Recreation CAREER GUIDE

What to do with a degree in ... RECREATION

If you are questioning your career options or what others like you are doing with their degree this guide is a good place to start. It will provide you with industry specific information on careers, schools, associations, labour market information, and more.

Career & Leadership Development Centre
dal.ca/cldc
Overview of Major and Job options

Why take Recreation?

Recreation focuses on the use of recreation and leisure experiences to improve the quality of life of people with disabilities, illnesses and other limitations. The goal of the program is to provide students with the theoretical and practical skills to work in a variety of settings as a Certified Therapeutic Recreation Specialist.

(Dalhousie Recreation Website)

Graduates from recreation programs are in demand now, as public and private organizations plan for an aging and increasingly diverse population. Therapeutic recreation is a rapidly growing field, and new career opportunities are constantly being created.

The career options available to you if you studied Recreation will depend on your focus of study, and your career interests and goals. When considering where to start keep in mind any significant projects you were involved in, internships, personal strengths, past employment, and other background information that may guide you.

A degree in Recreation is a starting point for many rewarding and interesting career opportunities. Though you can end up in a variety of jobs with this degree, the skills you have developed may make you especially competitive in the following areas:

- Pediatrics/Child Life
- Outpatient Clinics
- Rehabilitation
- Palliative Care
- Psychiatrics/Mental Health
- Substance Abuse Centre
- Summer Specialty Camps
- Acute Care
- Gerontology
- Nursing Homes
- Home Health Care
- Retirement Communities
- Group Homes
- Outdoor Education
- Integration Rehabilitation Programs
- Adaptive Sports Centres
- Addictions Services
- Correctional Facilities
- Juvenile Correctional Facilities
- Specialty Schools
- Parks and Recreation Programming

A Bachelor of Science Recreation acts as a great foundation for many other areas that compliment the health and wellness field. Recreation graduates sometimes pair their degrees with additional certifications or graduate degrees. By doing so they can better target a specific area of employment or open up a variety of other career options. Here are some options available to a Recreation graduate who has completed additional training:

- Doctor
- Counsellor
- Nuticianist
- Occupational Exercise Scientist
- Professor
- Aging Researcher
- Physical Education Teacher
- Executive Director
- Public Health Lawyer
- Consultant
- Health Economist
- Health Policy Analyst

With multiple directions a Recreation graduate can choose, it can be hard to know where to start when looking for a career. It would be of value to try out as many different jobs, positions, and experiences to help discover what you are good at and enjoy. This will help point you in the right direction when looking for a career path.
Developing your skills, experience and network

Opportunities in Your Program

Study Abroad - If you want to see the world while you study Dalhousie can provide the opportunity to learn abroad. Dalhousie Student Exchange Services can get you started.

Internship - In the fourth year of study students complete a 14 week internship in the Fall. This is a great way to build experience and make industry connections.

Research Opportunities - Faculty members sometimes pair with students on their projects, this is a great opportunity to gain experience in a research environment.

Opportunities at School

Involvement in extra curricular activities will make you a more competitive candidate for positions in your field. It will also give you the chance to focus on any specialties you are interested in. Consider joining a program like the ones listed:

- Dalhousie Students Association of Health Sciences
- Dalhousie Health Initiatives Society
- DALConnects
- Dal Cross Country, & Track & Field Society

The Dalhousie Co-curricular record (CCR) is a great way to track your extra-curricular involvement and display it for employers. Visit dal.ca/CCR to learn more.

Summer Jobs and Volunteer Work

Summer jobs and volunteering are great ways to gain experience, develop specialties, and discover what you like in a job. Check out these resources:

Federal Student Work Experience Program (FSWEP)
A program that provides post-secondary students with experience related to their field of study.

Talent Egg
This website provides postings for internships, co-ops, volunteer opportunities and entry level jobs.

Volunteer Halifax
A posting board where non-profits in Halifax post their volunteer opportunities and positions.

Fusion Halifax
A resource linking local organizations with young people.

Professional Associations & Conferences

Professional associations and conferences are a great way to network with professionals in your field. This is especially true for graduate students. Below is a sample listing of professional associations that may be worth examining.

Therapeutic Recreation Association of Atlantic Canada
http://www.traac.ca/

Canadian Therapeutic Recreation Association
http://canadian-tr.org/
Dalhousie University

Undergraduate

Dalhousie’s Recreation program is one of just a few in Canada that offers a four-year degree while preparing you to write an exam for the National Council for Therapeutic Recreation Certification to become a Certified Therapeutic Recreation Specialist. The program provides you with the theoretical and practical skills to succeed in a highly challenging and rewarding career.

Approximately 25 students are accepted each year. This allows for small classes and the opportunity to work closely with faculty and fellow students. You’ll be able to make important connections that will remain long after graduation. The School of Health and Human Performance’s interprofessional approach to learning means you’ll take a series of classes with your peers from other programs.

At the end of your fourth year, you’ll do a 14-week internship under the supervision of a Certified Therapeutic Recreation Specialist. Not only will it help you expand your professional network, it will allow you to gain confidence and hands-on experience in a professional setting.

Graduate Studies

Many of our students choose to continue their studies by doing an MA in Leisure Studies here at Dal. But the knowledge and skills you’ll receive in the undergraduate Recreation program give you a strong base for graduate studies in a variety of areas.

Master of Arts Leisure Studies

The Master of Arts Leisure Studies program is a thesis-based program with two main areas of research concentration: Therapeutic Recreation and Recreation Administration. The curriculum focuses on leisure across the life course, theoretical concepts related to leisure, and the delivery of leisure services in diverse contexts. Since leisure is a significant component in the promotion of social, physical, psychological, and spiritual health, students in this program will graduate ready to apply their skills in a variety of settings.

[Dalhousie Recreation webpage]
There are many other established Recreation programs in Canada and abroad. A great resource for examining post-secondary programs is Career Cruising. Career Cruising can be accessed through your Dalhousie MyCareer profile or by visiting the Career & Leadership Development Centre. Below are some notable Recreation programs:

**University of Waterloo**
Location: Waterloo, Ontario
BA, MA, PhD
Subject areas: Tourism, Aging, Administration and Management of Services, Leisure Behaviour and Cultural Studies, and Recreation and Leisure Resources

**University of Manitoba**
Location: Winnipeg Manitoba
BA, MA
Subject areas: Exercise and Nutritional Immunology, History of Sport, Leisure in the Public Realm, Aging, Event Management

**University of Alberta**
Location: Edmonton, Alberta
BA, MA
Subject areas: Children’s Health, Adapted Physical Activity, Human Movement, Athlete Health, Recreation and Leisure Studies, Sport and Leisure Organizations, Sociological and Cultural Studies of Sport and Leisure

**Université du Québec à Trois-Rivières**
Location: Trois-Rivières, Québec
BA, MA
Subject areas: Outdoor Recreation, Parks and Tourism, Leisure and Culture

**Memorial University**
Location: St. John’s, Newfoundland
BA, MA
Subject areas: Sport and Leisure Administration, Curriculum, Work Physiology, and Socio-Cultural Studies of Physical Activity and Health
Labour Market Information

When looking for directions to take your career it is important to first identify the sectors that Recreation students work in. Looking at LinkedIn statistics on Dalhousie alumni, it appears that most alumni end up in the following fields:

- Education
- Sales
- Marketing
- Community and Social Services
- Operations
- Program and Project Management
- Consulting
- Human Resources
- Entrepreneurship

Projections

The following Labour Market Information (LMI) was taken from jobbank.gc.ca. It represents the 2013-2015 projection period. For jobs with a 4 digit number you can use that number on Job Bank to look up additional information on the field.

For more LMI on other jobs within your field click on 'Explore Careers'. If you search by occupations or education program then click on outlook for specific LMI.

Good Outlook ★★★

(3 out of 3 stars)

The best career outlooks for an individual with a Recreation degree are Retail Trade Supervisors (6211); Sales Representatives - Wholesale Trade (6411); and Retail Salespersons and Sales Clerks (6421).

Fair Outlook ★★

(2 out of 3 stars)

Jobs for Recreation majors in Nova Scotia with a fair outlook include: Program Leaders and Instructors in Recreation, Sport and Fitness (5254); Recreation, Sports and Fitness Program Supervisors and Consultants (4167); Other Professional Occupations in Therapy and Assessment (3144); Other Assisting Occupations in Support of Health Services (3414); Government Managers - Health and Social Policy Development and Program Administration (0411); Health Policy Researchers, Consultants and Program Officers (4165); Sales Marketing and Advertising managers (0611); and Professional Occupations in Public Relations and Communications (5124).

Limited Outlook ★

(1 out of 3 stars)

Jobs for Health Promotion majors in Nova Scotia with a limited outlook include: Managers in Social, Community and correctional Services (0314); and Senior Managers - Health, Education, Social and community Services and Membership Organizations (0014).
Online

My World Abroad - http://myworldabroad.com/
A global career site for individuals who want to go abroad to study, volunteer, intern, teach or work. To get full access to the site for free access the link in the career resource section of myCareer.

MyCareer - https://mycareer.dal.ca/
A resource for Dalhousie students to connect with jobs, employers and career related events on campus.

TalentEgg - tallentegg.ca
A great website to find internships, student jobs, and entry level positions. You can also find great advice and career guides. In addition to this, TalentEgg has challenges to help young people build transferable skills.

Tiger Society - https://tigersociety.dsu.ca/
This site lists all Dalhousie Societies and information about them. You can register to join a society through this site.

Career Beacon - careerbeacon.com
Provides job listings and corporate profiles with a strong presence in Nova Scotia and other Maritime Provinces. It can be a great resource for identifying what jobs are in your field and what skills employers are looking for.

Career Cruising - careercruising.com (log on available through MyCareer)
A comprehensive website that provides information to help you make informed choices about your career path.

Employment and Social Development Canada - National Occupational Classification
Contains occupational information and is used to find jobs that exist within Canada's labour market.

Print

Careers Beyond Clinical Medicine (2013). Heidi Moawad

Careers in Public Health (2011). Beth Seltzer

The Canadian Student & Grad Job Search Directory. Sentor Media inc.


What Color is your Parachute: A practical manual for job-hunters and career-changers (2014)

Other

Career Counselling - Dalhousie - Student Union Building 4th Floor
This free service is a confidential and collaborative process in which you work with a career counsellor who assists you in your educational and career decision-making

Career & Leadership Development Centre - Dalhousie - Student Union Building 4th Floor
This resource centre can provide you with all the career tools and resources you need. Drop in for assistance with resumes, cover letters, interviewing and more.

DALConnects - Leadership Program - dal.ca/dalconnects
This program will connect you with leadership opportunities and workshops.
Area Coordinator

Position: Full Time  
Salary: $65,000-$95,500  
Hours: 40

Under the direction of the Manager, Recreation Programming, the Area Coordinator is responsible for the coordination of community recreation programs and services and the management of recreation facilities in the vibrant communities that make up Bedford, Sackville, Fall River and Middle Musquodoboit. The successful candidate will be a visionary Recreation Professional that demonstrates enthusiastic leadership for planning and implementing a broad range of recreation services for diverse communities.

Duties and Responsibilities

The successful candidate will thrive on leading a team of Recreation Professionals and support staff who are responsible for direct service delivery. The Area Coordinator inspires top performance and holds employees to a standard of excellence. The Area Coordinator is accountable for managing an annual operating budget with revenue targets; facility management; and acts as the overall recreation asset operator by ensuring that all facilities, including community centres and outdoor facilities, are managed in a proactive, safe and client oriented manner. An effective communicator, the Area Coordinator fosters relationships with all levels of government, community stakeholders and the public to ensure coordination and optimum use of resources.

Qualifications & Skills

•An Undergraduate Degree in Recreation or a related degree. A suitable combination of training and experience may be considered.

•At least 5 years progressive experience in recreation management, including programming, facility management and community development.

•Must have demonstrated supervisory experience.

•Proven track record of successful results in the following areas: performance management, sound decision making, community leadership, strategic planning, financial management and commitment to the advancement of the benefits of community recreation.

•Extensive knowledge of recreation programming, community development, facility management, management techniques, financial management processes, human resource and labour relations management principles, strategic planning process, and appropriate collective union agreements.

•Knowledge of trends in leisure service delivery, marketing and promotional tools and awareness of the political process.
For more information, comments, or questions please contact:

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