

RECREATION and LEISURE STUDIES

What can I do with this major?

AREAS	EMPLOYERS	STRATEGIES
<p><u>THERAPEUTIC RECREATION</u> 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><u>OCCUPATIONAL THERAPY</u> 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.

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
<u>FAITH-BASED RECREATION</u> 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

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.
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AREAS	EMPLOYERS	STRATEGIES
<p><u>EDUCATION</u> 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.