

Transfer Planning Sheet (Tompkins Cortland Community College) Recreation (REC), 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. [SUNY Transfer Path](#) courses are underlined and notated in blue. 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 (31 credits)

Courses I will complete at TC3:

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| <ul style="list-style-type: none"> ○ Communication 1 (GEC1)*
CPN 100 Writing Studies I ○ Communication 2 (GEC2)*
CPN 101 Writing Studies II ○ Mathematics (GEMA)* ○ Natural Sciences (GENS)*
Recommended: GLY 261 Physical Geology (4 cr) ○ Humanities (GEHU) ○ Social Sciences (GESS) ○ The Arts (GEAR) ○ US History & Civic Engagement (GEUS) ○ World History & Global Awareness (GEWH)
Recommended: REC 150 Play Across Cultures ○ World Languages (GEWL)** | <p>ENGL 100</p> <p>ENGL 101</p> <hr style="border: 0.5px solid black;"/> <p>GEOL 101</p> <hr style="border: 0.5px solid black;"/> <hr style="border: 0.5px solid black;"/> <hr style="border: 0.5px solid black;"/> <hr style="border: 0.5px solid black;"/> <p>RECR 150</p> <hr style="border: 0.5px solid black;"/> |
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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 (17 credits):

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| <ul style="list-style-type: none"> ○ REC 271 Foundations in Recreation ○ REC 293 Diversity and Inclusive Recreation Services
(will also fulfill GE Diversity: Equity, Inclusion & Social Justice*) ○ REC 380 Leadership in Parks, Recreation and Leisure Services ○ COM 210 Fundamentals of Public Speaking
(will also fulfill GE Communication – Presentation*) ○ CAP 100 Introduction to Computer Applications ○ 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 | <p>RECR 110</p> <p>RECR 210 (Fall only)</p> <p>RECR 120 (Fall only)</p> <p>ENGL 201</p> <hr style="border: 0.5px solid black;"/> <p>Must do all 3 – CAPS 111, 121, 131</p> <hr style="border: 0.5px solid black;"/> |
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Electives (16 credits)

Total: 64

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.