

RECREATION (REC)

REC 100 C Foundations of Recreation and Leisure Services 3 Units

Term hours: 54 lecture. This course is the foundation for an introduction to the broad field of recreation and leisure services. The class will include the relationship of recreation to the individual and society. This class is part of Recreation Assistant Certification. (CSU)

REC 101 C Principles of Community Recreation 3 Units

Term hours: 54 lecture. This course is an introduction to a variety of recreational activities suitable for a community recreation program. The class will study the various agencies and institutions that provide opportunities for community recreation. This course will emphasize interrelationships of these agencies. (CSU)

REC 102 C Rec. Sport Lead. & Dev. Grps 3 Units

Term hours: 54 lecture. This course covers the application and development of leadership skills in the recreation setting. Emphasis on applicable leadership techniques including working with groups consisting of representatives from diverse populations such as those with disabilities or special needs, cultural and social differences, and diversity of all ages. This course will also look at diverse groups in sports, athletics, and leisure activities. (CSU, AA GE, SOC JUST)

REC 106 C Outdoor Recreation and Camp Counseling 3 Units

Term hours: 54 lecture. This course will emphasize the history, development and trends of organized camping and other outdoor recreation skills. The class will include leadership training in camp counseling with special emphasis on practical skills in camping, fire building, outdoor cooking, tenting, and camp crafts. This class is recommended for recreation majors and students interested in outdoor recreation. (CSU)

REC 298 C Recreation Seminar 0.5-12 Units

Prerequisite(s): May be required.

Corequisite(s): May be required.

Advisory: May be required.

Term hours: 0-216 lecture and/or 0-432 laboratory depending on units attempted. This class will utilize a lecture/lab-activity approach to various topics in recreation. A variety of classes will be offered in order to introduce students to new experiences in recreation. Pass/No Pass/Letter Grade option. Fees may be required-Payable at Registration. (CSU)