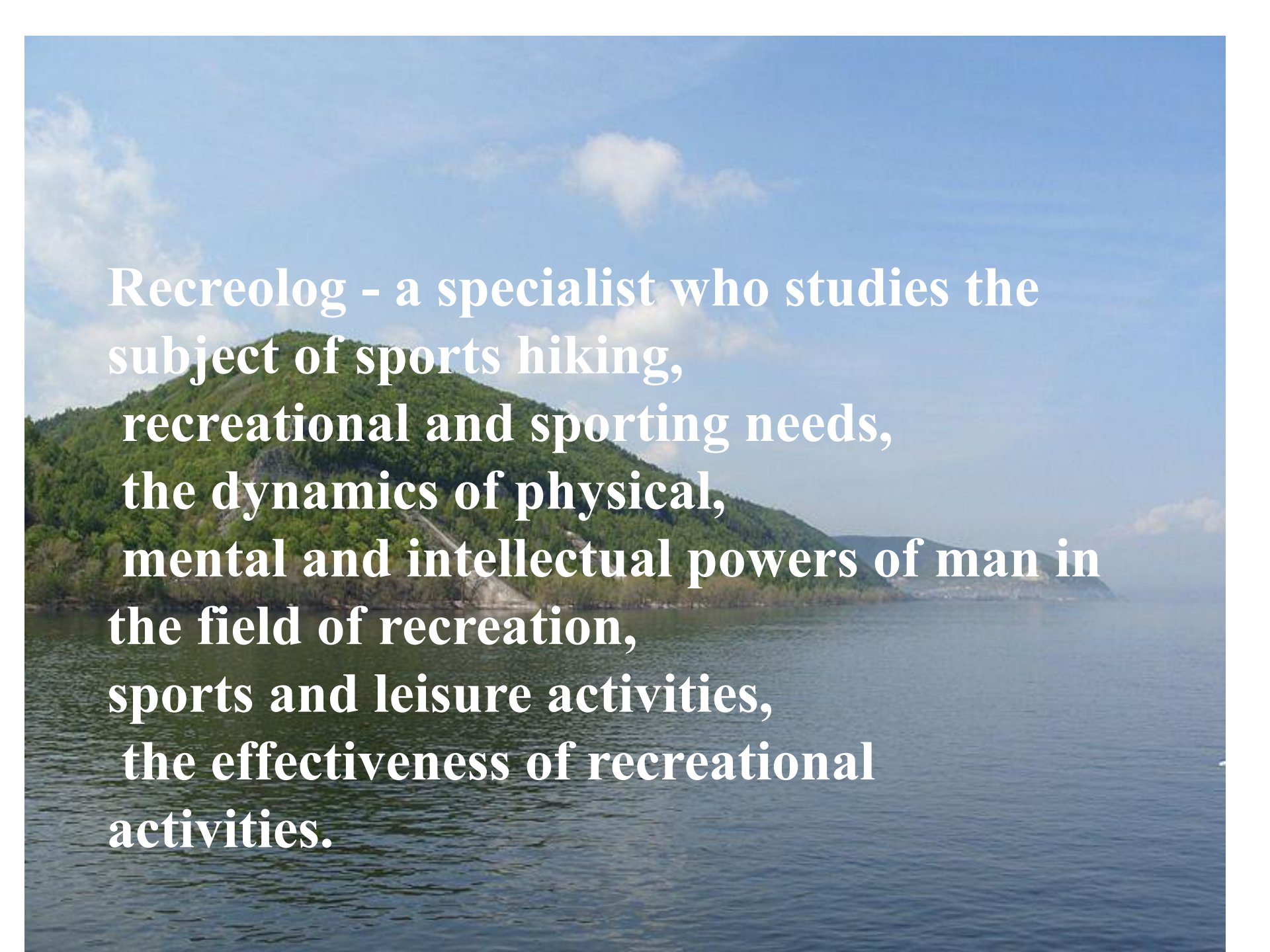


Russian State University Physical  
Education

# Recreation

Moscow 2012



**Recreolog - a specialist who studies the subject of sports hiking, recreational and sporting needs, the dynamics of physical, mental and intellectual powers of man in the field of recreation, sports and leisure activities, the effectiveness of recreational activities.**

A scenic view of a park with a stone path, a wooden bench, and lush greenery. The path is made of irregular stones and leads through a garden with various plants and rocks. A wooden bench is situated on the path. In the background, there are trees and a building.

**The scope of professional specialist in recreation and sports and health tourism are:**

- **sports tourism**
- **physical (sports and sports) recreation and rehabilitation**
- **sport and tourism**
- **tourism and recreation institutions and systems**
- **spa facilities**



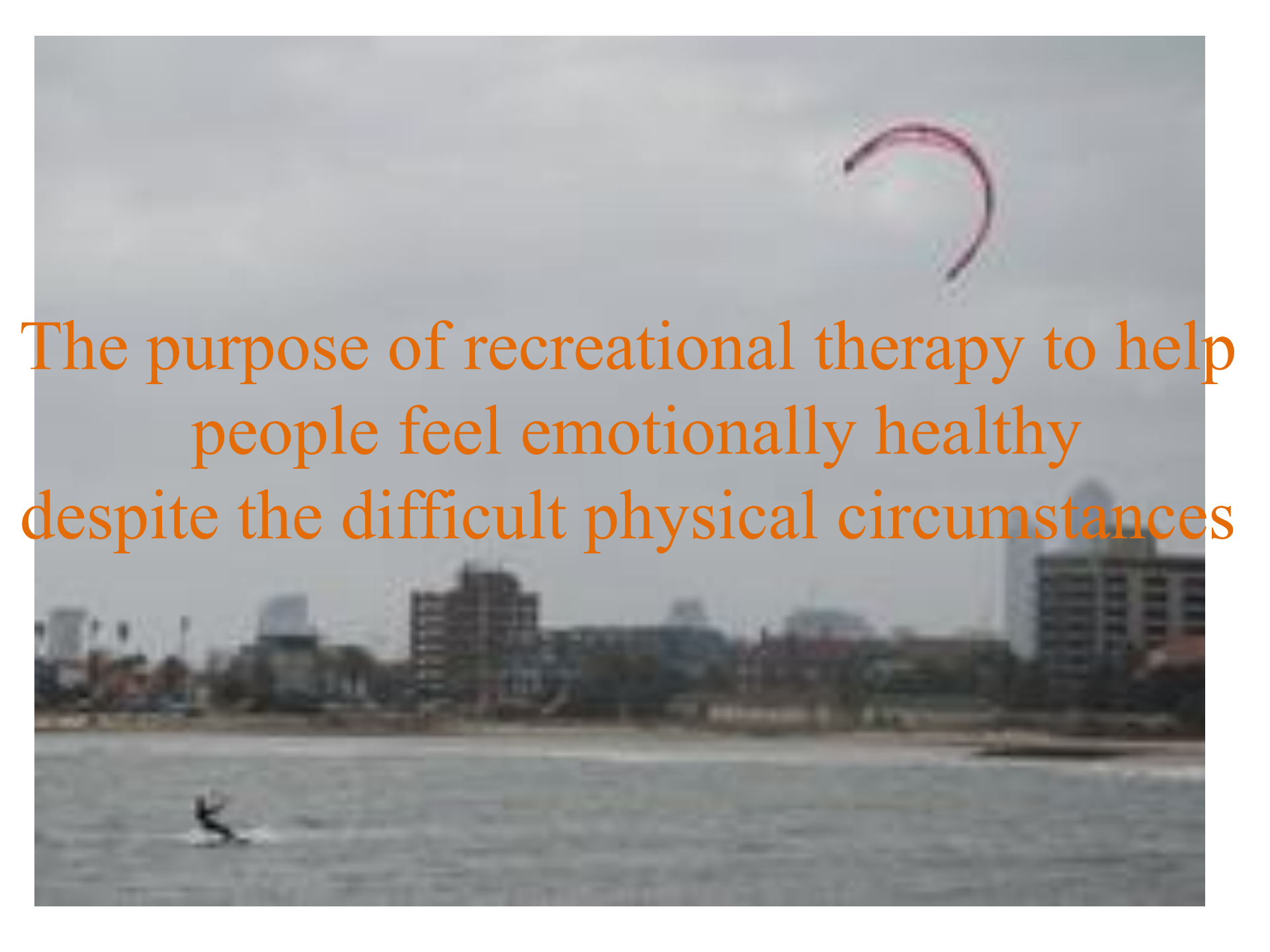
**The duties of a recreation specialist vary depending on their employment setting.**

**Their job is to provide activities that improve the state of life and mental health for the people.**



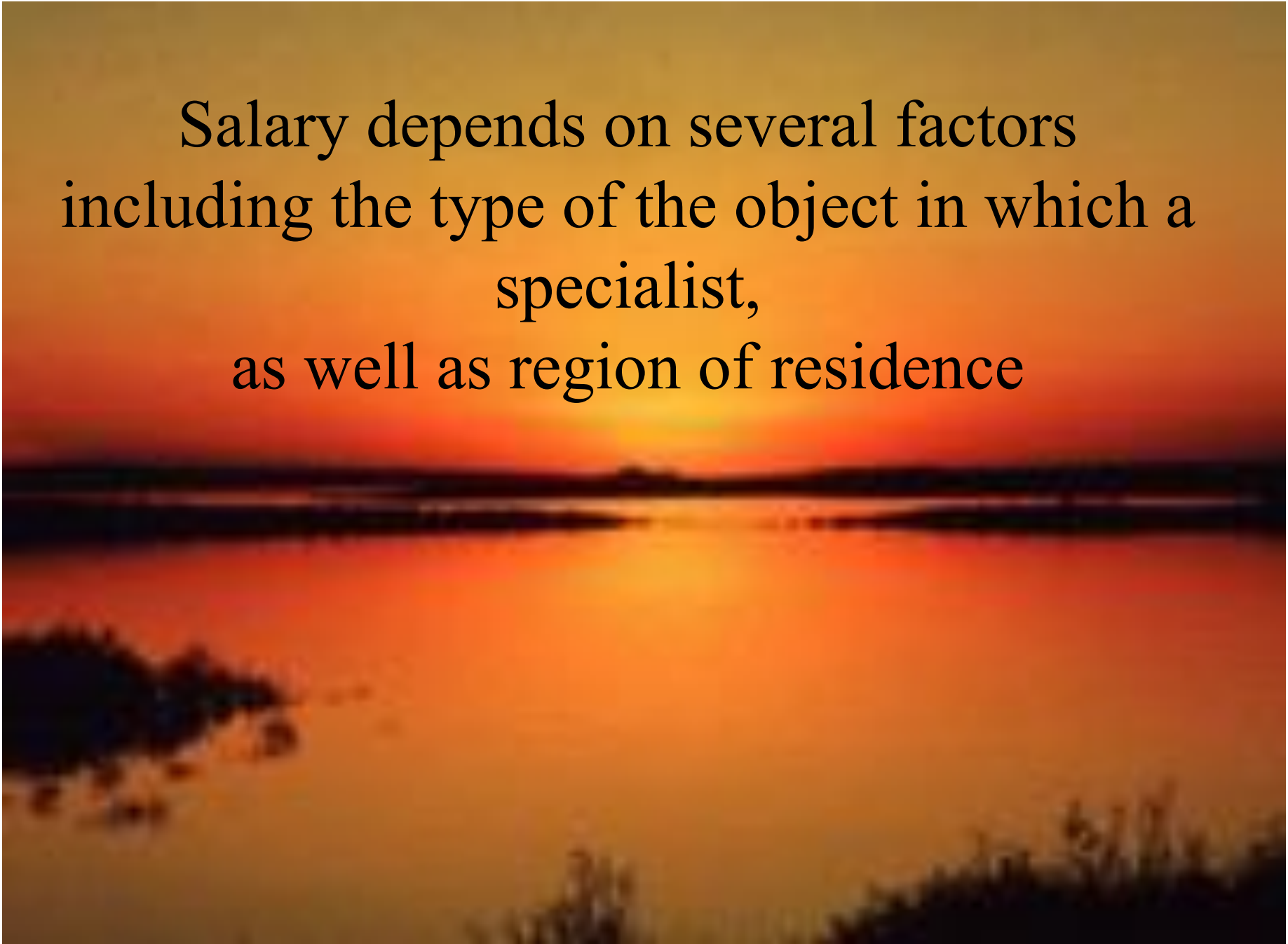
**A recreation specialist would be expected to meet the recreational needs of a community or interest group.**

**People with such diploma often work in parks and recreation centers in towns, on community projects and activities.**

A photograph of a person kitesurfing on a body of water. The kite is visible in the sky, and a city skyline is in the background. The text is overlaid in the center of the image.

The purpose of recreational therapy to help  
people feel emotionally healthy  
despite the difficult physical circumstances

Salary depends on several factors  
including the type of the object in which a  
specialist,  
as well as region of residence



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- A photograph of a person in a wetsuit surfing on a wave. The surfer is in the center, riding the face of a wave. The water is dark blue, and the sky is a mix of blue and white clouds. The surfer's reflection is visible in the water below. The text is overlaid on the left side of the image.
- There are 4 main functions performed by a specialist:**
- **plan development**
  - **evaluation**
  - **implementation**
  - **documentation**





Experts are active in promoting physical activity,  
while improving mental health



The objects  
of professional recreation  
specialist include:  
physical,  
mental and  
Functional abilities of a  
person.