



Healthy Living through Recreation

As a professional with expertise and advanced training in recreation, you will be positioned to promote active lifestyles and to help shape healthy communities. This program explores contemporary issues and advanced concepts related to leadership and management of recreation, sport and physical activity programs and facilities, including municipal and university recreation and sport facilities, outdoor recreation settings, and travel and tourism industries. You will learn to plan, organize and direct recreation programs to improve activity levels and health for youth, senior citizens, athletes, tourists, outdoor adventurers, and others in your community. With the campus's student recreation facilities and Idaho's countless mountains, rivers and lakes as their laboratory, students in this program have exceptional opportunities for hands-on field research and experiences. This Master's degree is typically completed in one year by taking Fall and Spring courses and completing a Summer internship. Completing the degree in two years is an option. Some classes are offered in the evenings to accommodate students who work full-time. Most graduate students in this degree option choose to complete a 6-credit professional internship instead of a thesis.

With this degree, you could become a/an:

- Recreation director for cities and communities
- Director of campus recreation
- Commercial recreation outfitter and guide
- Special event coordinator
- Parks interpreter and guide
- Tourism operator
- Supervisor of sports programs/leagues
- Aquatics director
- Health educator
- Coach
- Activity director for cruise ships or resorts
- Administrator of after-school programs
- Activity director for a senior center
- Recreation or Hospitality Business Owner

This program could be a good fit if you:

- Have a background in health, physical education, recreation, exercise science or other related field
- Lead an active, healthy lifestyle
- Enjoy outdoor recreation, sports and physical activity
- Like to work with and help others
- Want to understand and influence real-world issues in the field

For More Information Contact:

Dr. Julie Son, jstaffordson@uidaho.edu, 208-585-7155

Dr. Bamboo Chen, bchen@uidaho.edu, 208-585-2164

Dr. Sharon Stoll, ssoll@uidaho.edu, 208-585-2103



Major Core (21 Credits)			
Course	Title	Cr.	Smstr.
MVSC 570	Research in Physical Activity, Theory and Design	3 Credits	Fall
PEP 530	Contemporary Issues in Health and Activity	3 Credits	Fall
REC 570	Ethical Practice and Communication in Physical Activity	3 Credits	Spring
REC 575	Leadership, Programming and Marketing	3 Credits	Fall
REC 585	Policy Analysis and Historical Perspectives of Leisure	3 Credits	Spring
REC 595 or Other Elec- tives	Budgeting and Facility Management in Leisure <u>or</u> Other Elective(s) within or outside the Department (e.g., PEP 502, PEP 522, PEP 523, PEP 560, PEP 563)	3 Credits	Fall
REC 596 or Other Elec- tives	Recreation and Sport Management Behavior <u>or</u> Other Elective(s) within or outside the department (e. g., REC 395, REC 490, PEP 502, PEP 561)	3 Credits	Spring

Research (3 Credits)			
MVSC 580	Research: Writing and Dissemination (Research Application)	1 Credit	Spring
REC 599	Other Approved Research with Major Professor or Program Faculty	2 Credits	All

Culminating Experience (6 Credits)			
REC 598	Graduate Internship in Recreation (Usually Summer)	6 Credits	All
<u>or</u>			
PEP 500	Master's Thesis and Research	6 Credits	All

Supporting Course Work			
REC 599	Non-Thesis Master's Research	Credit Arr.	All

Deficiencies: All students are required to have six credits or more of previous course work in Physical Education or Recreation or a related field. Students not having this background must meet with their Major Professor. A maximum of 12 transfer credits can be accepted with department approval.

Major Project: In addition to the Professional Graduate Internship, non-thesis students are required to complete an applied study involving evaluating a pressing problem in field, studying research, developing the application, collecting data, which results in intervention, guideline, grant proposal or procedure. Content of the project or paper will be in consultation with their Major Professor.

