



Recreation

Degree: Bachelor of Science

Introduction

As leisure time in our lives becomes more important, opportunities for organized recreation become more important. Recreation professionals plan, organize, and direct activities that help people enjoy and benefit from leisure hours. Recreation programs are as diverse as the people who run them. Employment settings range from the pristine wilderness areas to health clubs or recreation centers in the city.

Additionally, recreational therapists might employ activities to treat individuals with mental, physical, or emotional disabilities. Therapists attempt to minimize symptoms and improve the physical, mental, and emotional well-being of their patients. Recreational therapy is a relatively new field. The therapist's goals include helping patients improve their physical strength and coordination, build confidence and self esteem through assertiveness training, manage stress through relaxing activities, and learn how to express feelings in positive and effective ways.

What are some of the job tasks?

- Gather and analyze data on patients/clients
- Lead and instruct participants
- Supervise individual and group participants
- Organize and direct leisure activities/athletic programs
- Provide guidance and supervision
- Record keeping and documentation
- Plan recreation programs
- Design promotion materials
- Develop budgets and financial resources

What are some desirable personal qualities?

- An ability to motivate people
- Creativity and resourcefulness
- Leadership ability
- Organizational/decision-making skills
- Enthusiasm and teaching ability
- Good oral and written communication skills
- Emotional stability and maturity
- Responsibility
- Time management
- Professional experience

What are some potential occupations?

Activity Director
Aquatics Specialist
Facilities Coordinator
Outdoor Recreation Leader
Outdoor Recreation Planner
Prison Recreation Specialist
Recreation Coordinator/Supervisor
Recreation Director
Recreation Therapist
Resort Recreation Manager
Sport and Athletics Specialist
Therapeutic Recreation Coordinator
Youth Program Director
Youth Sports Coordinator

Who hires?

- Adult day care programs
- Athletic clubs
- City recreation departments
- Commercial recreation establishments

Who hires? (con't.)

- Corporations/private industry
- Correctional institutions
- Military bases
- Outdoor Education Centers
- Parks
- Psychiatric hospitals
- Rehabilitation hospitals
- Resident camps
- Retirement communities
- Schools and Universities
- Senior centers
- Sports and entertainment centers
- State and federal government
- Summer camp programs
- Tourist attractions/hotels/resorts
- University Recreation Centers
- VA hospitals

Additional information

Persons with academic preparation in park and recreation, leisure studies, therapeutic recreation, fitness management and related fields generally have better prospects for career advancement.

Certification may be required by some employers and may provide you with more job opportunities. Certification is offered by the National Recreation and Park Association, and the National Council for Therapeutic Recreation Certification.

Gaining practical experience through an internship or cooperative education experience can prove valuable in obtaining full-time positions and is required to gain the major.

Path to Ultimate Career Guide

<http://www.pakbridge.com>