



RECREATION AND LEISURE STUDIES

Program Objectives

Students with degrees in Recreation and Leisure Studies are employed as activity coordinators, therapeutic recreation specialists, recreation generalists and much more. Students who complete Internships under the supervision of a Certified Therapeutic Recreation Specialist will be eligible to sit for the National Council for Therapeutic Recreation certification examination.

Leisure is recognized as a state of being which is characterized by an individual's perceived freedom, intrinsic motivation and feelings of pleasure; the leisure state is usually achieved through participation in recreational activities. The experience of leisure is inextricably related to the maintenance of health as well as to the development of individual potential. Leisure experiences have both mental health and physical health benefits. These health related benefits make leisure and recreation potentially powerful therapeutic modalities for use in treatment settings with ill and disabled persons and enable all persons to maintain or increase their wellness.

Degrees & Concentrations Offered

Graduation Planner: usm.maine.edu/advising/degreeplanning

Degree Offered: BS in Recreation and Leisure Studies

Concentrations Offered: Community Recreation, Therapeutic Recreation

Minors Offered: Nature Tourism, Recreational Leadership

Department of Recreation and Leisure Studies

Portland Campus, G29 Masterton Hall
(207) 780-4172

Web Address: usm.maine.edu/rls

Career Possibilities*

Administration
Buying/Purchasing
Camp Management
Coaching
Community Center Management
Event/ Program Planning
Facilities Management
Guest Relations
Natural Resource Management
Park Development/Management
Program Management
Programming
Recreation Management
Recreation Planning
Research
Sales/Marketing
Small Business Ownership
Student Affairs
Teaching

* Additional education, training or experience may be required.

Acquired Transferable Skills

Active Listening
Coordination
Critical Thinking
Instructing
Judgment & Decision Making
Monitoring
Service Orientation
Social Perceptiveness
Speaking
Time Management

For more information on transferable skills go to:
usm.maine.edu/community-engagement-career-development/career-tools

What can I do with this major?*

AREA	EMPLOYERS	INFORMATION/STRATEGIES
Commercial Recreation Resort & Private Recreation	Convention services Event planning companies Hotels Resorts Theme/amusement parks	<ul style="list-style-type: none"> • 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. • Volunteer at university and community-wide conferences.
Therapeutic Recreation	Rehabilitation hospitals/centers Nursing homes/ Senior centers Residential facilities Psychiatric facilities Community mental health centers Substance abuse centers Correctional facilities	<ul style="list-style-type: none"> • 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. • Exhibit patience, creativity, motivational skills and a high comfort level working with people of all ages including those who are sick or disabled.
Community Recreation	Community centers Community programs Senior centers Adult daycare centers Special Olympics Youth programs, i.e. YMCA or YWCA	<ul style="list-style-type: none"> • Obtain experience with community-based programs, camps, youth groups, etc. through paid, intern or volunteer positions. • Get involved in campus activities and seek leadership roles. • Learn to work well with people from varying backgrounds with varying abilities. • Develop broad knowledge base of recreational activities such as athletics, music, arts and crafts, nature, dance, drama, etc.

*To learn about these areas and much more visit: whatcanidowiththismajor.com/major • © 2011 What Can I Do With This Major

Enrichment Opportunities

<u>Internships</u>	For more information contact Dept. of Recreation & Leisure Studies. usm.maine.edu/cecd
<u>Study Abroad</u>	For more information contact the USM Office of International Programs. usm.maine.edu/international/study-abroad
<u>Clubs & Organizations</u>	Portland/Gorham Events Board , Alternative Spring Break, Circle K, Community Service Learning , Golden K Society, Southern Maine Outdoor Recreation For a complete list of student organizations: webapp.usm.maine.edu/pathways/list
<u>USM Corporate Partners</u>	The USM Corporate Partners are over 350 business people, from nearly 100 companies. usm.maine.edu/corporatepartners

Helpful Career Links

USMCareerConnections:

USM's career network for job and internship searches. usm.maine.edu/community-engagement-career-development/usmcareerconnections

O*NET OnLine:

Learn more about a career opportunity by researching it with O*NET. onetonline.org

Occupational Outlook Handbook:

Learn more about a career opportunity by researching it with OOH. bls.gov/oooh

PROFESSIONAL ASSOCIATIONS To name a few...

[American Therapeutic Recreation Association](#)
[Canadian Therapeutic Recreation Association](#)
[National Council for Therapeutic Recreation Cert.](#)
[National Recreation and Park Association](#)
[National Intramural-Recreational Sports Association](#)
[Therapeutic Recreation Directory](#)
[Wilderness Education Association](#)



PORTLAND • GORHAM • LEWISTON • ONLINE

Office of Community Engagement and Career Development • usm.maine.edu/cecd

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