



# Campus Recreation: Essentials for the Professional

*NIRSA*

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In *Campus Recreation: Essentials for the Professional*, 29 contributing **National Intramural-Recreational Sports Association (NIRSA)** authors share their expertise on all facets of campus recreation, including foundational theories, programming, facilities, and management issues.

*Campus Recreation: Essentials for the Professional* also features a CD-ROM that includes worksheets, forms, and checklists to help new professionals in their day-to-day responsibilities in recreation programming and administration. A glossary of terms helps readers to retain the important points of each chapter.

In part I, readers learn about the philosophies and theories of student development and how recreation contributes to that development. They also explore the history of campus recreation and of NIRSA, which provides students and professionals with lifelong learning opportunities. Part II focuses on programming and facilities. Readers will discover how to plan, implement, and assess a variety of areas, including aquatics, intramural sports, sport clubs, instructional programs, outdoor recreation, and fitness and wellness. Readers will also become familiar with standard indoor and outdoor facility offerings and structures.

In part III, readers explore more advanced functions that delve into managerial areas, including writing a business plan, carrying out a marketing plan, understanding risk management issues, and assessing programs. Part IV covers professional aspects of campus recreation, including ethical issues, sustainability, careers in campus recreation, and professional standards.

With its expansive coverage, the expertise provided by the many NIRSA contributors, and its practical approach, *Campus Recreation: Essentials for the Professional* will help entry-level and preprofessionals prepare for a successful career in campus recreation.

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