

Recreation

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COLLEGE OF EDUCATION AND HUMAN SERVICES

Graduate Faculty:

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

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.

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.

Sheehan, Clayton, Instructor, MS, Southern Illinois University Carbondale, 2015; 2015.

Weeks, Steven E., Senior Lecturer, Ph.D., Southern Illinois University Carbondale, 2003; 2003.

Yang, Heewon, Professor, Ph.D., Indiana University, 2002; 2004. Therapeutic recreation intervention programs.

The Recreation program in the Department of Health Education and Recreation offers a broad interdisciplinary program of studies preparing students for administrative careers in recreation management or therapeutic recreation. 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. Applicants can pay this fee by credit card when applying electronically.

Master of Science in Education Degree

Graduate work in recreation 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 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, six semester hours of thesis, and three or four semester hours of statistics. 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 student 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, three semester hours of project in recreation, and three or four semester hours of statistics. 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, three or four semester hours of statistics, and six 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 advisor 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 13-14 emphasis and elective hours. Students completing QUAN 506-4 will take a total of 13 credit hours of emphasis and electives, and students completing QUAN 402-3 will take a total of 14 credit hours of emphasis and electives. 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 recreation 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.

Master's Degree in Recreation

Theory Core

REC 500-3 Modern Concepts of Leisure

REC 508-3 Trends and Global Issues in Leisure Services

Research Core

REC 550-3 Research in Recreation

QUAN 506-4 Inferential Statistics or QUAN 402-3 Basic Statistics

Thesis (Option 1)

REC 599-3 Thesis

Non-Paper (Option 2)

REC 575-3 Project in Recreation

Internship (Option 3)

REC 596-6 Field Work Recreation

Certificate in Gerontology

The Department of Health Education and Recreation participates in the Certificate in Gerontology interdisciplinary program and offers classes, HED 440 Health Issues in Aging, REC 440 Therapeutic Recreation for the Aged, which are Certificate requirements. For more information on the Certificate program, please see the section on Certificate Programs in Chapter One.

Courses (REC)

Courses in this major may require the purchase of supplemental materials. Field trips are required for certain courses.

REC 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.

REC 404-3 Principles and Practices of Therapeutic Recreation. An introductory course for therapeutic recreation (TR) students. Concepts, history, and growth of TR as a healthcare profession, theories, treatment approaches to TR, an overview of the APIE process, and other professional issues will be introduced.

REC 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.

REC 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.

REC 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.

REC 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.

REC 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.

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.

REC 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.

REC 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.

REC 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.

REC 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.

REC 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.

REC 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.

REC 440A-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings-therapeutic recreation for individuals with psychological disorders. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

REC 440B-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of

individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation for individuals with developmental disabilities. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

REC 440C-3 Therapeutic Recreation for Older Adults-Therapeutic Recreation for the Aged. (Same as GRON 440C) Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings. Prerequisites: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

REC 440D-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation for those in the criminal justice system. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

REC 440E-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation for individuals with physical disabilities. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

REC 440F-3 Therapeutic Recreation for Specific Populations. Students will examine problems and characteristics of individuals with various disabilities. Emphasis is upon the role of therapeutic recreation with these specific populations in institutional and community settings: therapeutic recreation in substance abuse treatment. Prerequisite: REC 300, REC 301, REC 302, REC 304 or consent of instructor.

REC 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.

REC 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.

REC 460-3 Therapeutic Recreation Management. Management of therapeutic recreation programs in healthcare systems and other related human services areas. This course will cover a variety of issues such as U.S. healthcare systems and settings, organizational planning, financial and personnel management legal foundations, and advocacy and advancement of therapeutic recreation profession. Prerequisite: REC 300, REC 301, REC 302, REC 303, REC 304 or consent of department.

REC 461-3 Program Design and Evaluation in Therapeutic Recreation. To equip the student with skills necessary to systematically design and evaluate programs. Philosophy and

nature of systems, system analysis, assessment, individual treatment planning, implementation and evaluation of treatment programs. Prerequisite: REC 300, REC 301, REC 302, REC 303, REC 304, one section of REC 440, or consent of department.

REC 462-3 Facilitation Techniques in Therapeutic Recreation. This course is designed to provide an understanding of the basic processes and techniques of therapeutic recreation and to develop technical competencies necessary for the provision of quality therapeutic recreation services. Emphasis is on the skillful application of various processes and techniques to facilitate therapeutic changes in the client and the client's environment. Prerequisite: REC 304 or concurrent enrollment.

REC 465-3 Advanced Administrative Techniques in Recreation. Designed to examine current administrative topics in recreation such as practices and trends in budget and finance, legal aspects, grant writing, personnel and policies and others.

REC 475A-3 to 39 Recreation Workshop-Budget and Finance. Critical examination and analysis of innovative programs and practices.

REC 475B-3 to 39 Recreation Workshop-Campus Recreation Services. Critical examination and analysis of innovative programs and practices.

REC 475C-3 to 39 Recreation Workshop-Commercial. Critical examination and analysis of innovative programs and practices.

REC 475D-3 to 39 Recreation Workshop-Maintenance of Areas and Facilities. Critical examination and analysis of innovative programs and practices.

REC 475E-3 to 39 Recreation Workshop-Outdoor Recreation. Critical examination and analysis of innovative programs and practices. Field Trip fee: \$100.

REC 475F-3 to 39 Recreation Workshop-Personnel. Critical examination and analysis of innovative programs and practices.

REC 475G-3 to 39 Recreation Workshop-Technological Advances. Critical examination and analysis of innovative programs and practices.

REC 475H-3 to 39 Recreation Workshop-Therapeutic Recreation-Aging. Critical examination and analysis of innovative programs and practices.

REC 475I-3 to 39 Recreation Workshop-Therapeutic Recreation-Developmental Disability. Critical examination and analysis of innovative programs and practices.

REC 475J-3 to 39 Recreation Workshop-Therapeutic Recreation-Emotional Illness. Critical examination and analysis of innovative programs and practices.

REC 475K-3 to 39 Recreation Workshop-Therapeutic Recreation-Physical Disability. Critical examination and analysis of innovative programs and practices.

REC 475L-3 to 39 Recreation Workshop-Therapeutic Recreation-Prisons and Detention Centers. Critical examination and analysis of innovative programs and practices.

REC 475M-3 to 39 Recreation Workshop-Tourism. Critical examination and analysis of innovative programs and practices.

REC 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.

REC 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.

REC 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.

REC 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.

REC 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.

REC 508-3 Trends and Global Issues in Leisure Services. This course will study the various issues and trends that affect leisure delivery systems. This course will be the culminating seminar for graduate students in Recreation. Prerequisite: REC 500, REC 501, REC 502, REC 550.

REC 524-3 Professional Skills in Therapeutic Recreation. This course focuses on professional skills necessary at the administrative and supervisory level. Program and staff development, conference presentations, and in-service training, grantsmanship, article writing, budgeting, consultation and public relations comprise the core of the course. Prerequisite: REC 304, REC 460 or consent of department.

REC 525-3 Recreation for Special Populations. Planning, organizing, selecting, evaluating, and adapting activities to a variety of institutional and community settings. Prerequisite: REC 500 or consent of department.

REC 526-3 Seminar in Current Issues in Therapeutic Recreation. This course focuses on current issues in therapeutic recreation services including credentialing, accreditation, professional associations, legislation, research and other relevant issues. Prerequisite: REC 304 or consent of department.

REC 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.

REC 560A-9 (3 per topic) Seminar in Recreation-Park & Community. Major issues, trends, and cultural, economic and social significance. Prerequisite: REC 500 or consent of department.

REC 560B-9 (3 per topic) Seminar in Recreation-Therapeutic Recreation and Individuals with Disabilities. Major issues, trends, and cultural, economic and social significance. Prerequisite: REC 500 or consent of department.

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.

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.

REC 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.

REC 580-1 to 6 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.

REC 596-1 to 6 Field Work in Recreation. Field work in an approved recreation department. Field work is in the student's field of interest. Supervision under approved agency officer in charge and a member of the department. Restricted to major in recreation. Special approval needed from the department.

REC 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.

REC 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.