

In-Demand Skills

Skills Recommended for Physical Education, Recreation and Recreation Therapy Students

Leadership and Communication

Communication skills can be learned by participation in youth summer day camps and sleepaway camps. Employment and volunteering in community recreation centers operated by the New York Parks Department and Not-for-Profits like the YMCA and YWCA. Additional organizations include Nursing Homes and Rehabilitation Centers, and Public Schools.

Coaching and Sport Specific Instructional Skills

Sport specific instructional skills can be learned in schools and local community programs through volunteer coaching opportunities, helping to run school team practice drills and game plans. Students can gain practical experience in lesson planning, demonstrating sport skills and breaking them down for participant and athlete understanding.

Behavior Management

Includes understanding youth development as it relates to the different age ranges. It can be learned by employment or volunteering in camps, afterschool programs, public school athletic programs, and mentoring programs in the community that provide counseling.

Special Event Planning

This skill can be learned by participating in organizing community events like carnivals, block parties, sport tournaments, public school field day events.

Therapeutic and Adaptive Physical Education and Recreation Skills

Skills in this field that promote inclusivity can be learned by volunteering in the local Special Olympics programs, Nursing Home and Rehabilitation Center activities for residents, and community Disability Awareness events run by community organizations.