# RECREATION AND LEISURE STUDIES

## What can I do with this major?

### AREAS

**COMMERCIAL RECREATION**
- Resort and Private Recreation:
  - Administration
  - Guest Relations:
    - Trip Planning and Reservations
  - Sales/Marketing
  - Event/Program Planning and Evaluation
  - Facilities Management

### EMPLOYERS

- 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

### STRATEGIES

- 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.

### Local Recreation:

- Administration
- Facilities Management
- Sales/Marketing
- Event/Program Planning and Evaluation

### EMPLOYERS

- Multipurpose sports clubs
- Racquet clubs
- Dance studios
- Health and fitness clubs
- Pools
- Golf courses
- Sport-related franchies, eg. Little Gym, My Gym
- Bowling alleys
- Skating rinks
- Movie theaters
- Party services
- Entertainment providers
- Event planning companies
- Festivals and fairs
- Vendors

### STRATEGIES

- 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.
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<th>AREAS</th>
<th>EMPLOYERS</th>
<th>STRATEGIES</th>
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<td><strong>GOVERNMENT RECREATION</strong></td>
<td>City, county or regional government agencies:</td>
<td>Learn federal, state and local job application procedures.</td>
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<tr>
<td>Administration</td>
<td>Parks, public recreation/education programs</td>
<td>Obtain experience with government agencies.</td>
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<td>Program Management</td>
<td>State and federal government agencies:</td>
<td>Participate in campus and local recreation programs and activities.</td>
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<tr>
<td>Recreation Management</td>
<td>Parks, forests, wildlife areas and water resources</td>
<td>Volunteer to lead teams or organize committees in local recreation leagues.</td>
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<td>Recreation Planning</td>
<td>Conservation organizations</td>
<td>Take additional coursework in wildlife, turf or natural resource management, exercise science or other related field to increase marketability.</td>
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<tr>
<td>Park Development/Management</td>
<td>Department of Defense:</td>
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<td>Natural Resource Management</td>
<td>Military bases in U.S. and foreign countries</td>
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<td></td>
<td>Correctional facilities</td>
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<td></td>
<td>Rehabilitation centers</td>
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<td><strong>COMMUNITY RECREATION</strong></td>
<td>Community centers</td>
<td>Obtain experience with community-based programs, camps, youth groups, etc. through paid, intern or volunteer positions.</td>
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<tr>
<td>Administration Camp</td>
<td>Community programs</td>
<td>Get involved in campus activities and seek leadership roles.</td>
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<td>Management Program</td>
<td>Senior centers</td>
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<td>Management</td>
<td>Adult daycare centers</td>
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<td>Community Center Management</td>
<td>Special Olympics</td>
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<td>Programming</td>
<td>Youth programs, i.e. YMCA or YWCA</td>
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<tr>
<td>Coaching</td>
<td>Sports leagues</td>
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<td></td>
<td>Camps and outdoor recreational programs</td>
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<td>Nonprofit, social service and religiously-affiliated organizations</td>
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<td><strong>FAITH-BASED RECREATION</strong></td>
<td>Churches</td>
<td>Understand the relationship between religion, sport and recreation.</td>
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<td>Administration</td>
<td>Synagogues</td>
<td>Participate in faith-based recreational programs, and seek leadership experience.</td>
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<td>Program Management</td>
<td>Mosques</td>
<td>Develop skills for working in multi-cultural environments.</td>
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<td>Facility Management</td>
<td>Para-church organizations, i.e. Fellowship of</td>
<td>Research major programs such as AWANA and CYO (Catholic Youth Organization).</td>
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<td>Christian Athletes, Campus Crusade for Christ</td>
<td>Attend training seminars that target sport and recreation in religious organizations such as RecLab.</td>
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<td>STRATEGIES</td>
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<td><strong>RECREATION RETAILING</strong></td>
<td><strong>Department stores</strong></td>
<td>Obtain a part-time job or internship in sales to gain experience, as these</td>
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<td>Management</td>
<td>Specialty shops</td>
<td>positions are often stepping stones to higher-level opportunities.</td>
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<td>Buying/Purchasing</td>
<td>Pro shops/Club stores</td>
<td>Develop excellent interpersonal, communication and customer service skills.</td>
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<td>Small Business Ownership</td>
<td>Sporting goods stores</td>
<td>Hone management and persuasion techniques.</td>
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<td>Outdoor outfitters</td>
<td>Seek experience in all retail areas including purchasing, stock control and</td>
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<td>merchandise display and promotions.</td>
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<td>Pursue expertise in a recreational area such as hiking, fishing, boating,</td>
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<td>skiing or hunting.</td>
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<td>Take additional coursework in business or pursue a business minor.</td>
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<td>Plan to work long and/or irregular hours, including holidays.</td>
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| **EDUCATION**              | **Colleges and universities**                 | Earn a graduate degree for teaching at the college and university level.   |
| Teaching                   |                                               |                                                                            |
| Research                   | Public and private schools (K-12)             | Research the process for teacher certification in the K-12 system, which   |
| Administration             | Public and private preschool programs (e.g.,  | varies by state.                                                          |
| Student Affairs including: | Head Start)                                   |                                                                            |
|   Student Activities       |                                               | Seek part-time or summer jobs working with youth.                         |
|   Campus Programming       |                                               |                                                                            |
|   Campus Recreation, i.e.  |                                               | Serve as a tutor, peer mentor, resident assistant or student advisor.      |
|     outdoor recreation programs, facilities management, fitness programming, intramural/club sports | | Utilize campus recreational programs and facilities, including intramural |
|                            |                                               | sports, as a first step in pursuing student affairs positions.             |
### AREAS

#### THERAPEUTIC RECREATION

**Administration/Management:**
- Programs and Staff
- Evaluation and Documentation

**Specialties:**
- Intervention
- Aquatic
- Outdoor

**EMPLOYERS**
- 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

**STRATEGIES**
- 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.
PROFESSIONAL ASSOCIATIONS
- *American Therapeutic Recreation Association*
- National Council for Therapeutic Recreation Certification
- National Recreation and Park Association
- National Intramural-Recreational Sports Association
- International Festivals and Events Association
- Meeting Planners International
- Wilderness Education Association
- The Association of Church Sports and Recreation Ministries

OCCUPATIONAL OUTLOOK INFORMATION
- Recreational Therapists
- Occupational Therapists
- Recreation Workers
- Athletes, Coaches, Umpires, and Related Workers
- Travel Agents
- Meeting and Convention Planners
- Flight Attendants
- Gaming Services Occupations
- Arts, Entertainment and Recreation Industry Guide

MISCELLANEOUS CAREER INFORMATION
- Hospitality, Tourism and Recreation Career Guide
- Hospitality Net
- AWANA
Event Planning Information
*Therapeutic Recreation Directory

**JOB POSTINGS**
- Cool Works
- Job Monkey

* = Recommended Sites