Recreation and Parks Management

Concentrations in:
- adventure sports
- community program delivery
- hospitality management & tourism
- therapeutic recreation

Summary of Requirements for Major in Recreation and Parks Management

1. **Discipline Core:**
   (36 hours)
   - RECR 201 Introduction to Recreation and Parks
   - RECR 221 Introduction to Therapeutic Recreation
   - RECR 342 Park and Facilities Design
   - RECR 380 Recreation Leadership
   - RECR 382 Program Planning
   - RECR 388 Research Methods in Recreation and Parks
   - RECR 440 Organization and Administration of Recreation and Parks
   - RECR 443 Issues and Legal Liability in Recreation and Parks
   - RECR 492 Internship Project
   - RECR 495 Internship in Recreation
   - RECR 497 Out-of-class Requirements (see bullet at left)

2. **Courses Outside Department:**
   (3 hours)
   - COSC 100/110 Introduction to Computer Science (Tech. Fluency)
   or COSC 220 Introduction to Software Applications
   or EDUC 454 Microcomputer Application in Education
   or approved computer application course

3. **Complete one of the following:**
   a. a second major
   b. a minor
   c. an associate’s degree
   d. a bachelor’s degree from another institution
   e. a concentration within the major as follows:

   I. **Community Program Delivery**
   (27 hours)
   - **A. HPE/RECR (9 hours):**
     - RECR 100 Leisure and Diverse Culture
     - RECR 480 Field Experience in Recreation and Parks (3 cr.)
     *Select one of the following:*
     - RECR 330 Outdoor Education
     - RECR 384 Special Event Management
     - RECR 421 Program Design and Evaluation in Therapeutic Recreation

   - **B. Other concentrations (18 hours):**
     - Choose three courses from the following:
       - Community Program Delivery
       - Adventure Sports
       - Hospitality & Tourism
       - Therapeutic Recreation

   - **Total Hours Required:**
     - Community Program Delivery: 66
     - Adventure Sports: 64-65
     - Hospitality & Tourism: 67
     - Therapeutic Recreation: 74
(not including internships) and to attend one state, regional or national conference during your junior or senior year.

- Current certification in CPR and first aid is required.
- This program may also be completed at the Community College of Baltimore County - Catonsville. Interested students may contact Maureen Dougherty, coordinator of the FSU Recreation and Parks program at CCBC, 410/869-1103.

HEED 101 Community Health Promotion
ASI 138 Backcountry & Outdoor Living Skills
ASI 260 Advanced Level First Aid and CPR

B. Psychology (6 hours):
PSYC 150 General Psychology (GEP Group D)
PSYC 210 Child Development
or PSYC 212 Adolescence and Adulthood

C. Sociology (6 hours):
SOCI 100 Intro. to Sociology (GEP Group D)
And one of the following:
SOCI 200 Social Problems
SOCI 203 Sociology of Deviant Behavior
SOCI 322 Social Demography
SOCI 325 Community Analysis
SOCI 326 Sociology of Rural Life
SOCI 328 Sociology of Urban Life
SOCI 366 Social Inequality

D. Communications Studies (6 hours)
Select one of the following:
CMST 102/112 Introduction to Human Communications
CMST 122 Introduction to Public Speaking
CMST 132 Introduction to Interpersonal and Small Group Communication
Select one of the following:
CMST 215 Small Group Communication
CMST 300 Interpersonal Communication
CMST 322 Presentational Communication

II. Adventure Sports

A. Two Introductory Level Courses*
(2 hours)
Examples include but are not limited to:
ASI 120 Introduction to Traditional Rock Climbing
ASI 130 Introduction to Whitewater Kayaking
ASI 136 Introduction to Rafting and River Guiding
ASI 138 Introduction to Sea Kayaking
ASI 140 Introduction to Cross Country Mountain Biking
ASI 150 Beginning Alpine Skiing
ASI 180 Introduction to New Games-Initiatives/Low Ropes Challenge Courses
ASI 190 Beginning Open Water SCUBA

B. Three Intermediate Level Courses *
(3 hours)
Examples include but are not limited to:
ASI 145 Mountain Bike Mechanics I
ASI 121 Rock Craft 1
ASI 220 Rock Craft 2
ASI 221 Rock Craft 4
ASI 222 Rock Craft 5
ASI 230 Whitewater Kayaking Techniques I
ASI 231 Whitewater Kayaking Techniques II
ASI 240 Intermediate Cross Country Mountain Biking
ASI 241 Mountain Bike Touring
ASI 245 Mountain Bike Mechanics II
ASI 247 Mountain Bike Mechanics Certification
ASI 250 Alpine Skiing Techniques I
ASI 251 Alpine Skiing Techniques II
ASI 280 Intermediate Ropes Courses

* courses offered only at Garrett College
C. One Instructor/Guide Level Course *
(1 hour)
Examples include but are not limited to:
ASI 270 Rock Craft 6: Rock Climbing Instructor Development
ASI 272 High Ropes Course Instructor Development
ASI 273 Mountain Bike Guide Development and Certification
ASI 274 Ski School Instructor Training
ASI 276 Whitewater Kayak Instructor Training
ASI 277 Whitewater Rafting Instructor Training

D. One Rescue Level Course *
(1 hour)
Examples include but are not limited to:
ASI 160 Swift Water Rescue
ASI 162 Fundamentals of Search and Rescue (NASAR Certification)
ASI 260 Rock Craft 3: Vertical Rock Rescue
ASI 262 National Ski Patrol Training
ASI 264 Rescue Diving

E. Take all of the following:
(9 hours)
ASI 110 Back Country Living Skills*
ASI 164 Advanced Level First Aid & CPR*
RECR 330 Outdoor Education

F. Select three of the following:
(9-10 credits)
ACCT 211 Financial Accounting
BIO 110 Natural History*
FINA 303 Principles of Finance
MGMT 351 Management of Organizations
HUM 210 Society & the Environment*
PSYC 150 General Psychology (GEP Group D)
PSYC 210 Child Development
PSYC 212 Adolescence and Adulthood
PSYC 385 Group Processes
PSYC 386 Drugs and Behavior
PSYC 410 Introduction to Counseling
PSYC 417 Psychology of Abnormal Behavior
RECR 421 Program Design and Evaluation in TR

III. Hospitality Management and Tourism
(27 hours)
A. Recreation course:
(3 hours)
RECR 384 Special Events Management

B. Tourism courses:
(3 hours)
GEOG 454 Geography of Tourism
or GEOG 455 Tourism Planning
or **30-120 Principles of Travel/Tourism

C. Hotel and Resort courses:
(19 hours)
**30-110 Food Service Sanitation
**30-160 Quantity Food Production
**30-203 Food Purchasing, Inventory and Cost Control
**30-204 Menu Planning and Food Merchandising
**30-205 Food and Beverage Cost Control
**30-209 Hotel/Motel Front Office Management
**30-215 Hotel/Motel Property Management

Hospitality Management & Tourism Concentration
- The hospitality concentration is a collaborative program with Allegany College of Maryland (ACM).
- You may enroll in this program at Frostburg State University and take the hospitality courses at ACM, or you may complete your first two years at ACM and then transfer to FSU.

*Garrett College courses
**Allegany College of Maryland courses
D. Business courses:

(3 hours)
ACCT 211 Financial Accounting  
*or* 61-109 Practical Accounting/Bookkeeping

IV. Therapeutic Recreation  
(35 credits)

A. Complete a 480 hour consecutive internship under an NCTRC certified supervisor.

B. Recreation Courses:

(9 hours)
RECR 321 Theories and Concepts of Therapeutic Recreation  
RECR 421 Program Design and Evaluation in Therapeutic Recreation  
RECR 422 Principles and Practices in Therapeutic Recreation

C. Anatomy and Physiology:

(4 hours)
BIOL 211 Essentials of Anatomy and Physiology  
*or* BIOL 201 Anatomy and Physiology I  
*or* BIOL 201 Human Anatomy and Physiology I***

D. Abnormal Psychology:

(3 hours)
PSYC 417 Psychology of Abnormal Behavior  
*or* PSYC 201 Abnormal Psychology***

E. Human Growth and Development through the Life Span:

(3-6 hours)
PSYC 210 Child Psychology  
*and* PSYC 212 Adolescence and Adulthood  
*or* PSYC 103 Principles of Human Growth/Development***

F. Human Services and Related Biological and Physical Sciences:

(Frostburg: 13 hours. CCBC: 16 hours)
Select 4-5 courses:

Required for students on Frostburg campus:
BIOL 149 General Biology I (GEP Group C)  
PSYC 150/151 General Psychology (GEP Group D)

BIOL 202 Anatomy and Physiology II  
PSYC 213 Psychology of Adjustment  
PSYC 250 Death and Dying  
PSYC 404 Psychology of Exceptional Children  
PSYC 409 Human Learning and Cognition  
PSYC 418 Social Psychology  
PSYC 489 Child and Adolescent Disorders  
PSYC 410 Introduction to Counseling  
SOCI 100 Introduction to Sociology (GEP Group D)  
SOCI 200 Social Problems  
SOCI 203 Sociology of Deviant Behavior  
SOCI 340 Criminology  
SOCI 442 Juvenile Delinquency  
SOCI 468 Sociology of Later Life  
PHEC 303 Biomechanics for Exercise Science  
BIOL 101 General Biology***  
BIOL 202 Human Anatomy & Physiology II***  
PSYC 101 Introduction to Psychology***  
SOCI 101 Introduction to Sociology***

*Garrett College courses  
**Allegany College of Maryland courses  
*** CCBC, Catonsville courses