

RECREATION AND LEISURE STUDIES (REC)

REC 50**MARINE SAFETY SERVICES LIFEGUARD OPERATIONS****1-3 UNITS**

Grade Only

Limitation on Enrollment: Enrollment is limited to students who are certified lifeguards from contracted agencies.

Laboratory 9 hours

Offered: ALL

Includes all phases of emergency response, first aid, and basic life support as it applies to open water and advanced rescue. Emphasizes inter-agency operational protocols, physical performance, health and fitness training, and legal aspects of records and reports. [ND]

REC 101**INTRODUCTION TO RECREATION SERVICES AND LEISURE STUDIES****3 UNITS**

Grade Only

Lecture 3 hours

Offered: ALL

Provides an introductory survey course for students pursuing a career in recreation services. Covers historical and philosophical foundation of leisure activities, the socio-economic importance of leisure, and the development of recreation in the public, private, and commercial sectors of America. [D; CSU]

REC 110**RECREATION LEADERSHIP****3 UNITS**

Grade Only

Lecture 3 hours

Offered: ALL

Provides principles and practices of effective leadership in recreation and leisure settings with emphasis on program planning, implementation, and evaluation in social recreation activities for the various age groups: preadolescence, adolescence, adults, and seniors. [D; CSU]

REC 299**INDEPENDENT STUDY****1-3 UNITS**

Pass/No Pass or Grade is Allowed

Limitation on Enrollment: Eligibility for independent study.

Lecture 3 hours

Offered: ALL

Individual study or research in some area of recreation of particular interest to the student and not included in regular courses of the college. [D; CSU]