

# Recreation and Leisure Studies

## Degree Type

Associate of Science

**This program is not currently accepting new students.**

NHTI's Recreation and Leisure Studies degree program provides you the opportunity to gain entry-level employment in the recreation and leisure industry. You'll examine the recreational needs of a community and foster leadership skills to work with diverse populations. Time management, organizational skills, and managing activities are emphasized.

**Do you have questions?** Contact Aaron Conn, department chair, at [aconn@ccsnh.edu](mailto:aconn@ccsnh.edu) or 603-271-6484 x4143.

## Career Information

Employment opportunities have expanded in many areas including municipal parks and recreation departments, non-profit organizations such as YMCA, and medical institutions. There are many career paths to pursue with a degree in Recreation and Leisure Studies. Through the advisement process, faculty work with students to assist in course selection based on transfer or career interest.

## Program Learning Outcomes

Graduates are able to:

- Understand the historical and current context of leisure and recreation.
- Create, plan, implement, and evaluate a recreation activity program for a designated community.
- Develop effective communication and leadership skills in working in leisure and recreation environments.
- Educate others on the value and benefits of recreation and leisure for personal growth and fulfillment.
- Identify risk management concerns in recreation program development.
- Evaluate career pathways in the recreation and leisure industry.

## Curriculum

### First Year

Fall Semester

Item #	Title	Lecture Hours	Lab Hours	Credits
ENGL101C	English Composition	4	0	4
HLTH150C	Introduction to Personal Wellness	1	1	1
IST102C	PC Applications	3	0	3
	Mathematics elective (MATH 120C or higher level)	4	0	4
	<b>Subtotal Credits</b>	<b>12</b>	<b>1</b>	<b>12</b>

Spring Semester

Item #	Title	Lecture Hours	Lab Hours	Credits
	Science elective	3	0	3-4
HLTH120C	Care and Prevention of Athletic Injuries	3	2	4
	<b>Subtotal Credits</b>	<b>6-7</b>	<b>2-4</b>	<b>7-8</b>

## Second Year

### Fall Semester

Item #	Title	Lecture Hours	Lab Hours	Credits
	BUS 225C or SPTS 225C	3	0	3
	Social Science elective	3	0	3
	Recreation and Wellness elective	0	2	1
SPTS210C	Sports and Fitness Facilities Management	3	0	3
COMM220C	Sports Communications	3	0	3
	<b>Subtotal Credits</b>	<b>12</b>	<b>2</b>	<b>13</b>

### Spring Semester

Item #	Title	Lecture Hours	Lab Hours	Credits
	ACCT 101C or RECR 290C or RECR/SPTS/ BUS/HSTM Elective	3	9	3
	General elective	3	0	3-4
PHIL242C	Contemporary Ethical Issues	3	0	3
	Recreation and Wellness elective	0	2	1
	Recreation and Wellness elective	0	2	1
	<b>Subtotal Credits</b>	<b>9-10</b>	<b>13</b>	<b>11-12</b>
	<b>Total Credits</b>			<b>43-45</b>