

Recreation and Leisure Services

Associate in Applied Science Degree

This program prepares students with the knowledge and skills necessary for success in entry-level positions in the field of recreation and leisure. Graduates may find employment in federal, state, and local agencies such as community centers, Family Y, recreation and parks, nursing homes, youth agencies, and fitness centers. Working with an advisor; students plan a concentration of studies around their specific career interests. They may select Sports/Coaching, which provides individuals wishing to coach high school/athletic teams with the certification required by the New York State Education Department for Coaching Licensure. Students selecting the Fitness/Wellness emphasis gain knowledge in the personal fitness components, training methods, diet and exercise, and the opportunity for Personal Trainer Certification. Therapeutic Recreation offers a unique career opportunity for individuals who value leisure experiences and enjoy working with people with disabilities, while Generalist emphasis allows students to broaden their career choices in the field of recreation and leisure. Students interested in Sports Facility management are referred to the Business Management program with an emphasis in Recreation Management. The Recreation & Leisure Services Program provides a foundation for students who choose to transfer to a baccalaureate degree program. All students are required to complete an internship experience under professional supervision in a setting specifically related to their career path. Students are encouraged to take those physical education classes directly related to their area of study.

Total Credit Hours: 64

First Semester

CF100 College Foundations Seminar	1.0
EN101 English 1: Composition	3.0
IS101 Computers and Society	3.0
RE100 Intro Recreation	3.0
RE105 Rec Ldrshp & Activity Dvlpmnt	3.0
PE Physical Education	0.5
Program Restricted Elective (a)	3.0

Second Semester

EN102 English 2:Idea&Values Lit	3.0
MA108 Concepts in Mathematics OR MA110 Elementary Statistics	3.0
BI105 Environmental Science	4.0
RE102 Rec Safty&Liability	3.0
RE106 Outdoor Rec & Leisure Activ's	3.0
PE Physical Education	0.5

Third Semester

EN150 Effective Speech	3.0
RE205 Rec Internship 1	3.0
RE214 Therapeutic Recreatn	3.0
PY101 Intro General Psychology	3.0
Program Restricted Elective (a)	3.0
PE170 First Aid	1.0

Fourth Semester

RE207 Recreation Internship 2	3.0
RE210 Rec Prog & Facility Mgmt	3.0
SO101 Intro Sociology	3.0
Program Restricted Elective (a)	3.0
Program Restricted Elective (a)	3.0

One high school mathematics course or its equivalent is required.

(a) Students Elective Options - ** Please consult with your advisor for proper course selection in these areas of study. Available areas of study include:

Therapeutic Recreation - Restricted electives:

- ED211 Introduction to Exceptionalities
- HS232 Counseling Techniques
- PY203 Abnormal Psychology
- Developmental Psychology Elective: (ED205, PY205, PY207, PY212)

Generalist - Restricted electives chosen in consultation with advisor.

Sports/Coaching - Restricted electives:

- CO231 Philosophy, Principles & Organization of Athletics in Education
- CO232 Health Science Applied to Coaching
- CO233 Theory & Techniques of Coaching
- PY212 Adolescent Psychology
- BM Business Elective (BM120, BM150, BM251)

Fitness/Wellness - Restricted electives:

- BI151 Nutrition & Dietetics 1
- RE204 Fitness Programming & Management
- CO232 Health Science Applied to Coaching

- PE154 Fitness Center*
- PE172 Health and Wellness*

(*Taken in addition to two credits of Physical Education)

Transfer Emphasis - Restricted electives:

- AN102 Cultural Anthropology
- HI101 History of Civilization 1
- HI102 History of Civilization 2
- HI104 History of Western Civilization
- HI111 American History 1492-1850
- HI112 American History 1850-Present
- SO207 Sociology: Comparative Religion