

RA 192T. Planning for Parks and Recreation

Examination of parks and recreation planning and decision making at federal, state and local levels, Understanding of: how a community plans for parks and recreation through the development of a master plan; the historical roots of park and recreation planning in the US; major acts and laws related to park and recreation planning; trends; current standards; and emerging developments. The relationship of parks and recreation to a community as comprehensive plan will be explored.

Units: 3, Repeatable up to 9 units

REC 74. Games for All Ages

Planning, design, and leadership techniques for a variety of games appropriate for diverse populations and age groups. CR/NC grading only.

Units: 1

REC 75. Adventure Ropes Course Experience

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)

Units: 1

Course Typically Offered: Fall, Spring

REC 82. Wilderness Survival Skills

Backcountry skills for preventing or responding to emergency situations in the wilderness, such as fire and shelter building, signaling, and land navigation. Explores interpersonal and intrapersonal reactions to crisis situations. (Formerly RLS 192T) CR/NC grading only.

Units: 1

REC 83. Whitewater Rafting

Learn fundamental skills for traveling down America's streams and rivers. Topics include safety, levels and conditions, rescues, and river craft. The course will culminate in a whitewater rafting trip on the upper Kings river. (Course fee, \$65) CR/NC grading only.

Units: 1

REC 84. Orienteering

Fundamental skills and knowledge for traveling outdoors by map and compass, and by knowledge of natural features. (Formerly RLS 192T) CR/NC grading only.

Units: 1

REC 86. Backpacking in the Sierra Mountains

Fundamental skills and knowledge for backpacking, carcamping, and hiking in the Sierra Mountains or similar settings. Includes skills for camping, hiking, basic navigation, trip planning, and outdoor cooking, plus safety and

environmental issues. (Formerly RLS 192T) CR/NC grading only.

Units: 1

Course Typically Offered: Spring

REC 87. A Yosemite Experience

A multidimensional Yosemite National Park experience including history, park planning, recreation uses, and natural resources and tourism management issues. Includes an overnight field trip with recreation activities (Course fee, \$30)

Units: 1

Course Typically Offered: Spring

REC 88. Rock Climbing

Basic skills and knowledge of rockclimbing including history, trends, equipment, climbing technique, top roping, knot tying, rappelling, training, safety, and environmental issues. (Formerly RLS 192T) CR/NC grading only.

Units: 1

Course Typically Offered: Fall

REC 92. Discount Travel

Learn about the travel industry and how to get discounts for airfare, hotels, rental cars, tours, and other travel services for both domestic and international travel.

Units: 1, Repeatable up to 8 units

REC 178. Supervision in Recreation and Parks

Units: 3

REC 179. Problems in Recreation Parks

Units: 3

REC 181. Relations in Recreation and Park Services

Community and public relations in recreational agency work, and in recreation and park work.

Units: 3

RLS 73L. Recreation Leadership & Programming Laboratory

Concurrent enrollment with RLS 73. Practical leadership experience in classroom and supervised recreation settings. (CSU liability insurance fee, \$8)

Units: 1

RLS 108. Advanced Challenge Course Facilitation

Focuses on advanced debriefing and processing techniques including frontloading and designing metaphors used in facility-based adventure programming such as ropes courses and portable initiative courses. Prior ropes course training or RLS 106 recommended. (Formerly RLS 192T)

Units: 1