

RECREATION (REC)

REC-1150 Therapeutic Recreation Field Work (1 semester hours)

This highly immersive course is designed as a credit-for-work experience by offering paid practical hands-on experience in the field of therapeutic recreation. The student must meet all the hiring criteria for the organization, as well as apply, interview, and be hired by an approved therapeutic recreation department/organization prior to the start of the semester and work a minimum of 45 hours during the semester to earn credit. If a student/employee is terminated by the organization for cause at any time during the semester, the grade is an F. *Fox Valley Special Recreation Association is currently the first and only approved site.

REC-1760 Leisure and Society (4 semester hours)

This course focuses on the phenomena of leisure, recreation and play and their impact on individuals and society. It traces the historical development of recreation and leisure and the corresponding concepts of time, work, meaning, pleasure, culture, technology, and rapid change. Students are challenged to think critically about the issues related to choices an individual and society make when using "free time" and the resulting benefits and consequences.

REC-1810-9 Selected Topics in Recreation Administration (Variable semester hours)

This course will address a specific area of study in Recreation Administration not already covered by other course offerings. Prerequisites vary by topic.

REC-2220 Recreation Leadership (4 semester hours)

This course focuses on the development of foundational leadership knowledge and skills within the recreation field. Students will learn about various leadership styles, interpersonal and organizational communication, motivational theories, group dynamics, process and technical skills, as well as knowledge of liability and risk management issues.

REC-2250 Therapeutic Recreation for Selected Populations (4 semester hours)

This course will focus on an in-depth study of therapeutic recreation services for individuals with selected types of disabilities. Descriptions of disabilities, prevalence, causes, and social, emotional, and bodily systems affected are included.

REC-2300 Autism Exercise Specialist Certificate (1 semester hours)

This eight-week blended online and in-person one-credit course was developed by the American College of Sports Medicine and Exercise Connection. Students are able to earn the Autism Exercise Specialist Certificate by completing five online learning modules, which will establish a foundational framework for understanding autism, evidence-based teaching practices, and an exercise program designed to prepare students to work with those on the autism spectrum. Following the successful completion of the five online learning modules, two articles with quizzes, and students partake in a six-hour in-person workshop (will meet for one Saturday, mid-October) followed by a case study exam. Successful completion of both is required to earn the Autism Exercise Specialist Certificate.

Additional fee required

REC-2400 Recreation as a Therapeutic Intervention (4 semester hours)

This course will focus on the study of recreation as a therapeutic intervention including the values and foundations of practice, and the inter-relationships between therapeutic recreation, health care and human service professionals in various settings. The course includes information on the historical development of the profession, philosophies and models for treatment, information on various disabilities, current issues and trends, and laws that are pertinent to the therapeutic recreation profession.

REC-2810-9 Selected Topics in Recreation Administration (Variable semester hours)

This course will address a specific area of study in Recreation Administration not already covered by other course offerings. Prerequisites vary by topic.

REC-3330 Recreation Programming (4 semester hours)

This course provides an introduction to programming concepts and theory for delivering recreation and leisure programs. Planning, implementing and evaluating program services are explored. The course also addresses a variety of program formats, including education, competition and special events.

Prerequisite(s): REC-2220.

REC-3335 Therapeutic Recreation Programming (4 semester hours)

This course provides advanced concepts in programming for delivering therapeutic recreation services. Models of service delivery including leisure education, adventure programming, animal assisted therapy, horticulture therapy, sporting competition, summer camps, music and art therapy, and special events will be explored. Course content emphasizes treatment and program planning based on client assessment. Principles, objectives, and standards pertaining to assessment, program planning, documentation and evaluation are presented.

Co/prerequisite(s): REC-2400.

REC-3340 Assessment and Documentation in Therapeutic Recreation (4 semester hours)

Students will study and explore the practice of assessment and documentation in the field of therapeutic recreation. This will also include procedures for writing program plans and selecting interventions.

Co/prerequisite(s): REC-2400.

REC-3400 Outdoor Recreation and Education (4 semester hours)

Students study outdoor education theory and philosophy, and apply their learning by preparing and delivering lessons to visiting students. Topics include introduction to outdoor education curriculum development, teaching techniques and administrative programming practices. Students will participate in developing curricula and activities appropriate for extending academic classroom subjects to the outdoors according to state standards of education.

Prerequisite(s): Junior Standing.

REC-3500 Outdoor Recreation Skills (4 semester hours)

This course provides an experiential opportunity to develop skills in designing, preparing and implementing outdoor adventure-based activities and trips. Topics include: planning, logistics, safety and risk management, equipment and clothing selection and use, group dynamics, health and sanitation, navigation, decision making and problem-solving, meal planning and preparation, the Leave No Trace environmental ethic. Field based activities include: camping, kayaking, and rock climbing. Students must wear a personal flotation device (PED) for all water-based activities.

Additional fee required

REC-3520 Facilitation Techniques in Therapeutic Recreation (4 semester hours)

This course will focus on interventions and facilitation techniques in the provision of therapeutic recreation services for individuals with disabilities. The focus is on identifying and applying the principles of planning, leading, and evaluating therapeutic interventions and techniques used throughout the rehabilitation process. Emphasis is on the skillful application of various processes and techniques to facilitate therapeutic changes in the client and the client's environment.

Prerequisite(s): REC-2250; REC-2400.

REC-3600 Animal Assisted Therapy (4 semester hours)

This course is designed to provide students with foundational knowledge as well as practical application of animal assisted therapeutic interventions as they are utilized with a variety of vulnerable populations and settings. Students will be introduced to standards for practice, practice methods, and research conducted to study the impact of animal assisted therapy on vulnerable populations. Skills for intervention design, implementation and assessment of efficacy will be developed and practiced in this course.

Prerequisite(s): REC-2250 or REC-2400 or SWK-2500 or SPED-2120; Junior standing.

REC-3810-9 Selected Topics in Recreation Administration (Variable semester hours)

This course will address a specific area of study in Recreation Administration not already covered by other course offerings.

Prerequisites vary by topic.

REC-4360 Administration of Therapeutic Recreation (4 semester hours)

This capstone course is designed to examine issues of professionalism, marketing, financial accountability, management of volunteers, and trends in therapeutic recreation. This course will also help the student select and secure an internship site and prepare for the CTRS examination.

Prerequisite(s): REC-2400.

REC-4780 Parks and Recreation Leadership Internship (4 semester hours)

Students complete a 193-hour/16-week internship at a professional recreation agency. The agency supervisor, the university internship supervisor, and the student work as a team to develop a comprehensive hands-on learning experience for the student. Internship contract must have approval from both the Outdoor Recreation Internship Coordinator and the Department Chair. Permission of Instructor required.

Prerequisite(s): Senior standing; REC-2220; REC-3330, instructor permission required.

REC-4800 Therapeutic Recreation Internship (12 semester hours)

The therapeutic recreation internship is a 560-hour, 14-week experiential transition from the classroom to a professional setting. During this period the students will apply the knowledge, methods, and leadership techniques that they have learned in academic courses under the direct supervision of a nationally Certified Therapeutic Recreation Specialist (CTRS) professional at an approved site. Permission of the instructor required.

Prerequisite(s): REC-3520; REC-2250; REC-2400; REC-3335; REC-3340; REC-4360; BIO-2650; PSY-1100; PSY-3250; PSY-3660; passing a certified criminal background check; Passing a TB test (cost incurred by student). Permission of instructor required.

REC-4810-9 Selected Topics in Recreation Administration (Variable semester hours)

This course will address a specific area of study in Recreation Administration not already covered by other course offerings.

Prerequisites vary by topic.

REC-4980 Senior Seminar in Parks and Recreation Leadership (4 semester hours)

This course will focus on preparing the student for the internship experience and beyond. Topics will include integrating theory with best practices in the field, professional core competencies, ethics, professional organizations, certification, the development of resumes and cover letters, as well as interviewing skills.

Prerequisite(s): Senior Standing.