

	<i>Units</i>
<b>Required courses .....</b>	<b>8-9</b>
RLS 117 .....	3
RLS 135 .....	3
RLS 115 .....	2-3*
<b>Elective courses .....</b>	<b>3-4</b>
Select one class from the following:	
MCJ 106.....	4
MCJ 142.....	4
ENTR 81 .....	3
MGT 133 .....	3
<b>Total .....</b>	<b>12</b>

\*RLS 115 and 117 must be taken concurrently.

## Certificate in Adventure-Based Programming

The Certificate in Adventure-Based Programming is designed for students pursuing a professional interest in perceived risk and wilderness activities within settings such as youth organizations, church groups, travel and tourism, and schools and colleges. Adventure education will be explored through courses using group initiative and perceived risk activities to foster personal development. The certificate will center on preparing students to facilitate ropes courses, climbing walls, mobile initiative courses, and natural resource-based pursuits such as rock climbing, backpacking, cross-country skiing, and other outdoor activities.

Students will learn specific sequencing, processing, and leadership techniques for adventure education. They will gain insight into their own strengths and weaknesses related to interaction with on-going psychodynamic processes and apply these techniques to diverse groups and special populations. All coursework to be applied to this certificate must be completed with a minimum grade of *C* to be counted. Admission to the program requires the consent of the program faculty.

	<i>Units</i>
<b>Required courses .....</b>	<b>6-7</b>
RLS 106 .....	2
RLS 146 .....	3*
RLS 115 .....	1-2*
<b>Elective courses .....</b>	<b>5-6</b>
Select one class from the following:	
RLS 113 .....	3
COUN 174 .....	3
MGT 106 .....	3
KINES 122 .....	3
CTET 122 .....	2
<b>Total .....</b>	<b>12</b>

\*RLS 115 must be taken concurrently with RLS 146.



## COURSES

### ***Recreation and Leisure Studies (RLS)***

#### 55. Introduction to

#### **Recreation and Leisure Service (3)**

Philosophical, theoretical, and historical basis for recreation service in contemporary American society; exploration of the various facets of recreation and leisure service including public, nonprofit, therapeutic, and commercial recreation. (CAN REC 2)

#### 73. Leadership

#### **in Recreation Service (3)**

Theoretical and philosophical basis for leadership. Dynamics of leading recreation activities, developing basic program planning skills, and procedures for facility utilization.

#### 73L. Leadership in

#### **Recreation Service Laboratory (1)**

Concurrent enrollment with RLS 73. Practical leadership experience in supervised recreation settings.

#### 75. The Journey: An Adventure

#### **Ropes Course Experience (1)**

An experiential journey of self-awareness, esteem building, and group processing through initiative games and high ropes elements. *CR/NC* grading only. (Course fee, \$30)

#### 80. Lifelong Learning

#### **in the Natural Environment (3)**

Exploration of the social, psychological, and physiological implications of experiential learning and personal growth using experiences based in the natural environment. Dynamics of identifying personal interests and skills. Discovering resource-based learning opportunities in the leisure appropriate across the life stages. G.E. Breadth E1.

#### 101. Leisure and Human Behavior (3)

Exploration of leisure as related to the individual and society. The forces and factors affecting its role on human behavior are examined within the context of current social issues. (Students may incur minimal expenses related to field trips.)

#### 106. Challenge Course Facilitation (2)

Prerequisite: permission of instructor. Facility-based adventure programming skills, focusing on ropes courses and climbing walls, as well as activity sequencing, processing, and leadership skills for adventure education. Practice in safety, supervision, and maintenance of adventure facilities and sites.

#### 113. Serving At-Risk Youth (3)

Examination of the forces and factors that place youth at risk. Review of service models and leadership styles that affect outcomes for at-risk youths with emphasis on agencies that have developed successful program approaches. (Formerly RLS 192T)

#### 115. Community Placements in Leisure Settings (1-3)

Prerequisite: permission of instructor. Service oriented course designed to provide opportunities to observe, interact, and learn from community placements in leisure services. Hour requirements are supported through writing and discussion on issues and solutions. (Formerly RLS 192T)

#### 117. Special Event Planning (3)

Special techniques and requirements for planning and conducting large community functions such as street fairs, community festivals, major fund-raisers, corporate events, and joint sponsorship. Emphasis on community laws and regulations, activity selection and planning, advertising, and funding. Field trips and/or other off-campus experiences will be required. (Students may incur minimal expenses related to field trips.)