics of leading recreation activities, developing basic program planning skills, and procedures for facility utilization.

73L. Recreation Leadership and Programming Laboratory (1)
Concurrent enrollment with RLS 73. Practical leadership experience in classroom and supervised recreation settings.

74. Games for All Ages (1)
Planning, design, and leadership techniques for a variety of games appropriate for diverse populations and age groups. (Formerly RLS 192T)

75. Adventure Ropes Course Experience (1)
An experiential journey of self-awareness, esteem building, and group processing through initiative games and high ropes elements. *CR/NC* grading only. (Course fee, \$30)

80. Lifelong Learning in the Natural Environment (3)
Exploration of the social, psychological, and physiological implications of experiential learning and personal growth using experiences based in the natural environment. Dynamics of identifying personal interests and skills. Discovering resource-based learning opportunities in the leisure appropriate across the life stages. G.E. Breadth E1.

82. Wilderness Survival Skills (1)
Back country skills for preventing or responding to emergency situations in the wilderness, such as fire and shelter building, signaling, and land navigation. Explores interpersonal and intrapersonal reactions to crisis situations. (Formerly RLS 192T)

84. Orienteering (1)
Fundamental skills and knowledge for traveling outdoors by map and compass, and by knowledge of natural features. (Formerly RLS 192T)

86. Backpacking in the Sierra Mountains (1)
Fundamental skills and knowledge for backpacking, car camping, and hiking in the Sierra Mountains or similar settings. Includes skills for camping, hiking, basic navigation, trip planning, and outdoor cooking, plus safety and environmental issues. (Formerly RLS 192T)

88. Rock Climbing (1)
Basic skills and knowledge of rock climbing including history, trends, equipment, climbing technique, top roping, knot tying, rappelling, training, safety, and environmental issues. (Formerly RLS 192T)

101. Leisure and Human Behavior (3)
Exploration of leisure as related to the individual and society. The forces and factors affecting its role on human behavior are examined within the context of current social issues. (Students may incur minimal expenses related to field trips.)

106. Challenge Course Facilitation (2)
Prerequisite: permission of instructor. Facility-based adventure programming skills, focusing on ropes courses and climbing walls, as well as activity sequencing, processing, and leadership skills for adventure education. Practice in safety, supervision, and maintenance of adventure facilities and sites.

108. Advanced Challenge Course Facilitation (1)
Focuses on advanced debriefing and processing techniques, including frontloading and designing metaphors used in facility-based adventure programming such as ropes courses and portable initiative courses. Prior ropes course training or RLS 106 recommended. (Formerly RLS 192T)

113. Serving At-Risk Youth (3)
Examination of the forces and factors that place youth at risk. Review of service models and leadership styles that affect outcomes for at-risk youths with emphasis on agencies that have developed successful program approaches

115. Community Placements in Leisure Settings (1-3; max total 6)
Prerequisite: permission of instructor. Service oriented course designed to provide opportunities to observe, interact, and learn from community placements in leisure services. Hour requirements are supported through writing and discussion on issues and solutions. *CR/NC* grading only. (Formerly RLS 192T)

117. Special Event Planning (3)
Special techniques and requirements for planning and conducting large community functions such as street fairs, community festivals, major fund-raisers, corporate events,

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and joint sponsorship. Emphasis on community laws and regulations, activity selection and planning, advertising, and funding. Field trips and/or other off-campus experiences will be required. (Students may incur minimal expenses related to field trips.)

125. Understanding Special Populations in a Contemporary Society (3)

Introduction to diverse populations including terminology, etiology, legislation, facilities, trends, barriers, and relationship to leisure. Understanding alternative views of exceptionality and appreciating similarities and differences. Awareness of adaptations and other strategies to maximize opportunities for participation.

128. Legal and Financial Aspects of Recreation, Parks, and Tourism (3)

Prerequisite: RLS 55. Legal and financial aspects of recreation, parks, and tourism; budget analysis, legal terminology, and their role in recreation administration.

128L. Legal and Financial Aspects of Recreation, Parks, and Tourism Lab (2)

Prerequisites: RLS 55 and concurrent enrollment with RLS 128. The lab emphasizes the development of budgets and data analysis methods for park, recreation, and tourism agencies through the use of a variety of computer programs.

131. Foundations of Commercial Recreation and Tourism (3)

Prerequisite: RLS 55. Historical and philosophical foundations of leisure service provisions by commercial recreation and tourism agencies. Review of selected service providers including organization, assessment, service provision, legal base, funding profiles, and current trends analysis. (Field trips may be required.)

133. Recreation and Parks Facilities Planning and Operations (3)

Prerequisite: RLS 55. Emphasis will be on the planning, management, and operations of recreation and parks facilities. Facility layout for use in activity presentation, safety procedures, staffing, risk management, and maintenance. (Field trips may be required.)

135. Recreation, Parks, and Tourism Marketing (3)

Prerequisite: RLS 55. Analysis and development of marketing and promotion strategies for recreation, parks, and tourism programs and services, and an in-depth analysis of recreation feasibility plans.

139. Programming and Evaluation in Recreation, Parks, and Tourism (4)

Prerequisites: senior standing or permission of

instructor; RLS 128, 135. Concepts and methods in developing, operating, and evaluating recreation programs and services in leisure service settings. Emphasis on costing, scheduling, and marketing programs for a variety of client groups. (3 lecture, 2 lab hours)

142. Foundations of Therapeutic Recreation Service (3)

Prerequisites: RLS 55 and RLS 125 or permission of instructor. Historical review and future outlook of therapeutic recreation. Identification of interventions used for specific population groups. Review etiology characteristics, terminology and support systems. Facility design, use, and adaptation. Practical experience required.

144A. Methods in Therapeutic Recreation (3)

Prerequisite: RLS 142. Application of therapeutic recreation methods including assessment, program design, and evaluation.

144B. Facilitation Techniques in Therapeutic Recreation (3)

Prerequisites: RLS 142; RLS 144A. Practical experiences in applying therapeutic recreation intervention techniques.

146. Adventure Based Programming (3)

Adventure based programming skills will be explored through experiential activities on the Edge Ropes Course and other outdoor pursuits. (2 lecture, 2 lab hours) (Students will incur expenses related to required field trip.)

148. Programming and Evaluation in Therapeutic Recreation (4)

Prerequisites: senior standing or permission of instructor; RLS 144A, 144B. Planning therapeutic programs for special populations. Practical program experiences with disability groups required. (3 lecture, 2 lab hours)

179. Supervision and Administration in Recreation, Parks, and Tourism (3)

Prerequisite: RLS 73. Preparation for a supervisory role in recreation, parks, and tourism agencies. Recruitment, motivation, performance evaluation training and development, and other supervisory and management practices.

180. Senior Seminar (2)

Prerequisite: may only be taken one or two semesters prior to internship. Trends and issues, current research, professionalism, and internship search procedures in recreation, parks, and tourism.

184. Internship in Recreation, Parks, and Tourism (12)

Prerequisites: completion of all major, General Education, and university graduation requirements. Honors internship requires place-

ment approval in RLS 180. Directed supervisory experience with a nonprofit, public, or commercial recreation agency. Individual development in administration, supervision, program planning, and public relations. Reports and conferences required. (It is recommended before registering for internship that students have the equivalent of 1,000 hours of recreation related experience, either paid or volunteer, in a recreation service agency.) *CR/NC* grading only.

187. Internship in Therapeutic Recreation (12)

Prerequisites: completion of all major, General Education, and university graduation requirements. Honors internship requires placement approval in RLS 180. Supervised, directed full-time experience in the field of therapeutic recreation; reports and conferences required. (It is recommended before internship registration that students have the equivalent of 1,000 hours of recreation related experience, either paid or volunteer, in the field of recreation service.) *CR/NC* grading only.

190. Independent Study (1-3; max total 6)

See *Academic Placement — Independent Study*. Approved for *RP* grading.

192T. Topics in Recreation, Parks, and Tourism (1-3; max total 8; repeatable with different topics)

Investigation of selected topics related to administration, supervision and leadership in parks, recreation, leisure, and tourism settings. Workshops related to skills in leisure oriented activities.

IN-SERVICE COURSES

(See *Course Numbering System*.)

Recreation and Leisure Studies (RLS)

313. Recreation Activities (1-3; max total 6; repeatable with different topics)

Prerequisite: permission of instructor. Open to personnel working in recreation, students, and teachers. Design, application, and adaptation of activities and skills to various recreational settings. May be repeated for credit.

330T. Topics in Recreation (1-3; max total 6; repeatable with different topics)

Prerequisite: permission of instructor. Study and critical analysis of problems relating to organization, administration, supervision, and management of agencies engaged in recreational/leisure services. May be repeated for credit provided different fields are covered.