

Recreation

Degree: A.A. - Recreation Management

Area: Physical Education & Athletics

Dean: Jean Snuggs

Phone: (916) 484-8201

Counseling: (916) 484-8572

Recreation professionals are people in leadership, supervisory, and administrative capacities who are employed in the parks, recreation and leisure services field as activity leaders, facility managers, and program supervisors.

Recreation managers are responsible for a given area of activity, tournament, show, or special event. Some provide instruction and leadership in sports and game activities, arts and crafts and aquatics, while others conduct classes in music, dance, drama, outdoor recreation and physical fitness.

Career Opportunities

Throughout the U.S., more than 300,000 people are employed with a primary concern for the provision of recreation and park facilities and services in federal, state, municipal and voluntary nonprofit agencies. In addition, several times that number are employed in commercial and private recreation related positions. Travel and tourism, club management, resort recreation, food and beverage services, lodging, professional sports, entertainment and cultural services, and many other services are very much a part of the exploding recreation and leisure services market. Recreation students can move into positions of more responsibility through experience and additional education. Many ARC students, after completing their A.A. requirements, will transfer to a four-year program to continue their education toward a bachelor's degree. Special agreements between ARC and other institutions now provide our students with a smooth transfer to many of the four-year programs in the state.

Requirements for Degree Major: 25-29 units

Core Requirements	Units
HEED 316	2
SPEECH 301 or 331	3
PET 312	3
PET 313	1-2
RECR 300	3
RECR 310	3
RECR 320	3
RECR 498	1-4
ECE 312 or PSYC 372	3
GERON 302 or PSYC 374	3

General Education Graduation Requirements:

Students must also complete the general education graduation requirements for a A.A degree. See general education requirements.

RECR 300 Introduction to Recreation and Leisure Services 3 Units

Formerly: RECR 40

Prerequisite: None

Advisory: ENGWR 102, ENGRD 116 or ESLR 320, ESLW 320.

Course Transferable to CSU

Hours: 54 hours LEC

Overview of recreation, park and leisure services. A basic course describing and interpreting recreation as a form of community services. The nature, scope and significance of leisure and recreation as a social force in contemporary society. Emphasis placed on the role of the professional leader in organizing recreation programs and services, operations, facilities and resources. Field trips required. (CAN REC 2)

RECR 310 Outdoor Recreation 3 Units

Formerly: RECR 42

Prerequisite: None

Advisory: ENGWR 102, ENGRD 116 or ESLR 320, ESLW 320.

Course Transferable to CSU

Hours: 54 hours LEC

Orientation to job opportunities; trends, problems and issues in public and private outdoor recreation agencies. Philosophies and operating purposes of federal, state and local governmental outdoor recreation facilities. Field trips to outdoor recreation areas required.

RECR 320 Recreation Activity Leadership 3 Units

Formerly: RECR 47

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320; or placement through assessment process..

Course Transferable to CSU

Hours: 36 hours LEC; 54 hours LAB

This is a basic course for recreation majors, involving a study of essential elements and basic principles of organization and leadership of various types of recreation programs. It covers the methods and materials used in planning and conducting organized recreation programs in public and private agencies. Special emphasis will be placed on the role of the face-to-face leader in organizing recreational programs in a variety of settings. Required of all recreation majors. (CAN REC 4)

RECR 498 Work Experience in Recreation 1-4 Units

Formerly: RECR 48

Prerequisite: None

Advisory: ENGWR 102, ENGRD 116 or ESLR 320, ESLW 320.

Course Transferable to CSU

Hours: 18-72 hours LEC

This course gives practical experience to students who are training for recreation leadership, by providing actual supervised work at various playgrounds and recreation facilities within the Sacramento area (teen centers, swimming pools, gymnasiums, school areas, etc.)