

Bachelor of Science (BS)

Recreation

The Department of Health, Human Performance and Recreation at Southeast Missouri State University has been preparing recreation and leisure professionals since 1988. The Recreation program is accredited by the Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT). The Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT) accredits baccalaureate programs in parks, recreation, tourism, sport management, event management, therapeutic recreation, and leisure studies offered at regionally accredited institutions within the United States and its territories, and at nationally accredited institutions in Canada, and Mexico.



Recreation students can choose from a wide variety of career paths including programming and administration of recreational services for city parks and recreation departments, non-profit organizations like YMCAs and Boy's and Girl's Clubs, branches of the military, and for people with disabilities and other special needs. View more possible career options available for the future recreation professional.

Recreation students will...

- Interact with qualified, award winning faculty in a small class environment.
- Have the opportunity to apply the knowledge you gain in the classroom to real-world experience in the field.
- Immediately begin interacting with recreation professionals.
- Complete a 12-week, 480-hour internship.

Career Planning

Currently, 100% of recreation graduates find employment within a year of graduation.

A St. Louis Outreach Office, located in Chesterfield, Mo., provides career exploration assistance, resume critiques, interview tips, job search strategies and more.

Demonstrated Career Proficiency is a Requirement of all Southeast Students		
CL001/CL002	First Semester	Complete the FOCUS2 assessment and develop a Career Action Plan.
CL003	Junior Year	Students gain information about career planning and job searching resources.
CL004	Senior Year	Students demonstrate advanced proficiency by identifying a position in their field, developing a cover letter, and tailoring a resume for the position. Materials are critiqued to ensure preparedness for a successful job search.

Career Services, located in Academic Hall 057, provides professional career advising to guide students in their career development.

Internship and Employment Opportunities of Recent Graduates

- Clemson University Youth Learning Institute
- Meramec Adventure Learning Ranch
- City of Cape Girardeau Parks and Recreation
- US Army Corp of Engineers
- Kansas City, Mo., Parks and Recreation
- City of Perryville, Mo., Parks and Recreation
- Camp Ondessonk
- Trail of Tears State Park
- City of Shrewsbury, Mo., Parks and Recreation
- City of Eureka, Mo., Parks and Recreation
- Upper Limits Indoor Rock Climbing Gym
- Missouri Department of Conservation
- The Nature Conservancy
- Leave No Trace
- Parc Provence Hospital and Health Care
- Southeast Missouri State Campus Recreation Services
- Southeast Missouri State Athletics Operations
- Forest Park Golf Course
- Mastodon State Historic Site
- National Park Service-Yellowstone National Park
- Teton Valley Ranch Camp
- Missouri State Park Youth Corp Operations
- Outdoor Pursuits-Lamar University
- Girl Scouts of Missouri Heartland
- Shawnee Community College
- City of Clearwater, Fla., Parks and Recreation
- Health Point Fitness, Southeast Hospital
- Fitness Plus, Saint Francis Hospital
- Union County Counseling Center

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Degree Map

This is a guide based on the 2014-2015 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use DegreeWorks to monitor their individual progress.

CURRICULUM CHECKLIST

Recreation – 57 Hours Required – No Minor Required

Recreation Required Courses

- ___ RC100 Leisure in a Diverse Culture (3)
- ___ RC140 Introduction to Recreation Services (3)
- ___ RC220 Leadership and Group Dynamics (3)
- ___ RC260 Introduction to Therapeutic Recreation (3)
- ___ RC288 Practicum in Recreation Services (3)
- ___ RC303 Research Methods (3)
- ___ RC380 Programming for Recreation Services (3)
- ___ RC385 Recreation Facilities Planning & Management (3)
- ___ RC405 Trends & Issues in Recreation & Leisure (3)
- ___ RC420 Organization & Administration of Recreation Services (3)
- ___ RC440 Facilitation of Group Development (3)
- ___ RC497 Recreation Internship (12)

Choose 12 Hours From:*

- ___ RC112 Introduction to Music Therapy (3)
- ___ RC116 Special Topics in Health & Leisure (1-3)
- ___ RC119 Outdoor Adventure Special Topics (1-3)
- ___ RC150 Outdoor Living Skills (3)
- ___ RC151 Outdoor Adventure Skills (3)
- ___ RC210 Camp Leadership (3)
- ___ RC230 Recreational Sports (3)
- ___ RC245 Mentoring Principles & Practices (3)
- ___ RC250 Foundations of Outdoor Recreation (3)
- ___ RC270 Commercial Recreation (3)
- ___ RC300 Leisure Education (3)
- ___ RC304 Therapeutic Recreation & Program Design (3)
- ___ RC310 Outdoor Leadership (3)
- ___ RC311 Parks/Outdoor Resource Management (3)
- ___ RC316 Special Topics in Health & Leisure (1-3)
- ___ RC324 Independent Study/Therapeutic Recreation (3)
- ___ RC345 Youth Development Through Leisure (3)
- ___ RC360 Therapeutic & Adapted Recreation Services (3)
- ___ RC450 Outdoor Adventure Therapy (3)
- ___ RC460 Problems & Issues in Therapeutic Recreation (3)
- ___ RC812 Outdoor Adventure (3)
- ___ UI354 Lifestyle Enhancement (3)**
- ___ UI387 Environ Law & Public Policy (3)**
- ___ UI427 Service & Community (3)**
- ___ UI429 Environmental Ethics (3)**

* Only 3 hours of UI courses may be applied

**Through advising, students may choose to structure the 12 hours of electives toward either recreation and park administration or outdoor and adventure recreation.

University Studies Requirements (not already listed above):

UI100 First Year Seminar, EN100 English Composition, Artistic Expression, Written Expression, Oral Expression, Literary Expression, Behavioral Systems, Living Systems, Logical Systems, Physical Systems, Development of a Major Civilization, Economic Systems, Political Systems, two IU/UI3XXs (if not taken in major electives) and one UI4XX (if not taken in major electives)

SAMPLE FOUR-YEAR PLAN

Recreation

Requirements for the 2014-2015 Undergraduate Bulletin

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
FIRST YEAR	UI100	3	RC140	3
	EN100	3	Behavioral Systems	3
	RC100	3	Economic Systems	3
	Artistic Expression	3	Oral Expression	3
	Logical Systems	3	Written Expression	3
Total	15	Total	15	
SECOND YEAR	RC220	3	RC288	3
	RC260	3	RC380	3
	Literary Expression	3	Recreation Elective	3
	Dev of a Major Civ	3	Living Systems	3
	Physical Systems	3	Political Systems	3
Total	15	Total	15	
THIRD YEAR	RC303	3	Recreation Elective	3
	RC385	3	IU/UI3XX	3
	RC440	3	Elective	3
	IU/UI3XX	3	Elective	3
	Total	12	Total	12
FOURTH YEAR	Recreation Elective	3	RC405	3
	Elective	3	RC420	3
	Elective	3	Recreation Elective	3
	IU/UI4XX	3	Elective	3
	Total	12	Total	12
SUMMER SESSION			RC497 Recreation Internship	12

Degree requirements for all students: a minimum of 120 credit hours, completion of University Studies program, career proficiencies (CL001-004), Writing Proficiency Exam (WP003), and completion of the Measure of Academic Proficiency and Progress (MAPP) at the freshman and senior levels.

Refer to the Undergraduate Bulletin or DegreeWorks for additional graduation requirements (i.e. minimum GPA and coursework) for your program of study.