

## Transfer Planning Sheet Recreation (REC)

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<br>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><br>HIS 201 The United States since 1877 | _____ |
| 4. Any GE 6 Contrasting Cultures/Other World Civilization<br>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 (17 credits):

- |  |       |
|--|-------|
| 1. REC 271 Foundations in Recreation   | _____ |
| 2. REC 280 Programming in Parks, Recreation and Leisure Services   | _____ |
| 3. REC 293 Diversity and Inclusive Recreation Services   | _____ |
| 4. COM 210 Fundamentals of Public Speaking   | _____ |
| 5. REC 380 Leadership in Parks, Recreation and Leisure Services<br><b>Note:</b> Students are encouraged to complete <b>BOTH</b> 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.   | _____ |
| 6. Two Recreation activity courses (2 cr)<br>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 (19-20 credits)

Options: Additional 3 credit REC courses towards REC elective area.

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.

## 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](#).
- 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 Recreation

Contribute to the health and well-being of individuals and their communities with a major in recreation. A foundation in liberal arts, leadership, human relations and management skills, will help prepare you for a variety of career opportunities. With a high employment rate (more than 95 percent of graduates), recreation is your golden ticket to excellence after graduation.

## Career Potential

- Parks and recreation director
- Activity director
- YWCA/YMCA director
- Camp director

## What Will I Learn?

- Choose a curriculum focused on working with youth or older adults.
- Resourcefulness, service-learning and independent thinking in and out of the classroom

## 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.