

# RECREATION & LEISURE STUDIES (REC)

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**REC 100. Dimensions Of Leisure. (3 Units)**

Investigation of leisure, recreation, and personal and social adjustments to leisure. Examination of use and misuse of leisure. Students develop personal philosophy of recreation and increase awareness of impact of leisure on American society.

**REC 260. Outdoor Education. (1 Unit)**

Introduction to outdoor education activities including camping, hiking, backpacking, environmental discovery and selected outdoor survival skills. Emphasis on leadership techniques, group dynamics, team building activities, program planning and evaluation. Field trips required. Two hours of activity per week.