

RECREATION AND LEISURE STUDIES

SPECIALIZATION, B.A.

Have you considered Recreation and Leisure Studies for your undergraduate education?

Are you passionate about community, healthy living, and working with people of all ages and abilities?

Think about Recreation and Leisure Studies!

Leisure touches people in all aspects of life and is critical for our mental & physical wellbeing. Recreation and Leisure Studies is a multi-disciplinary approach to learning, where students experience a variety of courses and teaching styles: experiential learning, group work, fieldwork, simulation and internship. The balance between theoretical and practical learning means that our graduates are well positioned for the job market or graduate studies.

Our graduates work in: health clubs, travel & tourism, summer camps, provincial & municipal recreation, professional & university sports teams, special events management, community centers and educational settings.

Canadians are becoming more health aware and are demanding a better quality of life. This is good news for Recreation and Leisure Studies students and graduates. From hot yoga to bicycling, from meet-up groups to walking clubs, from festivals and special events to sustainable tourism, recreation & leisure are at the forefront of a new, growing health & community-driven economy- and our graduates will be at center stage.

Get more info: ahsc.concordia.ca

Or email us: undergraduate.ahsc@concordia.ca@concordia.ca

Admission Requirements

Recreation and Leisure Studies

All applicants to the **Specialization and Major in Recreation and Leisure Studies** programs are required to submit a **Letter of Intent** with their Concordia University admission application. This is your opportunity as a prospective student to express, in writing, why you wish to enter the Department of Applied Human Sciences. The letter should include:

- A statement of both your long-term and short-term goals.
- Your reasons for choosing Applied Human Sciences.
- Your strengths and weaknesses as a candidate.
- The experiences you have had that led you to apply (including work and volunteer experience).

Special note: CEGEP graduates of CRLT (Dawson College), Special Care Counselling (Vanier College, Lasalle College), Social Services (Dawson College) and Correctional Technology (John Abbott College) may have credits applied to their degrees based on their course of study at CEGEP. Applicants will be informed of any credits awarded in their Offer of Admission.

DEGREE WORKSHEET

Specialization in Recreation and Leisure Studies

NOTE: THIS IS A WORKING CHECKLIST. PLEASE REFER TO THE UNDERGRADUATE CALENDAR OF YOUR YEAR OF ADMISSION FOR THE OFFICIAL PROGRAM REQUIREMENTS. *It is recommended that students meet with an AHSC academic advisor at least once a year.*

Required Courses (60 Credits)

12 credits

- ____ AHSC 220 Life Span Growth and Development for Practitioners
- ____ AHSC 230 Interpersonal Communication and Relationships
- ____ AHSC 241 Recreation & Leisure in Contemporary Society
- ____ AHSC 260 Program Planning, Design and Evaluation

21 credits

- ____ AHSC 321 Historical Foundations of Recreation & Leisure (AHSC 241)
- ____ AHSC 350 Leisure Education (AHSC 241, 260)
- ____ AHSC 361 Leisure Services Leadership (AHSC 230, 241)
- ____ AHSC 371 Community Recreation Planning (AHSC 241, 260)
- ____ AHSC 380 Quantitative Research Methods for Practitioners (30 credits including AHSC 260)
- ____ AHSC 382 Qualitative Research Methods for Practitioners (30 credits including AHSC 260)
- ____ AHSC 385 Social Psychology of Leisure (AHSC 241)

15 credits

- ____ AHSC 427 Administration of Leisure Services (60 University credits including AHSC 361; AHSC 371 or 381)
- ____ AHSC 431 Leisure Sciences Seminar (60 University credits including AHSC 321, AHSC 361, AHSC 371, and AHSC 385)
- ____ AHSC 437⁶ Internship in Leisure Sciences (60 University credits including AHSC 361, 371, **and** permission of the Department)
- ____ AHSC 442 Community Development & Leisure (30 university credits including AHSC 361; 371 or 381)

12 Program Elective credits chosen from:
****EITHER Recreation Programming **OR Recreation Administration**

Recreation Programming (12 credits) It is mandatory that a minimum of 3 credits be taken at the 400-level.)

- _____ AHSC 281 Introduction to Therapeutic Recreation
- _____ AHSC 310 Tourism in Canada
- _____ AHSC 311 Respecting Diversity in Human Relations (30 University credits including AHSC 230)
- _____ AHSC 323 Gender and Leisure (30 University credits including AHSC 241)
- _____ AHSC 333 Leisure and the Environment (30 University credits including AHSC 241)
- _____ AHSC 360 Play, Adult Learning and Development (30 University credits including AHSC 220)
- _____ AHSC 421 Political and Legal Aspects of Leisure Services (30 University credits including AHSC 241)
- _____ AHSC 422 Youth and Leisure (30 University credits including AHSC 220, 241, 260)
- _____ AHSC 444 The Older Adult and Leisure (30 University credits including AHSC 220, 241, 260)
- _____ AHSC 450 Leisure Assessment and Counselling (30 University credits including AHSC 281)
- _____ AHSC 460⁶ Health Promotion (30 University credits including AHSC 230)
- _____ AHSC 490 Independent Study I (30 University credits **and** Permission of the Department)
- _____ AHSC 491 Independent Study II (30 University credits **and** Permission of the Department)

Recreation Administration) Students are encouraged to sign up for the Elective Group in Management.) With at least three credits at the 300 level, chosen from:

- _____ MANA 201 Introduction to Business and Management
- _____ MANA 202 Human Behaviour in Organizations

- _____ MANA 298 Business Law
- _____ MANA 300 Entrepreneurship: Launching Your Business
- _____ MANA 343 Negotiation and Conflict Resolution
- _____ MANA 362 Human Resource Management

Remaining Credits: Successful completion of the above concentration courses will not finish a student's degree. Students need to complete additional coursework to accumulate 90, 108, or 120 total credits, depending on background (e.g., most students who have completed Cegep will need to accumulate 90 total credits), and be in good academic standing. In addition, students must complete *at least* 24 credits outside AHSC (most students will have many more). Of those 'outside' credits, at least 6 credits must be either from the Humanities or Science departments.

DEGREE WORKSHEET

Major in Recreation and Leisure Studies

NOTE: THIS IS A WORKING CHECKLIST. PLEASE REFER TO THE UNDERGRADUATE CALENDAR OF YOUR YEAR OF ADMISSION FOR THE OFFICIAL PROGRAM REQUIREMENTS. *It is recommended that students meet with an AHSC academic advisor at least once a year.*

Required Courses (42 Credits)

12 credits

- _____ AHSC 220 Life Span Growth and Development for Practitioners
- _____ AHSC 230 Interpersonal Communication and Relationships
- _____ AHSC 241 Recreation & Leisure in Contemporary Society
- _____ AHSC 260 Program Planning, Design and Evaluation

15 credits

- _____ AHSC 321 Historical Foundations of Recreation & Leisure (AHSC 241)
- _____ AHSC 350 Leisure Education (AHSC 241, 260)
- _____ AHSC 361 Leisure Services Leadership (AHSC 230, 241)
- _____ AHSC 371 Community Recreation Planning (AHSC 241, 260)
- _____ AHSC 385 Social Psychology of Leisure (AHSC 241)

6 credits

- _____ AHSC 427 Administration of Leisure Services (60 credits including AHSC 361; AHSC 371 or 381)
- _____ AHSC 442 Community Development & Leisure (30 credits including AHSC 361; 371 or 381)

Program Electives (9 credits)

It is mandatory that a minimum of 3 credits be taken at the 400-level.

- _____ AHSC 281 Introduction to Therapeutic Recreation
- _____ AHSC 310 Tourism in Canada
- _____ AHSC 311 Respecting Diversity in Human Relations (30 University credits including AHSC 230)
- _____ AHSC 323 Gender and Leisure (30 University credits including AHSC 241)
- _____ AHSC 333 Leisure and the Environment (30 University credits including AHSC 241)
- _____ AHSC 360 Play, Adult Learning and Development (30 University credits including AHSC 220)
- _____ AHSC 421 Political and Legal Aspects of Leisure Services (30 University credits including AHSC 241)

- _____ AHSC 422 Youth and Leisure (30 University credits including AHSC 220, 241, 260)
- _____ AHSC 444 the Older Adult and Leisure (30 University credits including AHSC 220, 241, 260)
- _____ AHSC 450 Leisure Assessment and Counselling (30 University credits including AHSC 281)
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Remaining Credits: Successful completion of the above concentration courses will not finish a student's degree. Students need to complete additional coursework to accumulate 90, 108, or 120 total credits, depending on background (e.g., most students who have completed Cegep will need to accumulate 90 total credits), and be in good academic standing. In addition, students must complete *at least* 24 credits outside AHSC (most students will have many more). Of those 'outside' credits, at least 6 credits must be either from the Humanities or Science departments.

AHSC

UG Program

Descriptions

Undergraduate Program in Therapeutic Recreation

B.A. Specialization in Therapeutic Recreation

There are circumstances that interfere with some people's ability to experience the benefits associated with leisure and recreation. The evolving profession of therapeutic recreation can be described as a service, which helps address the leisure needs of individuals with physical, social, intellectual, or emotional disabilities. The ultimate goal of the therapeutic recreation program is to train specialists to help individuals attain healthy and independent leisure functioning. In general, the therapeutic recreation specialist is part of an interdisciplinary team, which is responsible for addressing all aspects of the individual's functioning, the approach is holistic, rather than segmented. The certification of therapeutic recreation personnel by the National Council for Therapeutic Recreation Certification (N.C.T.R.C.) has served to legitimize the field in the United States and we are now witness to a similar process beginning in Canada.

Employment Opportunities

Opportunities are in a variety of clinical and community settings such as rehabilitation centres, senior community centres, children's hospitals, convalescent hospitals, community re-adaptation centres, correctional centres, various community associations, psychiatric hospitals, senior citizens' homes, and leisure service agencies. In addition, the courses serve as an excellent basis for graduate study in therapeutic recreation or related fields.

B.A. Specialization in Therapeutic Recreation is a 60-credit program. The curriculum is designed for students interested in planning and implementing leisure services for individuals who have disabilities.

Admission Requirements for B.A. Program in Therapeutic Recreation:

Diploma of Collegial Studies (DEC – Diplôme d'études collégiales) - Students applying for the Therapeutic Recreation program must satisfy entry profile 3.14 as follows: CEGEP Biology 301, 401, 911, 921 or 101-NYA. Students lacking one or more of these prerequisites may be admitted, but must include the designated prerequisites among the first 30 credits of their undergraduate program. In certain cases, the prerequisites must be taken in addition to the undergraduate program. **High School Diploma for students outside of Quebec.**

A letter of intent - This is your opportunity as a prospective student to express, in writing, why you wish to enter the therapeutic recreation program. The letter should include: a statement of both your long-term and short-term goals; your reasons for choosing the program; your strengths and weaknesses as a candidate; and the experiences you have had that led you to apply (including work and volunteer experience). The letter of intent should be submitted with your application.

Undergraduate Programs in Recreation and Leisure Studies

B.A. Specialization / Major in Recreation and Leisure Studies

Recreation and Leisure Studies is an emerging profession concerned with the relationships between people and their environment. It deals with the social and cultural integration of individuals at leisure. There has been a great deal of interest generated concerning recreation participation at all levels of society. This expanding awareness of leisure, along with government funding, has led to the identification of new leisure services positions. Thus, there is a need to develop sophisticated programs to educate people to work in this field. The Concordia University Recreation and Leisure Studies programs are designed to meet this need. Students are offered a broad-based understanding through philosophical and practical experience. The underlying philosophy of the program is based on the awareness of the role recreation and leisure play in a society that holds the work ethic at a high level of prominence. The program draws from a wide variety of university departments, giving it a multi-disciplinary base.

Employment Opportunities

Work in the field of recreation may be found in a variety of settings, including the following: municipal recreation and park departments, provincial and federal governments, youth service agencies, employee recreation services, church recreation, camping and outdoor education, commercial and corporate recreation, Canadian Armed Forces, community education, research and planning, and teaching.

B.A. Specialization in Recreation and Leisure Studies is a 60-credit program (which includes 12-credits chosen from Recreation Programming or Recreation Administration) wherein the student concentrates not only in the core course offerings but is also given in-depth studies in a variety of areas within the field.

B.A. Major in Recreation and Leisure Studies is a 42-credit program that gives the students the flexibility to take a variety of elective courses in other areas.

Admission Requirements for B.A. Programs in Recreation and Leisure Studies:

Diploma of Collegial Studies (DEC – Diplôme d'études collégiales). High School Diploma for students outside of Quebec.

A letter of intent - This is your opportunity as a prospective student to express, in writing, why you wish to enter the recreation and leisure studies program. The letter should include: a statement of both your long-term and short-term goals; your reasons for choosing the program; your strengths and weaknesses as a candidate; and the experiences you have had that led you to apply (including work and volunteer experience). The letter of intent should be submitted with your application.

Undergraduate Programs in Human Relations

B.A. Specialization / Major in Human Relations

These programs are excellent undergraduate preparation for persons intending to work in positions which require group training, leadership and human relations skills. An undergraduate degree in Human Relations is also a solid foundation for those wishing to pursue graduate education in such fields as human resource development and training, organization or community development, counselor education, social work, public or business administration, and other related fields. The core courses in the B.A. Programs in Human Relations are designed to assist students in: developing effective interpersonal communications and working relationships; understanding human development; understanding group processes; and increasing skills in small group leadership or facilitation. Students develop key transferable skills to intervene at various levels of a rapidly changing workplace where empowerment, self-management and teamwork are essential.

Employment Opportunities

Graduates with a human relations education are eligible for entry level positions in many employment settings. Graduates who have skills in interpersonal communications, interviewing, conflict management, group dynamics, small group facilitation and collaborative problem-solving are highly desirable in today's workforce. Graduates are encouraged to prepare their résumés and apply for employment in all areas of the human services field.

B.A. Specialization in Human Relations: The Specialization is intended to develop *a high level of skill and knowledge in small group leadership* and its applications in practical settings. The requirement is 60 Applied Human Sciences credits (45 compulsory and 15 elective credits) which apply directly to the student's special emphasis. The Specialization includes a research methods component and an internship in the final year, culminating and focusing on the student's emphasis of study.

B.A. Major in Human Relations: The Major is intended to develop *human relations skills and a good grounding in small group leadership*. The requirement is 42 Applied Human Sciences credits (30 compulsory and 12 elective credits). The Major includes a fieldwork component in the final year, which gives the students an opportunity to apply the skills, and knowledge derived from the classroom. The Major gives students the flexibility to take a variety of elective courses in other areas in addition to Applied Human Sciences. Those with specific needs or interests may select a double Major or Minor in another department to fulfill their degree requirements.

Minor in Human Relations

This program is for students who have a major or specialization outside the Department of Applied Human Sciences. It is an excellent opportunity for students to complement their major area of study with courses that will help them improve upon the skills necessary in today's work environment. The program consists of 30 Applied Human Sciences credits which gives the student an opportunity to obtain knowledge and practice in group dynamics, group leadership, interpersonal relations and communications, program planning and simulated group facilitation. The minor is designed to provide a basic understanding of group dynamics and/or teamwork which is an increasingly important aspect of today's work environment.

Admission Requirements for B.A. Programs in Human Relations:

Diploma of Collegial Studies (DEC – Diplôme d'études collégiales). High School Diploma for students outside of Quebec.

A letter of intent - This is your opportunity as a prospective student to express, in writing, why you wish to enter the Human Relations program. The letter should include: a statement of both your long-term and short-term goals; your reasons for choosing the program; your strengths and weaknesses as a candidate; and the experiences you have had that led you to apply (including work and volunteer experience). The letter of intent should be submitted with your application.

Certificate Programs

Certificate in Family Life Education

The aim of the Certificate in Family Life Education is to increase knowledge and skills relevant for persons who wish to conduct family life education programs in service agencies, hospitals, schools, companies, and religious institutions. The program is also designed for those who, although qualified in their own professions, wish to obtain additional training and practice in: 1) group leadership and small group dynamics; 2) interpersonal relations and communications; 3) designing, facilitating and evaluating programs and workshops.

Students in the Certificate in Family Life Education program are encouraged to join the Association of Family Life Educators of Quebec (AFLEQ), a non-profit organization coordinating the efforts of organizations, groups, and individuals working in the field. This group also offers on-going training and a newsletter. Graduates are eligible to apply for Canadian certification through Family Service Canada. This is a legal designation, (CCFE) Certified Canadian Family Educator, registered with the federal government.

Requirements for the Certificate in Family Life Education (30 credits)

The requirement is 21 credits, 12 compulsory credits in Applied Human Sciences and 9 credits chosen as electives in the department. There is also a prerequisite requirement of 9 credits for this program. When needed, additional prerequisite courses may also be required.

Certificate in Community Service

This Certificate can be completed with an emphasis in **one** of the following: Community Intervention, Health Promotion, Organizational Leadership. The aim of the Certificate is to provide basic knowledge and skills through theoretical and practical work for those designing, implementing and managing change in organizations, communities and/or special needs groups.

The program is also designed for those, who, although qualified in their own profession, wish to obtain additional training and practice in their chosen field. The educational approach of the Certificate is experience-based learning, or learning-by-doing. Experiences in groups, both inside the class and outside, are integrated into the program.

Requirements for the Certificate in Community Service (30 credits)

The requirement is 21 credits, 12 compulsory credits in Applied Human Sciences, and 9 credits chosen as electives in the department, which apply directly to the student's special emphasis. There is also a prerequisite requirement of 9 credits for this program. When needed, additional prerequisite courses may also be required.

Employment Opportunities

Graduates of the Certificate programs in Family Life Education, and Community Service are encouraged to prepare their resumes and apply to the following for employment: social service agencies; hospitals; geriatric centres and residences; drug and alcohol treatment centres; schools; mental health institutions; women's centres; community recreation centres; religious organizations. Self-employment as a Family Life Educator, or Community Service Worker is also an option.

Admission Requirements for the Certificate Programs:

Diploma of Collegial Studies (DEC – Diplôme d'études collégiales). High School Diploma for students outside of Quebec.

A letter of intent - This is your opportunity as a prospective student to express, in writing, why you wish to enter the certificate program. The letter should include: a statement of both your long-term and short-term goals; your reasons for choosing the certificate; your strengths and weaknesses as a candidate; and the experiences you have had that led you to apply (including work and volunteer experience).

Need more Information.....

Visit our website at

ahsc.concordia.ca or email:
[undergraduate.ahsc@concordia.ca@concordia.ca](mailto:undergraduate.ahsc@concordia.ca)