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### Recreation Professions

The Recreation Professions program in the Department of Public Health and Recreation Professions offers a broad interdisciplinary program of studies preparing students for administrative careers in recreation management, therapeutic recreation or outdoor recreation leadership and management. The program leads to the Master of Science in Education degree with a major in recreation. This program requires a nonrefundable \$65 application fee that must be submitted with the application for Admissions to Graduate Study in Recreation Professions. Applicants can pay this fee by credit card when applying electronically.

#### Master of Science in Education Degree

Graduate work in recreation professions stresses administration and research and is open to highly-qualified students with a minimum 3.0 grade point average. All students must be admitted to the Graduate School in good standing.

Graduate students in recreation professions must complete a minimum of 36 semester hours including a theory core and a research core. The research core is completed by fulfilling requirements for the thesis, the non-paper, or the internship options.

The **thesis option** requires three semester hours of research methods and three semester hours of thesis. After completing the required research methods course, each student should select a chairperson for the thesis committee. A minimum of two additional graduate faculty members, one holding rank outside the faculty of recreation, is needed to form the full committee. After approval of a thesis topic, the students will conduct a research effort under the committee's guidance, followed by an oral examination.

The **non-paper option** requires three semester hours of research methods and three semester hours of project in recreation. The research project or paper may be field-based or applied and will be supervised by an academic adviser who is a graduate faculty member in recreation. The research project or paper must be approved by one additional graduate faculty member.

The **internship option** requires three semester hours of research methods and three semester hours of supervised field work. The field work must be completed under the supervision of a professional working in the student's area of professional interest and must be overseen by an academic adviser who is a graduate faculty member in recreation.

In addition to the completion of the theory and research core in either the thesis or non-paper option, the student will select an additional 21 emphasis hours. By utilizing electives, the student can focus on a specific option or emphasis. This emphasis may include recreation administration, focusing on skills necessary for management in the commercial and public sector including local, state, and federal recreation programs; outdoor leadership and management which focuses on skills necessary to manage or administer programs, facilities, and lands for a variety of outdoor recreation providers and organizations (this emphasis could lead to certifications); or therapeutic recreation which focuses on skills necessary in the management of therapeutic recreation (recreational therapy) programs in a variety of health care and human service organizations (this emphasis could lead to certification). Variations of these include campus recreation management, expedition leadership and facility management.

All students must maintain a minimum 3.0 (4.0 point scale) grade point average and earn a C or better in Theory and Research Core classes to be eligible to graduate.

#### Recreation Graduate Degree (36 hours total)

##### Required Core Courses for all Tracks (18 hours)

- REC 500-3 Modern Concepts of Leisure (Fall)
- REC 503-3 Management & Marketing (Spring)
- REC 508-3 Trends and Global Issues in Leisure Services (Fall)
- REC 550-3 Research in Recreation (Spring)

One of:

- REC 501, REC 502, REC 526, REC 560A, REC 560B, REC 560C, REC 565

One of:

- REC 599-3 Thesis
- REC 575-3 Project in Recreation
- REC 596-3 Internship in Recreation
- REC 597-3 Internship in Recreational Therapy

## **Track Requirements (18 hours)**

### **Recreation Administration**

- REC 425-3 Planning & Design of Recreation Facilities (Fall)
- REC 465-3 Human Resources for Recreation Professions (Spring)
- REC 466-3 Community Recreation (Fall)
- REC 467-3 Commercial Recreation (Spring)
- REC 468-3 Campus Recreation (Summer)

### **Elective**

#### **Outdoor Recreation**

- REC 430-3 Outdoor Living Skills (Fall)
- REC 432-3 Environmental Issues and Ethics in Outdoor Recreation (Spring)
- REC 445-3 Outdoor Recreation Management (Spring)

### **Elective x 3**

#### **Therapeutic Recreation**

- REC 404-3 Foundations of Recreational Therapy (Fall)
- REC 460-3 Administration of RT Services (Summer)
- REC 461-3 RT Assessment & Documentation (Spring)

### **3 courses from:**

- REC 405 (Fall)
- REC 406 (Fall)
- REC 407 (Spring)
- REC 524
- REC 525

### **NCTRC Requirements:**

- Allied Health 241\*
  - Public Health 311\*
  - Psychology 331\*
- \*not for graduate credit

## Recreation Professions Courses

**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.

**REC475A - Workshop: Budget & Finance** 475A-3 Recreation Workshop-Budget and Finance. Critical examination and analysis of innovative programs and practices.

**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.

**REC475D - Workshop: Facilities** 475D-3 Recreation Workshop-Maintenance of Areas and Facilities. 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.

**REC475G - Workshop: RT in VA System** 475G-3 Recreation Workshop-RT in the Veterans Administration System. Critical examination and analysis of innovative programs and practices.

**REC475H - Workshop: RT Aging Populations** 475H-3 Recreation Workshop-RT for Aging Populations. 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.

**REC475J - Workshop: RT Mental Health Ctr** 475J-3 Recreation Workshop-RT in Psychiatric & Behavioral Health Centers. Critical examination and analysis of innovative programs and practices.

**REC475K - Workshop: RT in PMR Facilities** 475K-3 Recreation Workshop-RT in Physical Medicine and Rehabilitation Centers. 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.

**REC500 - Modern Concepts of Leisure** 500-3 Modern Concepts of Leisure. This course explores the meaning of leisure, recreation, and play from a philosophical and psychological perspective. The historical and contemporary relationships among work, time, lifestyles and leisure are analyzed. In addition, the course attempts to develop students' viewpoints toward these topics in order that they formulate a philosophy of leisure. Required of all majors.

**REC501 - Personnel in Leisure Services** 501-3 Personnel in Leisure Services. This course will examine administrative issues regarding personnel in leisure delivery systems. Topics include: leadership theory, selection and training, legislation, collective bargaining, motivation, performance appraisal, power and gender.

**REC502 - Revenue in Leisure Svc** 502-3 Revenue Production for Leisure Service Organizations. An integrative view of revenue production for leisure service organizations. Numerous practices of generating income, such as fees and charges, facility rental, bonds, investments and public/private cooperative development will be examined in relationship to their ability to aid an organization in achieving its stated objectives.

**REC503 - Manag/Mktg Leisure Services** 503-3 Managing and Marketing Leisure Services. An examination of the critical functions of a manager in public and private leisure service organizations. Particular topics include goal and policy development, ethics, risk management, fiscal management and facility operations. Special attention is given to the leisure service managers role in marketing recreation.

**REC508 - Trends in Recreation** 508-3 Trends & Global Issues in Leisure Services. This course provides an examination of current issues, trends and professional concerns in the recreation industry. Topics include: professional issues, programming trends, legislative issues, and other topics.

**REC524 - RT Professional Skills** 524-3 Professional Skills in Recreational Therapy. This course focuses on professional skills necessary at the administrative and supervisory level. The NCTRC exam content area of advocacy for the profession will also be addressed. Specific focus areas will include recreational therapy education, practice, and research.

**REC525 - RT Program Design** 525-3 Program Design in Recreational Therapy Practice. Planning, organizing, selecting, evaluating, and adapting activities to a variety of treatment settings. Topics include the TRAM model, comprehensive program design, specific program design, and WPO for the recreational therapy department.

**REC526 - RT Practice Settings** 526-3 Recreational Therapy Practice Settings. This course focuses on current trends and issues in recreational therapy practice settings. Special attention will be on RT protocol development. This course includes the NCTRC content area of implementation.

**REC550 - Research in Recreation** 550-3 Research in Recreation. This course focuses on research concepts and methods (quantitative and qualitative). Students will complete a critical analysis of

significant research in recreation or therapeutic recreation, and will develop a tentative research proposal. Prerequisite: REC 500.

**REC560A - Park & Community Rec** 560A-3 Seminar in Recreation-Park & Community. Major issues and trends in recreation.

**REC560B - Campus Recreation** 560B-3 Seminar in Recreation-Campus Recreation. Major issues and trends in recreation.

**REC560C - Seminar: Commercial Rec** 560C-9 (3 per topic) Seminar in Recreation-Commercial Recreation. Major issues, trends, and cultural, economic and social significance. Prerequisite: REC 500 or consent of department.

**REC565 - Envir Issues Outdoor Rec** 565-3 Environmental Issues in Outdoor Recreation. Seminar in environmental issues and problems that affect outdoor recreation. Content includes history of the environmental movement in relation to outdoor recreation and specific problems affecting recreation on national parks, forest and wildlife refuges. Special approval needed from the instructor.

**REC575 - Project in Recreation** 575-3 Project in Recreation. A project is a culmination of the Master's degree. It can be either a practice-based service product or an applied research study that does not require a thesis format. Examples of projects may include grant proposals, program development, curriculum development, landscape design, manuals, visual productions, web page development, organizing special events or fund raising. Special approval needed from the instructor.

**REC580 - Readings in Recreation** 580-1 to 3 Readings in Leisure and Recreation. Readings in selected topics in leisure and recreation under staff supervision. Not more than three hours may count toward Master's degree. Special approval needed from the instructor.

**REC596 - Internship in Recreation** 596-3 Internship in Recreation. A course on 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. For graduate credit only. Special approval needed from the instructor.

**REC597 - Internship in RT** 597-3 Internship in Recreational Therapy. An introduction to professional development in recreational therapy. This course is required for eligibility to sit for the NCTRC exam. This course is a combination of academic assignments and experiential learning. It is supervised by a CTRS at the site AND at the academic institution. For graduate credit only. Prerequisite: majority of RT coursework completed; Special approval needed from the instructor.

**REC599 - Thesis** 599-3 Thesis. Selecting, investigating, and writing on a research topic under the personal supervision of a member of the department. Designed to help the student to develop ability to design, conduct, analyze and interpret research related to recreation and therapeutic recreation. Special approval needed from the department.

**REC601 - Continuing Enrollment** 601-1 per semester Continuing Enrollment. For those graduate students who have not finished their degree programs and who are in the process of working on their dissertation, thesis, or research paper. The student must have completed a minimum of 24 hours of dissertation research, or the minimum thesis, or research hours before being eligible to register for this course. Concurrent enrollment in any other course is not permitted. Graded S/U or DEF only.

## Recreation Professions Faculty

**Cave, Jasmine**, Assistant Lecturer, MPA, M.S.Ed., Southern Illinois University Carbondale, 2017; 2017.

**Colson, Tina**, Associate Lecturer, MS, Southern Illinois University Carbondale, 2004; 2005.

**Croft, Brian**, Lecturer, MS, Southern Illinois University, 2013.

**Glover, James M.**, Associate Professor, *Emeritus*, Ph.D., University of Maryland, 1980; 1984.

**Glover, Regina B.**, Associate Professor, *Emerita*, Ph.D., University of Maryland, 1983; 1983.

**Hollman, Alissa**, Lecturer, MS, Illinois State University, 2011.

**Kim, Jun**, Assistant Professor, Ph.D., University of Utah, 2013; 2015.

**Malkin, Marjorie J.**, Professor, Ed.D., *Emerita*, University of Georgia, 1986; 1989.

**McEwen, Douglas N.**, Professor, *Emeritus*, Ph.D., Michigan State University, 1973; 1975.

**Tanner, Emily**, Assistant Lecturer, M.S.Ed., Southern Illinois University Carbondale, 2006; 2017.

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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.