

Bring More Fun and Adventure into Your Life

Take a RPT Activity or GENERAL EDUCATION Course

Select an Activity or General Education Class

RPT 160.01*	Lake and Sea Kayaking
RPT 160.02*	Small Boat Sailing
RPT 160.03*	Introduction to Rock Climbing
RPT 160.04*	Introduction to Back Country Skiing
RPT 160.05*	Women's Backpacking
RPT 220*	Leisure Lifestyle Development (GE Segment II, BSS)
RPT 230	Growth Through Adventure (GE Segment II, BSS)
RPT 330	Arts and Crafts for Leisure (GE Segment II, HCA)
RPT 380	Developmental Play Processes (GE Segment II, BSS; Segment III)
RPT 420*	Leisure and Contemporary Society (GE Segment II, BSS; Segment III)
RPT 605	Ecotourism Principles and Practices (GE Segment III)

RPT 160.01 - Lake and Sea Kayaking (1 unit)*

Understand basic theory, strokes, safety practices and development of skills in lake and sea kayaking. Topics include strokes, boat handling, hazards, capsized recovery and trip planning. Open to all students, no previous kayaking experience required.



RPT 160.02 – Small Boat Sailing (1 unit)*

Learn basic sailing theory, safety practices and development of techniques in small boat sailing. Other topics include knots, rigging, boat handling, docking and capsized recovery.



RPT 160.03 - Introduction to Rock Climbing (1 unit)*

Learn how to safely rock climb and belay in both indoor and outdoor settings. Topics include knot tying, rope handling, hazards, equipment use and care, climbing techniques and anchors.



RPT 160.04 – Introduction to Back Country Skiing (1 unit)*

Introduction to cross country and telemark ski equipment, techniques, snow characteristics, hazards, trip planning for back country skiing away from ski areas. Includes ski trip and overnight stay in Yosemite National Park. Extra course fee.



RPT 160.05 – Women's Backpacking (1 unit)*

Develop personal adventure programming philosophy, leadership, and outdoor recreation skills for women, through readings, planning and participating in hiking and backpacking trips. Open to all women.



RPT 220 – Leisure Lifestyle Development (3 units)*

An overview of leisure with emphasis on how the optimal leisure experience can contribute to one's total well-being, acquiring leisure activity skills/techniques, appreciating play as natural behavior and its importance throughout lifespan, and methods of evaluation and enriching one's personal leisure. Meets Segment II, BSS, Cat. A, LLD requirements.



RPT 230 – Growth Through Adventure (3 units)

Development of values and understanding of self through outdoor adventure activities, Influences of culture, history, fears, and myths on outdoor adventure. Introduction to selected outdoor skills, such as climbing, snowshoeing, winter camping, or backpacking. Meets Segment II, BSS, Cat. A, LLD requirements.



RPT 330 – Arts and Crafts for Leisure (3 units)

Arts and crafts skills for recreational and clinical/therapeutic purposes with an emphasis on the development of creativity and self-expression. Community programs, resources for materials, leadership skills, and equipment use and maintenance are covered. Extra fee required. Meets Segment II, HCA, Cat. D.



RPT 380 – Developmental Play Processes (3 units)

Theories, concepts, research, processes and applied issues related to play, learning and human development throughout the life span; connection to worldwide progressive play alternatives (e.g., New Games, Adventure Ropes Courses), that foster personal growth and community development. Meets Segment II, BSS, Cat. A, LLD; Segment III, Stress, Work and Leisure Cluster.



RPT 420 – Leisure and Contemporary Society (3 units)*

A critical behavioral and social analysis of the impact of contemporary and future leisure trends related to technology, aging, time deepening, activity patterns, resources, etc. and their implications for human health. Meets Segment II, BSS, Cat. C, LLD; Segment III, CESD, Exploring the Future: The Next 20 Years, Cat. A.



RPT 605 – Ecotourism Principles and Practices (3 units)

Nature-based, low impact tourism to preserve the environment and local communities. Assessment of adverse and beneficial tourism impacts on global environment, indigenous cultures and economy. Ecotourism market, providers, eco-resorts, community settings and regulators. The balance between promoting versus limiting ecotourism. Meets Segment III, Preservation of a Livable Environment, Cat. B, Social Science Perspective.



- These courses with an * cannot be counted toward an RPT major

For information, call 338-2030 or visit our website at <http://www.sfsu.edu/~recdept/>