Minor in Recreation Requirements

Core Coursework:

HPER-R 160 Recreation and Leisure - An introduction to the field of recreation and leisure from the viewpoint of the individual as a consumer and of societal agencies as providers of leisure services. Includes philosophy, history, theory, and a survey of public and private leisure-service organizations.

HPER-R 271 Dynamics of Outdoor Recreation - Philosophical orientation to the field of outdoor recreation; camping, outdoor education, and natural resource management; with emphasis on programs, trends, resources, and values.

HPER-R 272 Recreation Activities and Leadership Methods - P: R 160. Analysis of recreation program activities, objectives, determinants, and group dynamics involved in the leadership process. Identification and evaluation of equipment, supplies, and leadership techniques are included.

HPER-R 324 Recreational Sports Programming - Overview of programmatic elements and techniques in recreational sports. Topics include informal, intramural, club, and extramural programming; values of recreational sports, programming techniques, publicity and promotion; faculty utilization, equipment, safety, liability, and program observation.

HPER-R 399 Practicum in Parks and Recreation - Practical field experience under faculty supervision and with seminar discussions. Only S/F grades given.

Other courses offered on a rotating basis to complete the required 17 hours:

HPER-C 366 Health Problems in the Community (3 cr.) - Human ecology as it relates to interaction of social and physical phenomena in solving community health problems. Considers the promotion of community health, programs of prevention, environmental health, and health services.

HPER-E 100 Snowboarding (1 cr.) - Learn and practice modern snowboarding techniques. Spring sem.

HPER-E 181 Tennis (1 cr.) - Beginning instruction in the fundamental skills of forehand and backhand strokes and serves. Competitive play in women’s, men’s, and mixed doubles.

HPER-E 185 Volleyball (1 cr.) - Instruction in fundamental skills of power volleyball. Emphasis on overhand serve, bump, set, dig, and spike. Team offensive and defensive strategies included.

HPER-E 196 Skiing-Alpine-Downhill (1 cr.) - Graduated Length Method-GLM: Learn and practice modern parallel skiing method through utilization of short skis in graduated lengths—starting from very short skis and progressing to standard-length skis. Spring sem.