RECREATION (REC)

**REC 104 Introduction to Recreation, Sport, and Tourism Professions**  
3 credits  
Introduction to the foundations of recreation, sport and tourism professions and careers, and related issues, resources, and professional opportunities. (Fall only)

**REC 105 Teaching Golf I**  
2 credits  
Teach Professional Golf Management students the basics of golf instruction. They will learn how to establish relationships, organize groups, design golf development programs, demonstrate the short game, as well as the full swing. (Spring only)  
**Prereq:** PGA student, or REC 103 and permission.

**REC 107 Outdoor Recreation and Adventure Sports**  
3 credits  
Introduction to leadership and motivational theories, core competencies, trends, and programming for contemporary outdoor recreation and adventure sports. Overnight field trips and weekly labs required.

**REC 108 Orienteering & Navigation**  
1 credit  
This course will provide an introduction to orienteering and basic map and compass navigation skills for working or recreating. The reading and understanding of forest service and topographical maps will be covered with a focus on symbols, legends, border information and contour lines. Magnetic compasses and an introduction to GPS technology will be used to teach course plotting on maps. Orienteering field experience will be integrated throughout the course. Instruction requires practical field application for hands-on experience.

**REC 200 (s) Seminar**  
Credit arranged.

**REC 203 (s) Workshop**  
Credit arranged.

**REC 204 (s) Special Topics**  
Credit arranged.

**REC 205 Teaching Golf II**  
2 credits  
Basic fundamentals of how the golf swing works. Students will learn how to analyze swing motion and observe ball flight characteristics to help the student improve their golf game. Students will also examine ways to generate business using marketing and promotional techniques. (Fall only)  
**Prereq:** PGA student or PGA 103 and Permission.

**REC 216 River Recreation and Water Craft Safety**  
3 credits  
Introduction to water crafts (river board, rafts, canoes, inflatables, etc) and teaching basic paddling skills and aspects of safety. Additional content includes: river policy, history, culture, careers/guiding, equipment maintenance/storage, river camping and leadership. Field days required (3-5 days).  
**Prereq or Coreq:** REC 107.

**REC 218 Rock Climbing & Mountaineering**  
3 credits  
This course will teach: intra to fundamentals of basic rock climbing including equipment, climbing techniques, knots, belaying, and rappelling; emphasis on skill development, risk management, and leadership. Intra to fundamentals of mountaineering including equipment; fundamentals; rock, snow, and ice techniques; climbing equipment; navigation; expedition planning and safety; emphasis on skill development and safety. This course will follow and promote industry safety standards and teach best practices. Instruction requires three to five full days of practical field application for hands-on experience.  
**Prereq:** REC 107.

**REC 222 Cross Country Skiing**  
1 credit  
Intro to skills of cross country skiing including equipment, waxing, climbing techniques, turns, downhill, and diagonal glides. One 1-day field trip. Recommended Preparation: Two courses from NRS 125, NRS 387, NRS 487, NRS 490. (Alt/yrs)

**REC 224 Whitewater Rafting**  
1 credit  
Intro to skills of whitewater rafting including equipment, trip planning, permits, techniques, and river impact. One or two field trips. (Alt/yrs)  
**Prereq:** Two courses from NRS 125, NRS 387, NRS 487, NRS 490, or Permission.

**REC 225 Kayaking**  
1 credit  
Intro to skills of whitewater kayaking including equipment, eskimo rolls, eddy turns, ferrying, and rapid maneuvering. One 2-day field trip. (Alt/yrs)  
**Prereq:** Two courses from NRS 125, NRS 387, NRS 487, NRS 490, or Permission.

**REC 227 Mountain Biking**  
1 credit  
Introduction to fundamentals of mountain biking including equipment, trip planning, skill development, off-road riding, bike repair, and safety. One 3 to 7 day field trip required.

**REC 228 Avalanche Fundamentals**  
2 credits  
This course will teach the skills necessary for understanding the complex systems involved in backcountry winter avalanche conditions. This course will follow and promote industry safety standards and teach best practices based off of the guidelines set by the American Avalanche Association. This two credit course will cover curriculum such as: general information about avalanche hazard, a framework for decision making and risk management while traveling in avalanche terrain, effective field observation techniques, companion rescue and proper equipment for traveling in avalanche terrain. Instruction requires two full days of practical field application for hands-on experience.  
**Prereq:** REC 107 or Equivalent Experience with Instructor Permission.

**REC 229 Swiftwater Rescue Training**  
2 credits  
This course will teach: identifying river hazards, rescue philosophy / liability, self rescue, tethered swimmers / contact rescues, throwbag deployment, boat based / shore based rescues, strainer swimming, shallow water crossings, foot and body entrapment, knots, boat pins, mechanical advantage and technical rope systems, quick, smooth, effective rescue technique. Instruction requires three full days of practical field application for hands-on experience.  
**Prereq:** REC 107 and REC 216; or equivalent experience with instructor permission.
REC 231 Alpine Skiing
1 credit
Intro to skills of alpine skiing including ski instruction and tactics in various terrain, equipment selection, and waxing. One 2-day field trip.

REC 240 Recreation and Sport Activities, Programming, and Marketing
3 credits
Introduction to recreation activities with applications to programming and marketing in leisure settings. Programming field experience required.

REC 254 Camp Leadership in Recreation and Sport
3 credits
Objectives, organizational structures, programs, and philosophies of for-profit and non-profit recreation and sport camps. One 3-4 day field trip. (Alt/yr)

REC 260 Foundations of Recreation, Sport, and Tourism
3 credits
History of and expanding role of leisure in modern U.S. life; emphasis on factors influencing leisure; analysis of leisure values as related to the individual and society. (Fall only)

REC 280 Practicum in Recreation, Sport, and Tourism
1 credit, max 3
Practical experience in agency recreation and leisure services recreation, park, sport, or tourism agency services. Forty clock hrs reqd per cr. Graded P/F. Prereq: Permission of advisor.

REC 290 Wilderness First Responder
3 credits
Wilderness First Responder is the accepted standard in wilderness medical training for guides, trip leaders, and outdoor professionals. This course covers the knowledge and skills needed to respond to back country medical and trauma situations. Over night field trip required. (Spring only)

REC 299 (s) Directed Study
Credit arranged.

REC 305 Teaching Golf III
2 credits
This course will build on the concepts contained in the Analysis of Swing and the preseminar material for Philosophy and Swing Concepts. This course will examine swing philosophy; apply concepts to various situations; understand course management, physical fitness, and special populations; evaluate short game skills; identify and demonstrate different drills; and incorporate video technology. Prereq: REC 205.

REC 310 Outdoor and Adventure Leadership
3 credits
Outdoor and adventure leadership for wilderness experiences and effective expedition planning. Fundamentals of handling wilderness emergencies and evacuation. Wilderness backpacking field experience required during course. Prereq: REC 107.

REC 370 Health and Human Development in Recreation, Sport, and Tourism
3 credits
Recreation, sport, and tourism across the lifespan (early childhood to late life). Health and human development concepts and theories. (Spring, Alt/yr)

REC 380 Principles of Travel and Tourism
3 credits
Tourism is “the largest scale movement of goods, services, and people that humanity has ever seen.” This course provides an overview of tourism as an industry and a sociocultural phenomenon from local to international levels as well as the economic, social, and environmental impacts of tourism on local communities.

REC 395 Diversity in Recreation, Sport and Tourism
3 credits
Delivery of recreation, sport, and tourism services to diverse populations. Analysis of diversity issues in a wide array of leisure settings.

REC 400 (s) Seminar
Credit arranged.

REC 403 (s) Work Shop
Credit arranged.

REC 404 (s) Special Topics
Credit arranged.

REC 405 (s) Professional Development
Credit arranged
Joint-listed with REC 505 Credit earned may not be applied toward graduate degree program. Professional development and enrichment of recreational professionals. Additional projects/assignments required for graduate credit.

REC 408 Experiential Education and Adventure Recreation
3 credits
Philosophical and theoretical foundations of experiential education and adventure activities, and applications to individual, group, and organizational development. Field trips required. (Alt/yr)

REC 411 Expedition Planning and Management
3 credits
This course will explore the process of expedition planning including skill, resource and risk assessments, and experience design and activity management to meet desired outcomes. Students will carry out a 7-10 day expedition of their own to test their plan. Prereq or Coreq: REC 107.

REC 415 Turfgrass Management
3 credits
Turfgrass science, cultivation and management for a wide variety of golf course applications.

REC 424 Inclusive Physical Education and Recreation
3 credits
Cross-listed with PEP 424 To provide an overview of movement and physical activities in physical education and recreational settings for individuals with disabilities. Emphasis will be on history, etiology, characteristics, services, resources, professional competencies, and instructional strategies. Practical experience (16 hrs in the community) is required to enhance instructional abilities to adapt and create an inclusive physical education and recreational setting for all participants. Prereq: Senior standing or Permission.
REC 455 Design & Analysis of Research in Movement Sciences
3 credits
Cross-listed with H&S 455 and PEP 455
This course is designed to survey the basic types of research methods often found in exercise science and health; and recreation. A variety of research designs and computerized statistical analyses are studied to help students understand the systematic nature of problem solving. Various research problems as they relate to exercise science and health; and recreation are discussed for the purpose of identifying the broad and diverse nature of research in the movement, leisure, and health professions. (Spring only)
Prereq: Junior or Senior standing.

REC 485 Trends in Recreation, Sport and Tourism
3 credits
Current trends and issues in the recreation, sport, and tourism field; analysis of selected topics of current relevance. (Alt/yrs)

REC 490 Management and Entrepreneurship in Recreation, Sport, and Tourism
3 credits
Models of entrepreneurism and components of successful management in recreation, sport, park, and tourism settings such as business planning, human resources, operations and risk management. (Alt/yrs)

REC 498 (s) Internship in Recreation, Sport, and Tourism
Credit arranged
Gen Ed: Senior Experience
Supervised field work with a professional, sport, or tourism recreation agency.
Prereq: REC 280, senior status, majority of coursework completed.

REC 499 (s) Directed Study
Credit arranged.

REC 500 Master's Res & Thesis
Credit arranged.

REC 502 (s) Directed Study
Credit arranged.

REC 503 (s) Workshop
Credit arranged.

REC 504 (s) Special Topics
Credit arranged.

REC 505 (s) Professional Development
Credit arranged
Joint-listed with REC 405
Credit earned may not be applied toward graduate degree program. Professional development and enrichment of recreational professionals. Additional projects/assignments required for graduate credit.

REC 575 Leadership, Programming and Marketing
3 credits
Studies of theories, methods, and styles of effective leadership. Includes group dynamics, motivation, team building and leadership skills. Planning and development of activity programs and implementation of marketing techniques. (Fall only)

REC 585 Policy Analysis and Historical Perspectives of Leisure
3 credits
Examination of the policy issues that affect the physical education and recreation fields; study of the historical significance of key events and individual contributions from cultural, social and economic points of view. (Fall or Summer only)