

## Recreation and Leisure Studies

### Department of Health, Physical Education and Recreation

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#### Career Preparation

Missouri State University offers a Bachelor of Science degree in Recreation and Leisure Studies. Students select either a comprehensive major with one of five degree options or a non-comprehensive major with a selected minor.

Careers in the field of recreation and leisure services are many and varied. One needs only to consider the infinite ways people use their free time to realize the variety of employment settings. A partial listing of professional positions in each degree option includes:

#### Community Recreation

Students who select this option will be prepared for careers in municipal and youth service agencies, Armed Forces, churches, and other similar public or semi-public providers of leisure services.

#### Health and Wellness Promotions

Students who select this degree option will be preparing for various opportunities in the fitness industry, health-related services, and wellness management and promotion.

#### Outdoor Recreation

Students who select this option will be prepared for careers in outdoor recreation and outdoor education within the public or private sector in adventure recreation, outdoor recreation/education facilities, or government natural resource management agencies.

#### Private/Commercial Recreation

Students who select this degree option will be preparing for employment in sports industries; visitor/tourism, lodging and convention industries; golf centers, fairs/expositions; recreation equipment retail outlets; managing meetings and special events; and similar providers of leisure goods and services.

#### Therapeutic Recreation

Students who select this degree option will be preparing for professional careers in clinical, residential and community based environments providing therapeutic recreation services for persons with disabilities in health care and/or community based service delivery systems.

Additional career information can be found at [www.smsu.edu/rls](http://www.smsu.edu/rls).

#### Accredited Program

The recreation and leisure studies curriculum is one of 100 nationally accredited curriculums by the Council on Accreditation sponsored by the National Recreation and Park Association in cooperation with the American Association of Leisure and Recreation.

Graduates are immediately eligible to sit for the exam to become a Certified Park and Recreation Professional, a valuable credential for professional advancement. Therapeutic Recreation majors are eligible to sit for the NCTRC exam upon graduation.

The RLS curriculum is unique in its personalization to the student's career goals. The 74-78 hour curriculum consists of a 47-51 hour professional core required of all majors, and either a minor in a related discipline or a 27-hour degree option. Courses fulfilling this requirement are selected with advisor approval from a list of courses which relate to the student's career goals. Please consult the *Missouri State Catalog* online at [www.smsu.edu/catalog](http://www.smsu.edu/catalog) for specific course information.

#### Courses

Required Professional Core Courses include:

REC 152: Introduction to Leisure Services  
REC 190: Applied Social Recreation  
REC 205: Leisure Services and Special Populations  
REC 311: Outdoor Education  
REC 330: Leisure Research Applications  
REC 335: Practicum in Leisure Services  
REC 390: Recreation Programming  
REC 410: Recreation Leadership/Supervision  
REC 422: Leisure Resource Management  
REC 423: Organization and Administration of Leisure Services  
REC 490: Orientation to Internship  
REC 491: Leisure Services Internship

Fieldwork experience is an important aspect of the student's professional preparation. Each student is required to complete a 100-hour practicum and an internship of 400-600 hours. Additional volunteer service-learning and paid experiences are encouraged.

#### For More Information

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## Faculty

The RLS faculty, diverse in academic preparation and professional experience, is active in professional and service organizations. The faculty's personal approach to advisement and educational experiences produces a supportive atmosphere and positive relationships among faculty, students and alumni.

## Admission to the Program

A student planning to major in Recreation and Leisure Studies should meet with one of the program's academic advisors to discuss degree options and to select appropriate courses. Students must meet all of their general education requirements before being fully admitted to the RLS program. Refer to the General Education Program information in the Undergraduate Catalog to complete full admission to the RLS program. Specific course requirements for each degree option can be found on the RLS web site: [www.smsu.edu/rls](http://www.smsu.edu/rls). Therapeutic Recreation majors must also successfully complete a criminal background check and drug screening.

## Facilities

Offices for the Recreation and Leisure Studies program are found in the lower level of Kings Street Annex. In addition to offices, the complex includes four classrooms where RLS courses are taught and student resource areas including a computer lab. The Springfield area offers a variety of quality leisure service facilities that provide students with both professional and personal recreational opportunities.

## Special Opportunities & Services

Majors are encouraged to become actively involved in the Recreation and Leisure Studies Association, the Missouri Park and Recreation Association, the National Recreation and Park Association and other professional organizations related to their career interests.

The Recreation and Leisure Studies program maintains a chapter of Rho Phi Lambda, the national honorary professional recreation, park and leisure services fraternity. Rho Phi Lambda provides membership opportunities for RLS majors exhibiting high academic performance and outstanding professional involvement.