

## Transfer Planning Sheet (Tompkins Cortland Community College) Outdoor Recreation (OREC), B.S.

The following SUNY 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. Transfer students who have completed SUNY General Education prior to attending SUNY Cortland will have met their General Education requirements at SUNY Cortland.

### SUNY General Education/Cortland Degree Requirements (28 credits)

### Courses I will complete at TC3:

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| <ul style="list-style-type: none"> <li>○ Communication 1 (GEC1)*<br/>CPN 100 Writing Studies I</li> <li>○ Communication 2 (GEC2)*<br/>CPN 101 Writing Studies II</li> <li>○ Mathematics (GEMA)*</li> <li>○ Natural Sciences (GENS)*<br/>Recommended: GLY 261 Physical Geology (4 cr)</li> <li>○ Humanities (GEHU)</li> <li>○ The Arts (GEAR)</li> <li>○ US History &amp; Civic Engagement (GEUS)</li> <li>○ World History &amp; Global Awareness (GEWH)<br/>Recommended: REC 150 Play Across Cultures</li> <li>○ World Languages (GEWL)**</li> </ul> | <p>ENGL 100</p> <p>ENGL 101</p> <hr style="width: 100%;"/> <p>GEOL 101 (spring only)</p> <hr style="width: 100%;"/> <hr style="width: 100%;"/> <hr style="width: 100%;"/> <p>RECR 150</p> <hr style="width: 100%;"/> |
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**\*Indicates required SUNY General Education Category**

**\*\*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.**

### Major Requirements (20 credits):

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| <ul style="list-style-type: none"> <li>○ REC 271 Foundations in Recreation</li> <li>○ REC 293 Diversity and Inclusive Recreation Services<br/>(will also fulfill GE Diversity: Equity, Inclusion &amp; Social Justice*)</li> <li>○ REC 380 Leadership in Parks, Recreation and Leisure Services</li> <li>○ EST 100 Introduction to Environmental Studies (will fulfill GE Social Sciences)</li> <li>○ COM 210 Fundamentals of Public Speaking<br/>(will fulfill GE Communication – Presentation*)</li> <li>○ BIO 307 Field Natural History</li> <li>○ 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</li> </ul> | <p>RECR 110 (fall only)</p> <p>RECR 210 (fall only)</p> <p>RECR 120 (spring only)</p> <p>ENVS 102</p> <p>ENGL 201</p> <p>BIOL 115</p> <hr style="width: 100%;"/> |
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### Electives (16 credits)

OREC Outdoor Leadership Concentration option:

- REC 379 Outdoor Recreation Activities RECR 274 (offered occasionally)

General elective option:

- REC 2XX RECR 285 Recreation and Field Work  
(spring only)

Total: 64

## 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.