

Recreation and Leisure Studies

College of Health and Human Services Undergraduate Programs

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about the program **Recreation and Leisure as a Career**

Every year, millions of people spend billions of dollars and increasing amounts of time in pursuit of beneficial leisure and recreation experiences. Full-time trained recreational professionals are needed to plan, guide, and facilitate programs for the public and nonprofit sector, park districts, municipal recreation agencies, and federal agencies. Commercial enterprises such as resorts, marinas, private camps, event-planning organizations, and theme parks employ recreation professionals. Hospitals, treatment centers, convalescent centers, and agencies serving the disabled and elderly hire recreation therapists to assist their clients. Boys and Girls Clubs, and YM/YWCA are semi-public, nonprofit organizations that account for many of the job opportunities in the field of recreation. Thus, the recreation profession offers diverse employment opportunities for people who are enthusiastic, enjoy working with people, and have acquired the necessary professional skills.

The Department of Recreation and Leisure Studies at San Francisco State University, in existence since 1946, has established a reputation for excellence. The faculty members represent a broad range of skills and interests. They are well-qualified teachers and scholars with many years of practical field experience in diverse leisure-service agencies. The University's extensive library resources complement the department curriculum. The program includes academic work that focuses on the latest management, marketing, clinical, leadership, and programming skills, and the latest computer applications in the recreation and leisure field. The program's most important resource is the diversity and vitality of the San Francisco Bay Area. Its unduplicated myriad of agencies, institutions, tourism, and leisure enterprises makes it truly a focal point for recreation, and a living laboratory for leisure. Located in this prime area, the program provides opportunities to create professional networks with hundreds of SFSU graduates now in the field, which creates an additional competitive edge in today's job market.

SFSU offers an undergraduate degree in leisure service which is designed to provide students with the skills necessary for successful entrance into the profession in the specialty area of choice. The major can be supplemented with appropriate electives to prepare students for specialized careers in entrepreneurship, outdoor recreation, park resource management, therapeutic recreation, leisure enterprise management, nonprofit management, recreation leadership in urban settings, or public recreation. Students continue through the curriculum requirements until fully qualified for placement as a full-time intern during the last semester. Upon successful completion of the internship, students graduate and become employable. Graduates are eligible to take the examination for Registered Recreator, California Board of Park and Recreation Personnel. Graduates who complete the major requirements, specific electives in related fields, and an approved internship are eligible to take the state and national examination for Therapeutic Recreation Certification.

SFSU offers other programs of study in recreation. Undergraduate minor programs are designed to supplement majors in such diverse fields as business, education, psychology, theatre arts, geography, biology, and nursing. A graduate program is available for students with experience who wish to pursue advanced training. Within the graduate program, students may elect to focus on management or therapeutic recreation.

The department and the University recognize their responsibility to provide an opportunity for all students to acquire leisure skills. As a service to the students, the department offers a variety of courses which provide skill development and instruction activities such as skiing, tour budgeting, sailing, camping, promotion arts and crafts, staff supervision, planning cooperative games, adventure activities, and other outdoor pursuits. The department also recognizes its responsibility to provide for the general education of the campus community. To that end it offers several general education courses in both the Behavioral and Social Sciences, Humanities, Creative Arts areas, and Segment III.

American Humanics and Youth and Human Service Nonprofit Agency Administration Certificate

Nonprofit agencies play an important role in the development and well-being of individuals and communities. To help meet the growing need for qualified leadership in today's nonprofit organizations our American Humanics program inspires and prepares undergraduates for entry-level professional positions in the nonprofit sector. With the resources of American Humanics, Inc. and its national nonprofit partners, San Francisco State University is committed to preparing quality nonprofit leaders, dedicated to making a difference in their community and in the lives of others through the Youth and Human Service Nonprofit Agency Administration Certificate. Students take courses in a broad-based curriculum designed to develop leadership and management skills in nonprofit organizations. Students are encouraged to consult with the American Humanics Campus Director to determine their coursework and co-curricular activities.

Required Core Courses

		Units
REC 370	Principles of Nonprofit Management	3
REC 570	Developing Resources for Nonprofits	3
REC 680	Internship	6
Total		12
Areas of Interest		15
Total for Certificate		27

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degrees & programs

Bachelor of Arts in Recreation

Minor in Recreation

Master of Science in Recreation

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requirements

Bachelor of Arts in Recreation

The degree prepares students for full-time careers in the nonprofit, private, and public sectors of the leisure service delivery system -- one of America's largest industries. Students desiring to major in recreation are encouraged to consult with the Department of Recreation and Leisure Studies. Transfer students should consult with the Department upon initial enrollment at the University.

		Units
REC 200	Introduction to Recreation and Leisure Services	3
REC 260	Leisure Travel and Tourism	3
REC 300	Leisure Leadership	3
REC 380	Developmental Play Processes	3
REC 400	Theory of Program Planning	3
REC 410	Foundations of Therapeutic	3
REC 500	Recreation Organization of Recreation and Leisure Services	3
REC 520	Park and Outdoor Leisure Resources	3
REC 550	Planning and Evaluation of Recreation and Leisure Services	3
REC 660	Seminar in Current Professional Issues	3
Total Units for core		30

Emphasis Area

Students select a minimum of six units from the following list of courses based on interests and advisor approval:

REC 230	Growth Through Adventure	3
REC 330	Arts and Crafts for Leisure	3
REC 340	Conference, Event Planning and Management	3
REC 360	Outdoor Recreation Leadership	1
REC 370	Principals of Nonprofit Administration	3
REC 430	Ecology of Outdoor Recreation	3
REC 440	Urban Recreation and Leisure Services	3

REC 445	Recreation Therapy and the Expressive Arts	3
REC 460	Recreation Destination Resorts	3
REC 470	CARE Break: Alternative Spring Break	3
REC 540	Administration of Private Recreation Enterprises	3
REC 560	Current practices in Parks, Recreation and Leisure Services	1-3
REC 570	Developing and Managing Resources in Nonprofit Agencies	3
REC 605	Eco-tourism Theories and Provision	6
Total Units for emphasis		6

Suggested Emphasis Areas and related courses:

Commercial/Tourism (REC 340, 460,540,605)

Community/Nonprofit (REC 330, 340,370, 440,470,570)

Outdoor/Natural Resources (REC 230,360,430,605)

Internship

Students complete a 12-unit internship with an approved recreation or leisure services agency during their final spring semester. A minimum of 800 hours of paid/volunteer work in recreation settings is required prior to enrollment in the following internship courses:

REC 680	Direct Field Experiences in Recreation Leisure Services	6
REC 690	Directed Management Experience in Recreation Leisure Services	6
Total Units for internship		12
Total Units for major		48
Total Units for emphasis		6

Suggested Emphasis Areas and related courses:

Commercial/Tourism (REC 340, 460,540,605)

Community/Nonprofit (REC 330, 340,370, 440,470,570)

Outdoor/Natural Resources (REC 230,360,430,605)

Internship

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REC 680	Direct Field Experiences in Recreation Leisure Services	6
REC 690	Directed Management Experience in Recreation Leisure Services	6
Total Units for internship		12
Total Units for major		48

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Minor Programs in Recreation

A minor in recreation and leisure studies will complement any major at the University as the concepts are inextricably linked to happiness and quality of life. Students desiring to minor in recreation are encouraged to consult with the Department of Recreation and Leisure Studies. Transfer students should consult with the Department upon initial enrollment at the University.

Core		Units
REC 200	Introduction to Recreation Leisure Services <i>Or</i>	
REC 420	Leisure and Contemporary Society	3
REC 400	Theory of Program Planning	3
Total core course units		6

Interest Area

In consultation with an advisor, students are required to select nine units within one of the following interest areas:

Commercial/Tourism

REC 260	Leisure Travel and Tourism	3
REC 360	Conference Planning and Event Management	3
REC 460	Recreation Destination Resorts	3
REC 540	Admin. of Private Recreation Enterprises	3
REC 605	Eco-tourism Theories and Provision	3

Community/Nonprofit

REC 330	Arts and Crafts for Leisure	3
REC 340	Conference, Event Planning and Management	3
REC 370	Principles of Nonprofit Administration	3
REC 380	Development Play Process	3
REC 440	Urban Recreation and Leisure Services	3
REC 470	CARE Break: A Alternative Spring Break	3
REC 570	Developing and Managing Resources in Nonprofit Agencies	3

Outdoor/Natural Resources

REC 230	Growth Through Adventure	3
REC 430	Ecology of Outdoor Recreation	3
REC 520	Park and Outdoor Leisure Resources	3
REC 605	Eco-tourism theories and Provision	3

Therapeutic/Wellness

REC 380	Development Play Process	3
REC 410	Foundations of Therapeutic Recreation	3
REC 445	Recreation Therapy and the Expressive Arts	3

Total units for interest area 9

Internship

recreation or leisure services agency during their final spring semester. A minimum of 400 hours of paid/volunteer work in recreation settings are required prior to enrollment in the following internship course:

REC 680	Directed Field Experience in Recreation and Leisure Studies	6
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Total units for minor 21

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Career Options

Activity director (spa/resort)
 ADA specialist
 Adventure therapist
 Aquatic facilities operator
 Arts and crafts specialist
 Attractions manager
 Backcountry ski guide
 Camp director
 Challenge course facilitator
 Childcare provider
 Community center director
 Conference and event planner
 Employee recreation manager
 Environmental educator
 Executive Director (nonprofit)
 Fitness instructor
 Hospitality industry professional
 Interpretive specialist
 Leisure consultant
 Leisure/wellness counselor
 Leisure education specialist
 Leisure industry entrepreneur
 Lifestyle coach
 Military recreation director
 Municipal recreation supervisor
 Museum curator
 Naturalist
 Outdoor adventure guide

career options

Outdoor recreation specialist
Park administrator
Park maintenance supervisor
Parks operations manager
Park planner
Park ranger
Park superintendent
Play therapist
Playground safety inspector
Professional storyteller
Program director
Recreation professor
Recreation program supervisor
Recreation therapist
River guide
Senior center activities director
Social director (Cruise ships)
Tennis or golf club manager
Tour director
Tour guide
Travel agent
University activity director
Volunteer Coordinator
Youth leader
Youth sports coordinator

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Department of Recreation and Leisure Studies

415/338-1531

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Fax: 415/338-0543

Web: www.sfsu.edu/~recdept

more info

How to apply

You may pick up an undergraduate application from any California State University campus, community college, or high school. You may have one sent to you by calling 415/338-7238.

Reaching SFSU by mail

To reach any SFSU department or program by mail, write to the specific office, followed by: San Francisco State University 1600 Holloway Avenue San Francisco, CA 94132

By phone

University Information

415/338-1111

Admissions Office

415/338-1634 or 6486

E-mail: ugadmit@sfsu.edu

SFSU on the Internet

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Last modified June 3, 2003, by the [Publications Office](#)