

## **Recreation (REC)**

REC 101 Introduction to Leisure and Recreation

3 hours

Prerequisite: None

3 hours weekly (3-0)

This class will survey the nature of sport, leisure and recreation by reviewing the influence of historical, cultural, economic, psychological, technological, and philosophical impact of sport, play, leisure, and recreation. Included are insights into the fundamental concepts, values, and functions of sport, play, and leisure as an individual emotional experience as well as a necessary part of community. The course will also cover applicable careers in sport, military, health industry, and the outdoor, public, and private sectors. This course may include field trips and/or outdoor activities.