

# RECREATION and LEISURE STUDIES

## What can I do with this major?

AREAS	EMPLOYERS	STRATEGIES
<p><b><u>THERAPEUTIC RECREATION</u></b>            Administration/Management            Programming            Evaluation and documentation            Staff supervision            Specialties:                Intervention                Aquatic                Outdoor                Art                Arts and crafts                Drama                Dance and movement</p>	<p>Rehabilitation hospitals/centers            Nursing homes            Senior centers            Adult daycare centers            Assisted living facilities            Residential care facilities            Psychiatric facilities            Community mental health centers            Substance abuse centers            Recovery centers            Correctional facilities            Educational facilities            Camps and outdoor recreational programs</p>	<p>Pursue a major in therapeutic recreation or a program with a therapeutic recreation focus.            Volunteer and intern in therapeutic recreation settings such as camps, senior centers, and rehabilitation facilities.            Demonstrate ability to work as part of an interdisciplinary team with physicians, nurses, physical and occupational therapists.            Earn relevant licensure or certification; regulation varies by state. Research the Certified Therapeutic Recreation Specialist (CTRS) credential offered through the National Council for Therapeutic Recreation Certification.            Consider specializations in areas such as aquatics, intervention, outdoor recreation, and art therapy.            Exhibit patience, creativity, motivational skills and a high comfort level working with people of all ages including those who are sick or disabled.</p>
<p><b><u>OCCUPATIONAL THERAPY</u></b>            Screening            Evaluation            Treatment:                Physical                Psychosocial                Social                Vocational            Follow-up            Administration            Teaching            Research</p>	<p>Hospitals (including psychiatric and rehabilitative)            Schools            Group or private practice            Nursing homes/Residential care facilities            Community mental health centers            Adult daycare programs            Job training centers            Residential care providers            Out-patient rehabilitation facilities            Home healthcare agencies            Federal and state government:                Armed Forces                Public Health Service                Veterans Administration            Universities and colleges</p>	<p>Build a solid foundation in physical, biological, and behavioral sciences.            Develop excellent communication skills which are important when interacting with patients and their families.            Volunteer in an occupational therapy or related healthcare setting to experience the field first-hand and meet program requirements.            Individuals working in occupational therapy should possess patience and a true interest in helping people with disabilities reach their full potential.            Learn to work well within a team. O.T.'s work with many other professionals in the rehabilitation of patients.            Earn a master's (MOT, MA, MS) or doctoral (OTD, less common) degree from an accredited program by the Accreditation Council for Occupational Therapy Education (ACOTE).</p>

**AREAS**

**EMPLOYERS**

**STRATEGIES**

**OCCUPATIONAL THERAPY CONTINUED**

Doctoral degree is often preferred for university teaching and administrative positions. All states regulate O.T. licensure. Requirements include passing a certification exam given by the American Occupational Therapy Certification Board and a supervised clinical internship. Those who have passed the exam apply to become Occupational Therapists Registered (OTR). Occupational therapists may choose to specialize in a particular age group or type of disability after passing national exam certification.

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**COMMERCIAL RECREATION**

Resort and private recreation administration  
Guest relations  
Trip planning and reservations  
Sales/Marketing  
Event/Program planning and evaluation  
Facilities management

Convention services  
Event planning companies  
Corporate employee services  
Hotels  
Resorts  
Theme/Amusement parks  
Casinos  
Country clubs  
Motor home parks  
Campgrounds  
Boating/Marina facilities  
Second home communities  
Travel/Tourism companies  
Guide services  
Ecotourism agencies  
Cruise, air, bus and rail lines  
US Military morale, welfare and recreation programs

Develop strong communication and customer service skills and the ability to work well with people from various backgrounds. Acquire foreign language experience and study abroad to increase multicultural perspective and knowledge of international travel regulations. Seek employment with resorts, hotels, recreation departments or special events companies. Pursue positions in reservations or telephone sales to build sales and customer service skills. Volunteer at university and community-wide conferences. Join student organizations related to travel or recreation and seek leadership and planning opportunities. Increase knowledge of business theory by pursuing a minor or by taking additional classes in management, advertising, and public relations.

## AREAS

## EMPLOYERS

## STRATEGIES

### COMMUNITY/LOCAL RECREATION

Administration  
Facilities management  
Sales/Marketing  
Event/Program planning and evaluation  
Camp management  
Community center management  
Coaching

Community centers  
Community programs  
Senior centers  
Adult daycare centers  
Special Olympics  
Youth programs, (e.g., YMCA or YWCA)  
Sports leagues  
Camps and outdoor recreational programs  
Nonprofit, social service, and religiously-affiliated organizations  
Multipurpose sports clubs  
Racquet clubs  
Dance studios  
Health and fitness clubs  
Pools  
Golf courses  
Sport-related franchises, (e.g., Little Gym, My Gym)  
Bowling alleys  
Skating rinks  
Movie theaters  
Party services  
Entertainment providers  
Event planning companies  
Festivals and fairs  
Vendors  
Concessionaires

Seek experience through related internships, part-time jobs or summer work at campus and community recreational facilities.  
Participate in community-based programs, camps, youth groups, etc. through paid, intern or volunteer positions.  
Join student organizations (e.g., campus entertainment board, cultural attractions committee, or student union).  
Utilize campus recreational programs and facilities, including intramural sports.  
Participate in planning/executing community events and activities, (e.g. fairs, festivals, sporting events, conventions, etc.)  
Develop membership sales techniques for some customer-service positions.  
Display good planning, organizational, interpersonal, creativity, and public speaking skills.  
Learn to work well with people from different backgrounds with varying abilities.

### GOVERNMENT RECREATION

Administration  
Program management  
Recreation management  
Recreation planning  
Park development/Management  
Natural resource management

City, county, or regional government agencies:  
Parks, public recreation/education programs  
State and federal government agencies:  
Parks, forests, wildlife areas, and water resources  
Conservation organizations  
US Military morale, welfare and recreation programs  
Correctional facilities  
Rehabilitation centers

Learn federal, state and local government job application procedures.  
Obtain experience with government agencies.  
Earn a Certified Park and Recreation Professional Certification (CPRP) from the National Park and Recreation Association  
Participate in campus and local recreation programs and activities.  
Volunteer to lead teams or organize committees in local recreation leagues.  
Take additional coursework in wildlife, turf, or natural resource management, exercise science or other related field to increase marketability.

**AREAS**

**EMPLOYERS**

**STRATEGIES**

**FAITH-BASED RECREATION**

Administration  
Program management  
Facilities management  
Camp management  
Programming

Churches  
Synagogues  
Mosques  
Campgrounds affiliated with religious organizations  
Para-church organizations, (e.g. Fellowship of Christian Athletes, Campus Crusade for Christ)  
Faith-based sports programs, (e.g. Upward)

Understand the relationship between religion, sport, and recreation.  
Participate in faith-based recreational programs, and seek leadership experience.  
Develop skills for working in multi-cultural environments.  
Research major programs such as AWANA, CYO (Catholic Youth Organization), and YouthWorks.  
Attend training seminars that target sport and recreation in religious organizations  
Ministry Grid through Lifeway.  
Earn certification in sport, recreation, and fitness ministries from the Association of Church Sports and Recreation Ministries

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**RECREATION RETAILING**

Management  
Buying/Purchasing  
Small business ownership

Department stores  
Specialty shops  
Pro shops/Club stores  
Sporting goods stores  
Outdoor outfitters

Take additional coursework in business or pursue a business minor.  
Obtain a part-time job or internship in sales to gain experience, as these positions are often stepping stones to higher-level opportunities.  
Develop excellent interpersonal, communication, and customer service skills.  
Hone management and persuasion techniques.  
Seek experience in all retail areas including purchasing, stock control, merchandise display, and promotions.  
Pursue expertise in a recreational area such as hiking, fishing, boating, skiing, or hunting.  
Plan to work long and/or irregular hours, including holidays.

AREAS	EMPLOYERS	STRATEGIES
<p><b><u>EDUCATION</u></b> Teaching Research Administration Student Affairs including:     Student Activities     Campus Programming     Campus Recreation, (e.g. outdoor recreation programs, facilities management, fitness programming, intramural sports, etc.)</p>	<p>Colleges and universities Public and private schools (K-12) Public and private preschool programs (e.g., Head Start) Programs servicing children and adults with special needs</p>	<p>Earn a graduate degree for teaching at the college and university level. Earn a master's degree in college student affairs or related area if interested in college recreation. Work at university recreational facilities and/or get involved in their programs, such as outdoor recreation or intramurals. Research the process for teacher certification in the K-12 system, which varies by state. Seek part-time or summer jobs working with youth. Serve as a tutor, peer mentor, resident assistant, or student advisor.</p>

**GENERAL INFORMATION**

- An undergraduate degree is sufficient for entry-level recreation positions. A graduate degree may be required for administrative positions and teaching/research positions at universities and colleges.
- Obtain summer, part-time, internship, or volunteer experience in camps, recreation/fitness centers, social service organizations, tourist attractions, etc.
- Build a solid background in recreational and leisure theories and therapeutic practices.
- Develop broad knowledge base of recreational activities such as athletics, music, arts and crafts, nature, dance, drama, etc.
- Hone leadership and supervisory skills for coordinating and directing others in various activities.
- Obtain certification in first aid and safety, CPR, or lifeguarding.
- Demonstrate strong interpersonal, verbal and written communication skills and the ability to work on a team.
- Learn to interact effectively with people of various ages, backgrounds, and ability levels.
- Exhibit physical agility, stamina, and a motivational spirit. An interest in working outdoors is essential for some positions.
- Join related professional associations. Attend state/national professional association conferences.
- Seek knowledge of U.S. and world geography, history, social customs, and languages for some opportunities.
- Consider participating in the Walt Disney College Program.