
literature, design and conduct empirical research , analyze and explain the results, write a report in journal submission format, and present at an appropriate conference. Students may take this course up to four semesters. Requires permission of instructor.

PSY 401 History and Systems of Psychology (2, S13)
Antecedents and evolution of psychological systems and concepts, including the life and works of historically eminent psychologists. Prerequisite: 16 hours in psychology.

PSY 402 Counseling and Psychotherapy (4, S)
Introduction to major systems of psychological intervention and their rationale. Emphasis on theory rather than practice.

PSY 410 Practicum in Psychology (1, 2, 3, F&S)
Introduction to professional work in psychology through field experiences in such settings as school psychology, personnel, continuing treatment programs, alcohol and drug abuse treatment centers, and developmental disability centers. Prerequisite: senior status and permission of the department. Contact: Professor Richard Stegen.

PSY 415 Internship in Psychology (4 or 6, F&S)
A supervised experience in a psychological setting integrating theory with professional practice. By application only through the department. Contact: Professor Richard Stegen.

PSY 426 Family Systems Theory (4, F)
Builds on lower level courses: Lifespan Development of the Family, and Introduction to Marriage and Family Studies. Pedagogy is seminar style and discussion-oriented.

PSY 451 Learning and the Brain (2, S13)
Analyzes theories and research of learning, including the interaction of learning and the brain. Applications in teaching, research, and therapy.

PSY 480 Senior Capstone Seminar (2, F&S)
Informed discussion of significant and contemporary concepts and issues. Includes development of an individual research or group project on some aspect of the discipline. Required of all senior majors. Prerequisites: PSY 309, PSY 310, and 21 hours of psychology.

PSY 211, 311, 411 Special Topics in Psychology (2, 3, or 4, OD)
According to interest and demand, courses will be offered in Cross-cultural Psychology, Environmental Psychology, Industrial/Organizational Psychology, and other topics.

PSY 191, -2; 291, -2; 391, -2; 491, -2 Independent Study (1, 2, 3 or 4, OD)

PSY 496 Honors in Psychology (4, S)

Recreation (major and minor)

Department of Leisure Studies: Thomas R. Kettelkamp, chair. Marcus W. Dean, Associate Dean

Faculty: Andrea Boon, Sharon Hibbard, Thomas R. Kettelkamp, Chris Nafziger, Jaynie Nafziger, Robert Smalley, Jo-Anne Young

Web site: www.houghton.edu/academics/programs/leisure_studies

Phone: 585.567.9645

Major: This major in recreation provides two option areas: Outdoor Education/Camp Administration and Equestrian Studies.

Recreation: Outdoor Education/Camp Administration Option (32-34 hours plus 13 hours in co-requisites)
Co-requisites

BIOL 215	Local Flora and Vegetation	4
REC 104	Backpacking	1
BADM 212	Principles of Management.....	4
PSY 213	Developmental Psychology	4
	Total:	13

Core Requirements

REC 222	Leisure, Work and Society.....	4
REC 300	Program Planning and Evaluation	4
REC 406	Capstone Recreation Internship.....	4-6
	Total:	12-14

Theory Requirements

REC 315	Wilderness First Responder.....	4
REC 227	Outdoor Leadership Training.....	4
REC 401	Natural Resource Management.....	4
REC 301	Methods & Mat'ls for Camps & Outdoor Educ	4
REC 240	Administration of Organized Camps	4
	Total:	20

Recreation: Equestrian Option – Performance Track (33-35 hours plus 11 hours in co-requisites)

The Recreation: Equestrian studies option gives a solid foundation for students preparing to enter the equestrian venue as professionals in teaching, training, facility management, and related careers. Through academically rigorous courses and expert instruction on top-class school master horses, students are equipped with a broad base of knowledge in classical horsemanship. Classes encompass theory and philosophy, riding, the teaching of riding, and care of the horse. In-depth studies, opportunities to study with world class clinicians, and riding in competitions cultivate Christ-like character in students, enabling them to become effective scholar-servants.

Co-requisites

ACCT 211	Financial Accounting	3
BADM 212	Principles of Management.....	4
EDUC 219	Educational Psychology.....	4
	Total:	11

Core Requirements

REC 222	Leisure, Work and Society.....	4
REC 300	Program Planning and Evaluation	4
REC 406	Capstone Recreation Internship.....	4-6

Certification in CPR and First Aid or WFR or WFA

	Total:	12-14
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Theory Requirements

EQST 223	Foundations of Equestrian Studies	4
EQST 224	CHA Riding Instructor Certification	3
EQST 276	Dressage.....	2
EQST 325	Jumping I	2
EQST 323	Eventing.....	2
EQST 324	Principles of Training.....	2
EQST 328	Horse Show Judging	2
EQST xxx	Horsemanship electives (from following)	4
EQST 326	Jumping II	2
EQST 327	Mini Prix Equitation.....	2
EQST 334	Competition Dressage	2
EQST 421	Musical Freestyle Dressage	2
EQST 230	Basic Western Riding	2
EQST 337	Adventure Trails	2
EQST 240	Teaching Riding in Bolivia	2
EQST 235	CHA-IRD	1
EQST xxx	Independent Study	2
EQST xxx	Special Topics	2
	Total.....	21

Recreation: Equestrian Option – Management Track (31-33 hours plus 13 hours in co-requisites) (*pending*)

Co-requisites

ACCT 311	Financial Accounting	3
BADM 303	Entrepreneurship	2
BADM 212	Principles of Management	4
BADM 314	Human Resources Management	4
	Total	13

Core Requirements

REC 222	Leisure, Work and Society	4
REC 300	Program Planning and Evaluation	4
REC 406	Capstone: Recreation Internship	4-6
WFR or Advanced WFA		
	Total	12-14

Theory Requirements

EQST 223	Foundations of Equestrian Studies	4
EQST 224	CHA Riding Instructor Certification	3
EQST 276	Dressage.....	2
EQST 230	Basic Western Riding	2
EQST 337	Adventure Trails	2
REC 227	Outdoor Leadership Training.....	4
EQST xxx	Horsemanship electives (from following)	2
EQST 325	Jumping I.....	2
EQST 323	Eventing.....	2
EQST 324	Principles of Training	2
EQST 326	Jumping II	2
EQST 327	Mini Prix Equitation.....	2
EQST 334	Competition Dressage	2
EQST 421	Musical Freestyle Dressage	2
EQST 240	Teaching Riding in Bolivia	2
EQST 235	CHA-IRD	1
EQST xxx	Independent Study	1-2
EQST xxx	Special Topics	1-2
	Total.....	19

Minor: 14 hours

Courses numbered 200 or above, including REC 222. The remaining 10 hours may be selected from any REC courses, with at least two hours but not more than five in activity labs.

For a minor in Equestrian Studies, see Equestrian Studies section.

COURSE DESCRIPTIONS

REC 103 **Initiatives** (Activity Lab) (1, F)
 Problem-solving activities in which group dynamics and team building will be emphasized through group discussions and participation in facilitated ropes course, initiative, values clarification and “new games” activities. Health and Wellness: Point 4.

REC 104 **Backpacking** (Activity Lab) (1, S)
 Develop skills and knowledge in backpacking and provide the opportunity for students to enjoy the outdoors. Two weekend overnight backpacking trips will take place during the semester. Health and Wellness: Point 2 or Point 4.

REC 109 **Highlander Adventure Program** (Activity Lab) (2, Special)
 Two to three days on the initiatives course and a seven-day trip into the wilderness. Develop skills in canoeing, rock climbing, rappelling, backpacking. Open only to incoming first-year and transfer students. Offered 10 days before fall semester. Health and Wellness: Point 3 and Point 4.

REC 202 **Scuba Diving in Honduras** (2, M)
 This course will offer PADI Open Water Diver Certification. You earn this license by completing 5 sessions in a diving pool, 5 knowledge development sessions, and by making 4 open water dives. Throughout this

dive certification course, you will learn the fundamentals of scuba diving, including dive equipment and techniques. The PADI Open Water Certification license is a permanent scuba qualification and as a certified diver you have the freedom to dive with a buddy independent of a professional. With REC 203, Health and Wellness: Points 2 and 4.

REC 203 Advanced Wilderness First Aid (2, M)

The AWFA is 24 hours long, and focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, Tropical Medicine and Medical Emergencies. Building on the WFA, the AWFA course goes into greater depth on the basic first aid subjects, emphasizes leadership skills, and presents new skills such as building improvised litters and litter carrying. You will receive a SOLO AWFA certification, which is good for two years. It can be used to recertify SOLO's or any other 72+-hour WFR certification. With REC 202, Health and Wellness: Points 2 and 4.

REC 211 Eco-tour in Honduras (4, M)

Students will have a third-world experience including a service-learning project. Visits are made to national parks and Mayan Indian ruins. Activities include hiking, snorkeling, and attending cross-cultural classes. Health and Wellness: Point 2 or Point 4.

REC 212 Eco-tourism in Africa (3, Summer)

Students will learn to be stewards of the environment in the African context. Hikes, camping, visits to game parks and preserves, and service projects will be combined with lectures on the interaction with the environment, management of resources, economic impacts of tourism on the local community infrastructure and other issues related to God and His creation. Health and Wellness: Point 2 or Point 4.

REC 218 Winter Ski Outing (Activity Lab) (1, OD)

Downhill and recreational skiing skills developed at a major resort area. Techniques equal to one's ability will be taught. Offered during break, before spring semester.

REC 222 Leisure, Work and Society (4, S)

This course will investigate a comprehensive overview of the role of leisure and work within contemporary Western society. Students will begin to develop a personal philosophy of work and leisure as it relates to both their personal life and relationship to society. A strong emphasis will be to integrate the various theories and philosophies of work and leisure with the Christian faith. To systematically introduce the student to both public and private agencies which deliver leisure services and opportunities. To investigate how these agencies plan and manage their programs and resources from a client oriented perspective. To provide a broad scope of leisure services and integrate their role relative to the overall curriculum in the recreation and leisure studies major.

REC 227 Outdoor Leadership Training (Activity Lab) (4, F&S)

Outdoor leadership, in activities such as initiatives, ropes course, rock climbing, and environmental awareness, using skills in judgment, decision-making, problem solving, and basic rescue techniques. Health and Wellness: Point 4.

REC 228 Trip Experience (1 to 3, M)

As arranged.

REC/INTS 235 Interpreting the Environment: Trail Development (2, 3, or 4, F&S)

Principles, processes, and techniques used to interpret the environment and develop interpretive materials, centers, and trails. Through service-learning, students will develop interpretive, recreational, meditative, exercise, or other trails to complement their major program or integrative studies. One hour lecture/3, 4.5, or 6 hours applied (depending on credit hours chosen-3 applied hours for 2 credits, 4.5 for 3 credits, and 6 for 4 credits). Applied hours include research and preparation of interpretive presentations as well as trail development, as appropriate.

REC 240 Administration of Organized Camps (4, F12)

Principles and techniques used in organized camp administration; the role of camping in the development of personality. Staff and program development.

REC 248 Foundations of Therapeutic Recreation (3, F12)

Conditions which characterize and produce atypical individuals; diagnosis of strengths and weaknesses of the individual; prescription of procedures for appropriate activities. Prerequisite recommended: BIOL 103, 217.

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- REC 300 Program Planning and Evaluation** (4, F)
Preparation for leadership in recreation programming: leadership styles and theory; principles and methods of program development; using fundamental leisure philosophy and theory to assess needs, plan, develop, implement, and evaluate recreational programs.
- REC 301 Methods & Materials for Camps & Outdoor Education** (Activity Lab) (4, F11, 13)
Outdoor education. Field experience in lesson planning; development of organized camp programs, activities, structured programs (cabin, campfire, work, etc.).
- REC 303 Methods & Materials in Therapeutic Recreation** (3, S13)
Pre-practicum experience. Participation in observation, needs assessment, program planning, and leadership of special population groups in appropriate therapeutic recreation settings.
- REC 311 Special Topics** (OD)
According to interest and demand, courses will be taught relative to various therapeutic approaches to special populations: substance abuse, deviant and antisocial behavior disorders, youth at risk, etc. Prerequisite: REC 222.
- REC 305 Facilitation Techniques in Therapeutic Recreation** (3, S12)
Introduce students to a variety of intervention/facilitation techniques used in the field of therapeutic recreation. To prepare students in the application of these techniques by equipping them to plan, implement, and evaluate these techniques in the context of their inherent therapeutic value, and their effectiveness in individual therapeutic programming.
- REC 315 Wilderness First Responder** (4, S)
This semester-long course includes 80 hours of backcountry medicine to enable students to handle all types of wilderness emergencies. Students will learn patient assessment, treatment, and evacuation, as well as trip leadership and problem solving. Emphasis is placed on hands-on simulations of real life emergencies to supplement classroom lecture. Students who complete this course receive a three year WFR certification through SOLO. *This course has a fee.*
- REC 401 Natural Resource Management** (4, S)
Investigating Christian environmental ethics; identifying and protecting biologically sensitive areas; rehabilitating damaged areas and resources; sound ecological practices; controlling user behavior; site problems; resource management plans.
- REC 406 Recreation Internship** (4 to 6, OD)
Professional field experience in the area of emphasis; the student will relate theory to practice in a cooperative effort between agency, student, and advisor. Permission of instructor required.
- REC 409 Senior Capstone: Issues in Therapeutic Recreation** (3, F13)
Leisure behavior as it affects therapeutic recreation services. Issues: T.R. certification, accessibility, therapeutic models for special populations; special attention to geriatric and psychiatric persons. Permission of instructor required.
- REC 191, 291, 391, 491 Independent Study** (1, 2, 3 or 4)
- REC 496 Honors in Recreation and Leisure Studies** (4)
- Horsemanship (EQST) Course descriptions can be found in the equestrian studies section.*