

Bring **MORE** Leisure into Your Life And Advance Towards Graduation!!



Take one of these GENERAL EDUCATION Courses in Recreation, Parks and Tourism

Recreation 220 – Leisure Lifestyle Development

An overview of leisure with emphasis on how the optimal leisure experience can contribute to one's total well-being. Meets Segment II, BSS, Cat. A, LLD requirements.



Recreation 230 – Growth Through Adventure

Development of values and understanding of self through outdoor adventure activities, Influences of culture, history, fears, and myths on outdoor adventure. Introduction to selected outdoor skills. Meets Segment II, BSS, Cat. A, LLD requirements.



Recreation 330 – Arts and Crafts for Leisure

Arts and crafts skills for recreational and clinical/therapeutic purposes with an emphasis on the development of creativity and self-expression. Community programs, resources for materials, leadership skills, and equipment use and maintenance are covered. Extra fee required. Meets Segment II, HCA, Cat. D.



Recreation 380 – Developmental Play Processes

Theories, concepts, research, processes and applied issues related to play, learning and human development throughout the life span; connection to worldwide progressive play alternatives (e.g., New Games, Adventure Ropes Courses), that foster personal growth and community development. Meets Segment II, BSS, Cat. A, LLD; Segment III, Stress, Work and Leisure Cluster.



Recreation 420 – Leisure and Contemporary Society

A critical behavioral and social analysis of the impact of contemporary and future leisure trends related to technology, aging, time deepening, activity patterns, resources, etc. and their implications for human health. Meets Segment II, BSS, Cat. C, LLD; Segment III, CESD, Exploring the Future: The Next 20 Years, Cat. A.



Recreation 605 – Ecotourism Facilities and Services

Nature-based, low impact tourism to preserve the environment and local communities. Assessment of adverse and beneficial tourism impacts on global environment, indigenous cultures and economy. Ecotourism market, providers, eco-resorts, community settings and regulators. The balance between promoting versus limiting ecotourism. Meets Segment III, Preservation of a Livable Environment, Cat. B, Social Science Perspective.

For information, call 338-2030

or visit our website at <http://www.sfsu.edu/~recdept/>