

# RECREATIONAL LEADERSHIP– SCHOOL-BASED PROGRAMS CERTIFICATE OF SPECIALIZATION



This certificate offers specific training for entry-level positions or for advancement in child care and outdoor programs for children and families. It is designed to demonstrate an area of expertise that may be used to attain employment in areas of school-based recreation and fitness programs.

## Program Learning Outcomes

Upon successful completion of this certificate, students will be able to:

- Describe and or demonstrate an hour of cooperative activity for children.
- Describe how principles learned in class may be applied to improve cardiovascular endurance, muscle strength, muscle endurance, and flexibility and body composition, (the five basic components of fitness) in children using walking as a primary conditioning activity.
- Investigate and list causes and risk factor associated with childhood obesity.
- Describe and prepare appropriate snacks for children.
- Demonstrate appropriate classroom organizational and management techniques.
- Demonstrate the ability to plan school-based recreational programs which deliberately intend to advance, stimulate or otherwise enhance children's physical, emotional and social development in ways which are appropriate to their developmental level.
- Describe tested and proven teaching approaches to analyze and enhance movement competencies.

## Career Opportunities

Students may find positions in an elementary or middle school, YMCA, recreation center, day or residential camp, or after school day care program. This is a great "stepping-stone" training for those who want to major in exercise science, recreation, elementary education or child development. Provides students with the expertise to enter the entry-level job market with knowledge of sound principles of fitness and developmentally appropriate recreation.

Students who complete the requirements below and hold a current First Aid/CPR certification qualify for a Certificate in Recreational Leadership–School-Based Programs. An official request must be filed with the Admissions and Records Office prior to the deadline as stated in the Academic Calendar.

## Certificate Requirements

Code	Title	Units
CD-125	Child Growth and Development	3
CD-134	Health, Safety and Nutrition of Young Children	3
ES-253	Physical Education in Elementary Schools	3
ES-270	Cooperative Games	1
ES-271	Fitness Walking with Children	1
ES-272	Issues in Childhood Obesity	1
<b>Total Units</b>		<b>12</b>