



**Recreation Program**  
 PEHR Department  
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[www.wvu.edu/pehr/Recreation/index.shtml](http://www.wvu.edu/pehr/Recreation/index.shtml)

## Bachelor of Arts Degree – Recreation

Western Washington University’s Recreation Program prepares students for careers planning, developing, and delivering leisure services in response to the needs of society for health, well-being, and quality of life. The curriculum adapts the quarter system to a “Phase” structure. Once admitted to the major, students enter Phase I of the curriculum during spring quarter. They continue through the curriculum as indicated by the schedule below. Students must have at least sophomore status to begin the program and the Phase curriculum must be completed in sequence.

	FALL	WINTER	SPRING	SUMMER
<b>Freshman</b>	GURs	GURs	GURs	
<b>Sophomore</b>	201 / GURs / Support Area	201 / GURs / Support Area	I	
<b>Junior</b>	GURs / Support Area	II	III	or III
<b>Senior</b>	IV			

**Major Concentration: 66 credits**

Completion of Rec 201, Phases I, II, III and IV

**Support Areas: 25 credits**

In addition to the Phase requirements, Recreation majors must complete a 25-credit support area. Support area plans are developed with and approved by the student’s faculty advisor and may take either the form of a traditional minor or an interdisciplinary study. See an advisor for more information.

### Important Information About Applying to the Recreation Program

All students, including transfers, must apply for admission to the program. Transfer students are urged to contact the Recreation Program well in advance for guidance and further information. Students must have reached sophomore status by the spring quarter they plan to begin the program. The number of students admitted to the program each year is limited to about sixty. The number of applications sometimes exceeds available openings. Students should prepare their material carefully and completely. Applicants should first submit their materials to the program secretary and then schedule an interview with a faculty member prior to the deadline. ***The deadline for completing all aspects of the application process is the first Friday in November.***

## Application Process

The application process consists of the following parts. Please turn in all paperwork to Katey in CV 6.

- a. Complete the **application** for the Recreation Program (attached, page 6). This application is separate from the application to Western Washington University. Admission to the Recreation Program is contingent on admission to Western Washington University.
- b. Include an official or unofficial **transcript** of all college coursework.
- c. Include a double-spaced, three-page maximum **essay** that addresses the following questions:
  - Why are you interested in a career in recreation and leisure services?
  - What contributions do you think you can make to the field of recreation and leisure services?
  - What can you contribute to the Recreation Program and what do you expect to receive from it?
  - Discuss any other relevant factors.
- d. Schedule an **interview** with a member of the faculty after all materials have been submitted. You should give the faculty member a day or two to review your application before your interview.

### **Admission to the Recreation Program is based on several criteria. They include:**

- Rec 201 (Foundations of Recreation and Leisure) must be successfully completed (minimum grade of "C") before students may start Phase I. Students who have successfully completed the equivalent of Rec 201 may have it waived with prior permission.
- Grade Point Average: The minimum acceptable GPA is 2.0. However, most students who are admitted to the program have GPAs well above the minimum.
- Interview: The interview includes questions related to the student's background, work and life experiences, interest in recreation and leisure as a career, and academic strengths and weaknesses. The student is responsible for scheduling an appointment before the deadline. Students who are enrolled in Rec 201, Foundations of Recreation and Leisure, or who have completed the course, should schedule their interview with someone other than the instructor of that course if possible.
- Essay: See preceding comments on "essay."
- Experience: Evidence of paid or non-paid experience in recreation-related positions is preferred. Other relevant work and life experiences are also considered.

Admission is not based on a single criterion or an equation. Applicants are evaluated and ranked based on all of the above criteria and the faculty's judgment of their potential for successful careers in recreation and leisure services.

## **Courses in Recreation**

### **201 Foundations of Recreation and Leisure (4) [Fall or Winter prior to entering Phase I]**

Prereq: Sophomore status or permission. Professional course dealing with the history, philosophy, present status, future goals, and challenges of leisure and the recreation service professions.

### **PHASE I (Spring)**

#### **271 Community Recreation and Leisure Services (4)**

Prereq: Rec 201; majors only. Introduction to the major professional agencies, philosophies, functions, services, personnel and facilities. Emphasis on the diversity and inter-relatedness of community recreation service agencies.

#### **272 Dynamics of Outdoor Recreation (4)**

Prereq: Rec 201; majors only. Introduction to the major professional components of the outdoor recreation field; interpretive services, camping, resource management; programming, private recreation and tourism. Focuses on trends, programs and related professional issues.

#### **274 Introduction to Therapeutic Recreation (4)**

Prereq: Rec 201; majors only. Introduction to the principles and practices of therapeutic recreation. Includes history, philosophy, trends and issues. Also presents an overview of consumer groups associated with therapeutic recreation.

#### **275 Professional Practicum and Seminar (1)**

Prereq: Rec 201; majors only. S/U grading. Career opportunities in leisure services investigated through organized visits to recreation and leisure agencies. Includes class meetings to explore professional development.

#### **276 Program Leadership (3)**

Prereq: Rec 201; majors only. Leading and processing recreation experiences that promote individual and social well being in community, outdoor and therapeutic settings.

### **PRE-PHASE II Therapeutic Recreation Concentration ONLY**

#### **380 Therapeutic Recreation Principles, Practices and Techniques (5)**

Prereq: Rec 201, Phase I or appropriate experience and written permission. Concentrated analysis of the process and practice of therapeutic recreation. Includes medical terminology, disabling conditions, adaptations, models of health care, rehabilitation techniques, and further examination of the foundations and development of therapeutic recreation. Includes 2 hours/week observing/shadowing in a therapeutic recreation setting.

### **PHASE II (Winter)**

#### **370\* Outdoor Program Development (4)**

Prereq: Phase I or appropriate experience and written permission. Methods and techniques in the organization, implementation and evaluation of recreation programs in outdoor settings.

**372 Management of Recreation and Leisure Services (4)**

Prereq: Phase I. Entry-level administrative knowledge and skills for managing personnel and organizational resources in recreation and leisure services.

**373 Recreation Programming (4)**

Prereq: Phase I. Systems approach to programming methods for individual and group program planning in all recreation and leisure settings.

**376\* Therapeutic Recreation Program Design (4)**

Prereq: Phase I or appropriate experience and written permission. Development of comprehensive, specific, and individualized therapeutic recreation programs designed for clinical settings.

**378a Human Relations: Concepts and Skills (4)**

Prereq: Phase I. Knowledge of human relations concepts and development of basic helping skills needed by professionals working in a variety of recreation settings. Focuses on improving public and personnel relations in professional settings and on enhancing the quality of leisure experiences for individuals.

**378b Human Relations: Concepts and Skills (4)**

Prereq: Phase I. Knowledge of human relations concepts and development of basic helping skills needed by individuals working in therapeutic relationships in outdoor, community and institutional settings. Designed for students interested in therapeutic recreation and adventure programming.

**379\* Tourism Planning and Development (4)**

Prereq: Phase I or written permission. Study of the nature and process of planning as a function of tourism industry development; focus on the application of resource and activity planning principles to the recreational travel and tourism experience.

**385\* Leisure and Aging (4)**

An overview of aging with respect to leisure services. Examines physical, social, psychological, economic and political aspects of aging as they relate to designing recreation programs and leisure opportunities.

\*Students choose one of four courses marked with an asterisk in Phase II.

**PHASE III (Spring or Summer)**

**473 Internship III (15) - Spring**

or

**472 Internship II (12) – Summer**

AND **Rec 471 Internship I (3) – Spring or Fall (see note on next page)**

Prereq: Phase II. Full-time supervised professional experience emphasizing functional proficiency under joint sponsorship of University and agency personnel. S/U grading.

Students are also required to complete a minimum of 240 hours of *approved* paid or unpaid field work experience in recreation and leisure services *prior* to registering for their Internship. See important summer quarter internship information below.

**Students planning to do a summer internship (Rec 472, Internship II) must register for Rec 471 (Internship I) either the quarter before or the quarter after the internship. This gives students the full 15 credits for their internship. Rec 471 provides the additional three credits only; there is no work to be done for this class as all the work is done during the summer quarter internship. Students should see their advisors for further information.**

#### **PHASE IV (Fall)**

**421\* Therapeutic Recreation Trends and Issues (3)**

Prereq: Phase III or appropriate experience and written permission. An analysis of trends and issues impacting theory recreation.

**444 Recreation Budgeting and Finance (4)**

Prereq: Phase III. Principles and techniques of obtaining, budgeting and managing financial resources in parks and recreation agencies.

**450 Recreation Program Evaluation (4)**

Prereq: Phase III. Quantitative and qualitative methods of program evaluation in recreation and leisure services.

**470\* Adventure-Based Programming (3)**

Prereq: Phase III. Methods and techniques in the assessment, design, implementation and evaluation of adventure programs in enrichment and therapeutic recreation settings.

**475\* Community Development and Leisure Services (3)**

Prereq: Phase III or permission of instructor. An analysis of community development from the context of recreation and leisure services. The roles and relationships among community members and recreation and leisure services are emphasized for the purposes of promoting the health and well-being of communities.

**479\* Ecotourism: Principles and Practices (3)**

Prereq: Rec 379 or permission of instructor. Provides an understanding of the principles and practices of ecotourism. Examines theory, practice, history, terminology and issues in ecotourism planning and management. Emphasizes sustainable practices as they relate to traveler education, tour planning, and destination development.

**480 Leisure and Society (4)**

Prereq: Phase III. Senior capstone that builds on general education and foundations of professional education. Goal is to synthesize diverse strands of theory and practice into an integrated understanding of recreation and leisure in modern society, with implications for professional service.

\*Students choose one of five courses marked with an asterisk in Phase IV.

## WWU Recreation Program Admissions Application

Please prepare on computer, using this as a guide. Print and turn in with transcripts & essay.

Date:

Name:

Student #:

Local Address (street address, city, state, zip):

Permanent Address (street address, city, state, zip):

Email address:

Local phone:

Cell phone:

Permanent phone:

College(s) attended:

<u>Name of College</u>	<u>Date(s)</u>	<u>Area of Study</u>	<u>GPA</u>
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Work Experience (volunteer or paid):

Life Experience (travel, special experiences, etc.):

Leisure Interests / Recreation Skills:

Interest Area(s):

\_\_\_\_\_ Community Recreation

\_\_\_\_\_ Outdoor Recreation

\_\_\_\_\_ Therapeutic Recreation

\_\_\_\_\_ Generalist

\_\_\_\_\_ Tourism

\_\_\_\_\_ Undecided

*(Revised Spring 2009)*