Recreation & Leisure Management (REC)

Faculty
Craig D. Hayward, Chair
Robbie Bolton, Adjunct
Larry Brown, Director and Affiliate
Brad Buter, Adjunct
Bethany Butterfield, Affiliate
Matt Carpenter, Adjunct
Anil Joseph
Debra Thompson
Deborah G. Varland

About the discipline
The department of health, human performance and recreation has developed the recreation and leisure management major to prepare individuals interested in entering careers in the ever-growing recreation and leisure industry. The program provides a 54-62 semester hour major, variable depending on the hours of practicum or internship the student selects, and leads to a Bachelor of Arts degree. A 22-semester hour minor is also available and is designed to complement a variety of majors offered through Spring Arbor University.

Career opportunities
In the short time the recreation and leisure management major has been offered, graduates have found employment in a variety of settings, including municipal parks and recreation, commercial recreation, not-for-profit recreation, and campus recreation settings. Students have also pursued graduate degrees in recreation and leisure management upon receiving their B.A. from Spring Arbor University.

Requirements for admission to the REC program
Students planning to major in Recreation and Leisure Management, must apply to be admitted to the program by the end of the first semester of their sophomore year. Transfer students with higher than sophomore standing or Post-BA students must complete the process by the end of their first semester of attending Spring Arbor University. Program admission forms are available from any faculty member or the departmental secretary. Admission decisions will be rendered with one of the following three possibilities.

1. Admitted with no provisions.
2. Admitted on probationary status with specific provisions.
3. Denied admittance with specific provisions for reapplying or not.

Below are the criteria used in considering admission for all programs followed by criteria for specific programs.

1. Attend an orientation session and any other required information meetings called by the department.
2. At least one year in advance each student must file with the department a “Plan for Practicum, or Internship” experiences.
3. A minimum of 36 semester hours of coursework completed at SAU with a minimum cumulative grade point average (GPA) of 2.5. This requirement is waived for transfer students having higher than a sophomore standing and all Post-BA students.
4. Complete HPR 151 and 153, plus any other REC courses taken with a minimum cumulative GPA of 2.6 and no grade lower than 2.0 in any of these courses.
5. Demonstrate writing skills necessary to succeed in the curriculum and later in careers in the field, as indicated by written assignments given in departmental courses taken to date.
6. Complete the REC Entry-level Mastery Exam with a score of 80% or greater. The exam will cover expected competencies taken from entry-level coursework, including topics such as intro to HPPR, foundations of physical fitness, recreation theory, recreation leadership, and introduction to recreation.

Once admitted to the program, good standing can be revoked if a student fails to maintain standards implied through the admission to the program process, or is found to have compromised the highest standard of academic honor and integrity as described in the Spring Arbor University Academic Integrity Policy. Students withdrawing form active
enrollment at Spring Arbor University or dismissed due to academic problems must be readmitted to the department upon readmission to the University.

Requirements
The 54-62 hour recreation and leisure management major requires:

- BUS 325 Principles of Management (3)
- HPR 151 Introduction to Health, Human Performance, and Recreation (3)
- HPR 153 Foundations of Physical Fitness, Health and Wellness (3)
- HPR 178 Aerobic Activities (2)
- HPR 179 Strength & Power Training (2)
- REC 154 Introduction to Recreation & Leisure (2)
- REC 170 Adventure Skills (1) (need 2 hours)
- REC 173 Individual Recreational Sports (2)
- REC 188 Team Recreational Sports (2)
- REC 202 First Aid/CPR/AED Instructor (2)
- REC 224 Recreation & Leisure Leadership (3)
- REC 232 Recreation & Leisure Theory (2)
- REC 322 Parks and Outdoor Recreation Programming (3)
- REC 326 Recreation and Leisure for the Aging and Physically Challenged (3)
- REC 332 Recreation & Leisure Programming (3)
- REC 335 Facilities Planning & Operations for Health, Fitness, Recreation & Sports (3)
- REC 372 Retreat and Camping Ministries (3)
- REC 385 Practicum (4-8) OR REC 450 Internship (6-12)
- REC 424 Liability & Risk Management in Recreation & Leisure (3)
- REC 432 Admin & Mgmt of Recreation & Leisure Programs (3)
- REC 480 Senior Seminar (1)

Note: The practicum or internship component of the Recreation and Leisure concentration must include a minimum of four semester hours up to a maximum of 12 semester hours toward the 124 semester hours required to graduate. To broaden one’s experience a student can split the 12 semester hour maximum and complete both a REC 385 Practicum and a REC 450 Internship. Students must identify their plan for the practicum and/or internship and begin to make plans with their academic advisor at least one year prior to beginning the experience.

Students are required to attend a meeting in the major and minor each semester to enhance their knowledge of the curriculum. Through the courses required in the major, students complete 30-40 hours of volunteer experience.

Since a minor is not required in this program, a number of additional courses are strongly encouraged in order to support and strengthen the student’s career preparation. These course selections should be made in consultation with the student’s academic advisor and in accord with his/her career plans.

The 22-hour recreation and leisure management minor requires:

- REC 154 Introduction to Recreation & Leisure (2)
- REC 161-165 Adventure Skills (1) (need 2 hours)
- REC 224 Recreation & Leisure Leadership (3)
- REC 232 Recreation & Leisure Theory (2)
- REC 332 Recreation & Leisure Programming (3)
- REC 385 Practicum (3)
- REC 432 Admin & Mgmt of Recreation & Leisure Programs (3)
- REC 480 Senior Seminar (1)

Choose one of the following:

- REC 335 Facilities Planning & Operations for Health, Fitness, Recreation & Sports (3)
- REC 322 Parks and Outdoor Recreation Programming (3)
- REC 326 Recreation & Leisure for the Aging & Physically Challenged (3)
- REC 372 Camping and Retreat Planning (3)
- REC 424 Liability & Risk Mgmt in Recreation & Leisure (3)

Note: The Recreation and Leisure minor is designed for students with a declared major at Spring Arbor University, but would like to have another emphasis in a specialty area. Majors that this minor could support are Biology, Business, Camping Ministries, Christian Ministries, Health and Exercise Science, Mathematics, Psychology, Social Work and Youth Ministries.

Notes for general education: HPR 153 Foundations of Physical Fitness meets the general education requirement of HPR 101 Personal Fitness and Wellness.
Course descriptions

REC 154 Introduction to Recreation and Leisure (2)
This introductory course in Recreation and Leisure seeks to introduce and acquaint students with the field. This course will briefly cover the practices, goals, and programs in various Recreation and Leisure agencies. A look at the career perspectives in each agency will be researched. (Offered in spring.)

REC 161-165 Adventure Skills (1)
This series of courses is designed to introduce and acquaint the student with knowledge, skills, and abilities for a variety of adventure skills activities. The primary focus of each course is to allow each student to develop competency levels sufficient to be able to teach, demonstrate, and lead the activity in the recreation and leisure setting. Each course will be one credit hour with a variety of courses offered (see below). Note: Enrollment priority is given to Recreation & Leisure Management majors and minors, and Camping Ministry majors.

REC 161 Backpacking and Wilderness Experience (1)
(Offered in fall and spring.)

REC 162 Kayaking (1)
(Offered in fall.)

REC 163 High Ropes (1)
(Offered in spring of odd academic years.)

REC 164 Low Ropes (1)
(Offered in spring of even academic years.)

REC 165 Basic Rock Climbing (1)
(Offered in fall and spring.)

REC 171 Water Safety Instructor (2)
For description see PED 171. Prerequisite: HPR 138 or equivalent. (Limited offering.)

REC 173 Individual Recreational Sports (2)
For description see PED 173. Prerequisite: HPR 153. (Offered in spring.)

REC 188 Team Recreational Sports (2)
For description see PED 188. Prerequisite: HPR 153. (Offered in fall.)

REC 202 First Aid, CPR, and AED Instructor (2)
For description see PED 202. Also listed as HLT 202. Prerequisite: HPR 153. (Offered in interim.)

REC 224 Recreation and Leisure Leadership (3)
This course seeks to present the skills necessary for recreational and leisure professionals that are seeking a career in the recreation and leisure field. The skills needed to be successful such as organization, managing time, team work, supervision, conflict, and innovation will be addressed. Prerequisite: Sophomore standing. (Offered in spring.)

REC 232 Recreation and Leisure Theory (2)
Analyzes the societal foundations underlying the study and practice of recreation today. Emphasis on recreation as an area of professional preparation and service. Prerequisite: Sophomore standing. (Offered in fall.)

REC 248 Lifeguard Training (2)
For description see PED 248. Prerequisite: Appropriate swimming skills. (Limited offering.)

REC 322 Parks and Outdoor Recreation Programming (3)
This course seeks to introduce, inform and acquaint students about parks and outdoor recreation. Students will examine a variety of factors related to parks and outdoor recreation facilities, including the history of these facilities and how they are funded and maintained. The course will examine how resources allocated to the parks and outdoor recreation system in American affect policies, procedures, and programming of operations. Prerequisite: Junior status. (Offered in spring of even academic years.)

REC 326 Recreation and Leisure for the Aging and Physically Challenged (3)
This course seeks to introduce, inform and acquaint students about recreation and leisure services for individuals who are aging and/or are physically challenged. The course will focus on providing recreation and leisure services to individuals with disabilities through a service-centered approach. Areas of the aging process covered will include the social, biological, cognitive and psychological factors relative to the role recreation and leisure plays for aging individuals. Prerequisite: Junior status. (Offered in spring of odd academic years.)

REC 332 Recreation and Leisure Programming (3)
This course will introduce and acquaint the student with the basic understanding of designing and delivering of recreation and leisure services with a focus on programming concepts and program management skills. Emphasis will be given to procedures and techniques that will enable the programmer deliver quality activities. Prerequisite: Junior Status (Offered in the fall of odd academic years)

REC 335 Facilities Planning and Operations for Health, Fitness, Recreation and Sports (3)
This course provides the student with the basic understanding of the planning, design, and operations processes in facility development. The course will cover
an evaluation process required when planning, designing, and constructing facilities and establishing operations procedures for such facilities. *Prerequisite: Junior standing.* (Offered in fall of even academic years.)

**REC 372 Camping and Retreat Planning (3)**
For description see CMI 372. (Offered in fall of even academic years.)

**REC 385 Practicum (1-8)**
For description see 385 Practicum under the “Courses for All Disciplines” section.

**REC 424 Liability and Risk Management in Recreation and Leisure (3)**
This course serves to introduce, inform, and acquaint the student with legal issues related to risk and liability of operating recreation and leisure services. This course will aid the student in understanding how they can protect themselves and their organizations from legal exposure by the identification of legal risks, evaluation of the risks, and the implementation of an action plan to manage risks. *Prerequisite: Junior standing.* (Offered spring of odd academic year.)

**REC 432 Administration and Management of Recreation and Leisure Programs (3)**
A study of the requisite knowledge and skills for administering and managing institutional, municipal and/ or industrial recreation programs. Emphasis is placed on planning, supervising and evaluating programs. *Prerequisite: Junior standing.* (Offered in fall semester of even academic years.)

**REC 450 Internship (6-12)**
For description see 450 Internship under the “Courses for All Disciplines” section.

**REC 480 Senior Seminar (1)**
For description see HES 480. *Prerequisite: Senior standing.* (Offered in fall.)