

Transfer Planning Sheet Outdoor Recreation (OREC)

The following Cortland courses are recommended by the department to complete prior to transfer. The transfer credit limit from a 2-year college is 64 credits. All classes are three (3) credits unless otherwise noted. SUNY Transfer Path courses are underlined and notated in blue.

SUNY General Education/Cortland Degree Requirements (27-28 credits):

Course I will complete at my current college:

- | | |
|---|-------|
| 1. Any GE 1 Quantitative Skills | _____ |
| 2. Any GE 2 Natural Science
Recommended: GLY 171 Earth Science or GLY 261 Physical Geology | _____ |
| 3. GE 4 U.S. History & Society: HIS 200 The United States to 1877 <i>OR</i>
HIS 201 The United States since 1877 | _____ |
| 4. Any GE 6 Contrasting Cultures/Other World Civilization
Recommended: REC 150 Play Across Cultures | _____ |
| 5. Any GE 7 Humanities | _____ |
| 6. Any GE 8 The Arts | _____ |
| 7. Any GE 9 Foreign Language** | _____ |
| 8. CPN 100 Writing Studies I | _____ |
| 9. CPN 101 Writing Studies II | _____ |

Major Requirements (23 credits):

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|--|-------|
| 1. EST 100 Introduction to Environmental Studies | _____ |
| 2. COM 210 Fundamentals of Public Speaking | _____ |
| 3. BIO 307 Field Natural History <i>OR</i> BIO 310 Field Biology | _____ |
| 4. REC 271 Foundations in Recreation | _____ |
| 5. REC 280 Programming in Parks, Recreation and Leisure Services | _____ |
| 6. REC 293 Diversity and Inclusive Recreation Services | _____ |
| 7. REC 380 Leadership in Parks, Recreation and Leisure Services
Note: Students are encouraged to complete BOTH REC 280 and 380 and transfer courses together due to the linked nature of the coursework. If only one course is available, students can wait to complete both at Cortland. | _____ |
| 8. Two Recreation activity courses (2 cr)
Some choices include: Recreation activity courses (backpacking, canoeing, kayaking, windsurfing, rock climbing, snowshoeing, skiing, snowboarding, etc.), Studio Arts courses (ceramics, sculpture, drawing, etc.), Physical Education courses (racket sports, aquatics, adventure activities, etc.), Music courses, Theater courses, Intercollegiate Athletics participation | _____ |

Electives (13-14 credits)

Total: 64

**A foreign language course at the beginning level I (101) is required for this major. Sign language is acceptable as a foreign language for this major.

Outdoor Recreation

School of Professional Studies

The program requirements pertain to the Undergraduate Catalog and are intended as a guide for academic planning. Students currently on SUNY campuses should consult their academic advisor for additional choices in general education categories when any course is recommended.

- To view all required courses for the program and Cortland's General Education courses, see the most current undergraduate [Catalog](#).
- **Students must choose a concentration for this program.** You can choose from: Outdoor Leadership; Natural Resource Management; or Environmental and Cultural Interpretation.
- Use the [transfer equivalency tables](#) to choose equivalents at your transfer college.
- If you plan to transfer before you complete your associate's degree, you can still earn your degree via [Reverse Transfer](#).

About Outdoor Recreation

With this major you will focus on different aspects of the outdoor recreation/education field. Outdoor leadership, natural resource recreation management, camp management and environmental and cultural interpretation are designated concentrations in this major.

Career Potential

- Outdoor leader in a variety of agencies from Outward Bound, to campus outdoor programs, to camps
- Camp director
- State or national park manager
- Outdoor educator or interpretation specialist with nature centers, parks and other environmental agencies

What Will I Learn?

- Gain confidence in leadership situations
- Knowledge, skill, techniques, policies and procedures related to outdoor recreation activities
- Apply models and theories of adventure, education and leadership

Applying to Cortland

- SUNY Cortland accepts the Common Application and the SUNY Online [application](#). Choose just one way to apply; both require a \$50 non-refundable application fee.
- If you apply to Cortland using the SUNY application, SUNY will waive the \$50 application fee for transfer students graduating with an associate degree from a SUNY or CUNY college, who apply directly to Cortland for baccalaureate programs.
- Fall applicants should apply by March 1. Spring applications should apply by November 1.
- After [applying](#), students must send transcripts from all colleges attended and a high school transcript.