

# RECREATION AND LEISURE STUDIES

## What can I do with this major?

AREAS	EMPLOYERS	STRATEGIES
<p><b><u>COMMERCIAL RECREATION</u></b>                      Resort and Private Recreation:                          Administration                          Guest Relations:                              Trip Planning and Reservations                          Sales/Marketing                          Event/Program Planning and Evaluation                          Facilities Management</p>	<p>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</p>	<p>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.                      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.</p>
<p>Local Recreation:                          Administration                          Facilities Management                          Sales/Marketing                          Event/Program Planning and Evaluation</p>	<p>Multipurpose sports clubs                      Racquet clubs                      Dance studios                      Health and fitness clubs                      Pools                      Golf courses                      Sport-related franchises, eg. Little Gym, My Gym                      Bowling alleys                      Skating rinks                      Movie theaters                      Party services                      Entertainment providers                      Event planning companies                      Festivals and fairs                      Vendors</p>	<p>Seek experience through related internships, part-time or summer jobs at campus and community recreational facilities.                      Join student organizations such as campus entertainment board, cultural attractions committee or student union.                      Participate in planning/executing community events and activities, i.e. fairs, festivals, sporting events, conventions.                      Develop membership sales techniques for some customer-service positions.</p>

## AREAS

## EMPLOYERS

## STRATEGIES

### 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  
Department of Defense:  
Military bases in U.S. and foreign countries  
Correctional facilities  
Rehabilitation centers

Learn federal, state and local job application procedures.  
Obtain experience with government agencies.  
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.

### COMMUNITY RECREATION

Administration  
Camp Management  
Program Management  
Community Center Management  
Programming  
Coaching

Community centers  
Community programs  
Senior centers  
Adult daycare centers  
Special Olympics  
Youth programs, i.e. YMCA or YWCA  
Sports leagues  
Camps and outdoor recreational programs  
Nonprofit, social service and religiously-affiliated organizations

Obtain experience with community-based programs, camps, youth groups, etc. through paid, intern or volunteer positions.  
Get involved in campus activities and seek leadership roles.  
Learn to work well with people from varying backgrounds with varying abilities.

### FAITH-BASED RECREATION

Administration  
Program Management  
Facility Management

Churches  
Synagogues  
Mosques  
Para-church organizations, i.e. Fellowship of Christian Athletes, Campus Crusade for Christ

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 and CYO (Catholic Youth Organization).  
Attend training seminars that target sport and recreation in religious organizations such as RecLab.

**AREAS**

**EMPLOYERS**

**STRATEGIES**

**RECREATION RETAILING**

Management  
Buying/Purchasing  
Small Business Ownership

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

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 and merchandise display and promotions.  
Pursue expertise in a recreational area such as hiking, fishing, boating, skiing or hunting.  
Take additional coursework in business or pursue a business minor.  
Plan to work long and/or irregular hours, including holidays.

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**EDUCATION**

Teaching  
Research  
Administration  
Student Affairs including:  
    Student Activities  
    Campus Programming  
    Campus Recreation, i.e. outdoor recreation programs, facilities management, fitness programming, intramural/club sports

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

Earn a graduate degree for teaching at the college and university level.  
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.  
Utilize campus recreational programs and facilities, including intramural sports, as a first step in pursuing student affairs positions.

## AREAS

## EMPLOYERS

## STRATEGIES

### THERAPEUTIC RECREATION

Administration/Management:  
    Programs and Staff  
    Evaluation and Documentation  
Specialties:  
    Intervention  
    Aquatic  
    Outdoor

Rehabilitation hospitals/centers  
Nursing homes  
Senior centers  
Adult daycare centers  
Assisted living facilities  
Residential facilities  
Psychiatric facilities  
Community mental health centers  
Substance abuse centers  
Recovery centers  
Correctional facilities  
Educational facilities  
Camps and outdoor recreational programs

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. 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.

### 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.
- Develop solid background of 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 Certified Therapeutic Recreation Specialist (CTRS) credential offered through the National Council for Therapeutic Recreation Certification for some positions. Certification in first aid and safety, CPR or lifeguarding may be helpful.
- 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.