

## Recreation

### **REC 101 Intro to Recreation Management**

#### **3.0 units**

Acceptable for credit: Transfer to UC, CSU

An introduction to the principles of program management in recreation services in the areas of public and private domains, park, military and institutional settings as well as services to special populations. (Fall, Spring) (Letter Grade or Pass/No Pass)

### **REC 103 Leadership in Recreation Services**

#### **3.0 units**

Acceptable for credit: Transfer CSU

An examination of the theories of leadership, leadership behaviors, principles and procedures of leadership and supervisory responsibilities as applied by the recreation leader. Techniques for working with small groups, large groups, and diverse populations. (Fall, Spring) (Letter Grade or Pass/No Pass)

### **REC 105 Program Planning for Recreation**

#### **3.0 units**

Acceptable for credit: Transfer CSU

An exploration of recreational program planning including organization, implementation, and evaluation in both public and private settings. The interrelationship of needs and interests of people, physical settings, and activity content are covered. (Fall, Spring) (Letter Grade or Pass/No Pass)

### **REC 107 Recreational Sports Programming**

#### **3.0 units**

Acceptable for credit: Transfer CSU

An examination of the theories and practices of programming sports activities in a variety of recreational settings. Both individual and team sports will be studied. Emphasis will be placed on the planning of activities such as leagues, instructional programs, tournaments, and sports festivals. The class will study the development and operation of sports venues. Students will gain experience by planning actual events. (Fall, Spring) (Letter Grade or Pass/No Pass)

### **REC 109 Outdoor & Adventure Recreation**

#### **3.0 units**

Acceptable for credit: Transfer CSU

An introduction to recreation activities offered in outdoor and adventure settings. Analysis of current practices and the agencies offering these activities. Examination of a variety of outdoor and adventure recreation resources and the ways to use the resources with minimal impact. Course will assist Recreation Management Majors in determining their area of emphasis when transferring. (Fall, Spring) (Letter Grade or Pass/No Pass)