



Undergraduate Leisure Studies

Students may choose to pursue a Leisure Studies major which has significant coursework in Recreation and Sports Management, or a Leisure Studies major with a concentration in Therapeutic Recreation. The curriculum emphasizes experience as an important part of the learning process. At least 200 hours of documented field work will be required through the program. In addition, students are required to complete an internship.

The Leisure Studies course work in recreation administration addresses all areas of professional recreation service delivery and advocates for the benefits of recreation and leisure to the life of the community at large. Professionals are generally employed in public, private, civic and social agencies. This area of study will be of interest to students seeking employment in park and recreation agencies, corporate recreation, military recreation, scouts, camps, intramurals, recreation retail, YM/YWCAs, youth ministries, parks and state or national forests, among others. Professionals working in Recreation Administration design, develop, manage, promote, and deliver programming that is enjoyable, healthy, socially valuable, and environmentally protective.

The leisure course work in the area of sports management includes experiences involving sport related businesses, sport laws, finance and budgeting, consumer relations, and management of sport and recreational facilities. This course work can help students pursue careers in recreational fields including professional sports, college athletics (coaching or administration), youth sports, governmental programs, non-profit organizations, and commercial sport and recreation.

Therapeutic Recreation Concentration

Therapeutic Recreation is a profession committed to persons with disabilities and those marginalized by conditions that affect self-determination, independence and quality of life. Therapeutic Recreation is a systematic process using a diverse range of activities and experiences to achieve pre-determined health oriented objectives. Therapeutic Recreation services are designed to assist the individual in changing certain physical, cognitive, emotional, or social behaviors in order to enhance functional abilities and promote active and enjoyable participation in life including recreation and leisure. Practitioners can work in a variety of community, clinical, and residential settings utilizing activity, education, and life-skill development approaches. The Therapeutic Recreation process begins with an assessment of the client's needs, functional abilities and leisure related behaviors. The Therapeutic Recreation Specialist then develops an individualized treatment plan that specifies goals and program interventions. Client progress to meet goals and program

effectiveness are evaluated to complete the process. The Therapeutic Recreation concentration is designed to meet or exceed certification requirements mandated by the National Council for Therapeutic Recreation Certification (NCTRC). See [TR FAC](#) and [TR Essay](#). Leisure Studies [Advising Sheet](#)