

B.S. Recreation & Leisure Studies, Therapeutic Recreation Concentration (RLS)

2021-2022 Check Sheet*

Name:

ID #:

Date Updated:

Professional Advisor:

Faculty Advisor:

Course Title	Term	Grade	Semester	Proposed FT Schedule			
				Y1	Y2	Y3	Y4
Required RLS Core Courses (C- or higher): (54.5 Cr)			Offered				
REC 110 Foundations of Rec and Leisure (3)			Fall/Spring	X			
REC 121 Introduction to TR Services (3)			Spring	X			
SPM 101 Basic Life Support & First Aid I (0.5) DO NOT TAKE PRIOR TO FY3			Fall			X	
REC 219 Lifetime Physical Fitness and Wellness (3)			Ongoing		X		
REC 226 Lifetime Leisure Activities (3)			Spring		X		
REC 232 TR Program Design (3)			Fall		X		
REC 241 Recreation Leadership (3)			Fall		X		
REC 253 Implications of Disabling Conditions (3)			Fall		X		
REC 311 Psychosocial Interventions for Older Adults (3)			Spring			X	
REC 314 Wellness, Education, and Counseling (3)			Spring			X	
REC 324 Inclusive and Special Recreation (3)			Fall			X	
REC 382 Assessment and Documentation in TR (3)			Fall			X	
REC 383 – Facilitation Techniques in TR (3)			Spring			X	
REC 494 (Pre-Internship) Professional Foundations of TR Practice (3)			Spring			X	
REC 495 Internship (12)			Fall				
REC 498 Management and Professional Development in TR (3)			Spring				
Required RLS Foundation Courses (C- or higher) (24 Cr)							
BIO 111 & 112 A&P I (4.5)			Ongoing	X			
BIO 113 & 114 A&P II (4.5)			Ongoing		X		
HRD/SBS 200 Human Growth and Development (3)			Ongoing		X		
LOS 301 Group Dynamics (3)					X		
PSY 100 Intro to Psychology (3)			Ongoing	X			
PSY 233 Abnormal Psychology (3)			Ongoing		X		
SBS 343 Substance Abuse or SWO 388 Alcohol & Other Drug Abuse Issues (3)			Ongoing			X	
RLS Electives (9 credits required) Students should consult with their advisor to determine if electives are needed to complete the minimum credit hours graduation requirement. Elective courses require advisor approval (C- or higher on graded courses.)							
REC 190 Yoga and Nutrition (3)							
REC 223 Intro to Nature Tourism (3)							
REC 231 Expressive Arts (3)							
REC 233 Outdoor Recreation (3)							
REC 285 Perspectives on Animal- Assisted Therapy (3)							
REC 367 Adventure Based Counseling (3)							
REC 386 Recreation Facility Design and Maintenance (3)							
REC 399 Veterans Adaptive Sports & Training (3)							
SCI 140 Medical Terminology (3)							
RHF 1XX courses (1.5 cr each)							
HIH Courses (3 each)							

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USM Core Curriculum	Course	Term	Grade	Credits
Math Prerequisites (If needed)				
Writing, Reading & Inquiry (WRI) ₁	ENG 100			
Writing, Reading & Inquiry (WRI) ₂				
Quantitative Reasoning (QR)				
Creative Expression (CE)				
Cultural Interpretation (CI)				
Science Exploration (SE lecture)	BIO 111 & BIO 112			
Socio-Cultural Analysis (SCA)	HRD 200			
Ethical Inquiry (EISRC)				
Diversity (DIV)				
International (INT)				
Engaged Learning (EL)*	REC 495, REC 253, 382, 383, or LOS 301	F Y4		
Writing, Reading & Inquiry (WRI) ₃				
Capstone (CAP)	REC 498	SY4		
General Electives as needed:				
<i>Minor Options</i>				
Nature Based Tourism				
Disability Studies				
Recreation Leadership				
Holistic & Integrative Health				
<i>Certificate Program Option</i>				
Foundations of Holistic Health				

Graduation Requirements:
 Minimum GPA: 2.5
 Minimum Grade in Required RLS Core, RLS Foundation, & RLS Elective Courses: C-