Therapeutic Recreation, B.S.

Learning Outcomes

The B.S. degree in therapeutic recreation:

- prepares students to pass professional credentialing examinations;
- exposes students to service and experiential learning with opportunities to apply skills learned in the classroom;
- integrates and exposes students to research in all courses to make them intelligent consumers of research, critical readers of research, and enables them to apply research to professional practice;
- enhances their ability to build therapeutic relationships with patients and clients; and
- teaches students how to include persons with disabilities in usual and customary life activities to the greatest extent possible.

Requirements

The Bachelor of Science with a major in therapeutic recreation requires a minimum of 120 s.h., including 69-70 s.h. of work for the major. Students must maintain a g.p.a. of at least 2.00 in all courses for the major and in all UI courses for the major. They also must complete the College of Liberal Arts and Sciences GE CLAS Core.

The therapeutic recreation program prepares students for professional work with persons who have disabilities, impairments, and illnesses. The major's track emphasizes the use of a systematic process of assessment, planning, implementation, and evaluation to provide recreation, leisure, and play activities to various special populations.

Therapeutic recreation is a health-oriented field that involves providing recreation programs designed to improve or maintain the physical, emotional, mental, and social functioning of patients and consumers. Therapeutic practice involves a continuum of services that use recreational activities to improve functional abilities; leisure education to help individuals acquire skills, knowledge, and attitudes that facilitate an independent lifestyle; and other activities to enhance health, growth, development, and independence through intrinsically rewarding leisure activities. Additionally, inclusive recreation provides opportunities for people with all abilities and disabilities to participate together in meaningful and purposeful therapeutic recreation programs based on choice and common interests.

Admission is selective; students must apply and be admitted. Before students who apply are admitted, they must complete 24 s.h. at the University of Iowa (or 12 s.h. for transfer students), including the courses listed under “Admission Prerequisites” below. Applicants must have a University of Iowa g.p.a. of at least 2.50 and a cumulative g.p.a. of at least 2.50; students with grade-point averages below this standard may apply for exceptional admission.

Applicants for admission should use the application form on the Department of Health and Human Physiology website. Completed applications must be submitted by October 15 for admission the following spring or by March 15 for admission the following fall.

Students who complete the curriculum, including the therapeutic recreation internship, are eligible to sit for the National Council for Therapeutic Recreation certification exam. Successful completion of the exam confers the Certified Therapeutic Recreation Specialist (CTRS) credential.

The B.S. with a major in therapeutic recreation requires the following course work.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Admission Prerequisites</td>
<td>12-13</td>
<td></td>
</tr>
<tr>
<td>Major Requirements</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Supporting Course Work</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Internship</td>
<td>13</td>
<td></td>
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<tr>
<td>Total Hours</td>
<td>69-70</td>
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Admission Prerequisites

<table>
<thead>
<tr>
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<th>Hours</th>
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<tr>
<td>All of these:</td>
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<tr>
<td>TR:1070 Perspectives on Leisure and Play</td>
<td>3</td>
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<tr>
<td>HHP:1300 Fundamentals of Human Physiology</td>
<td>3</td>
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<tr>
<td>PSY:1001 Elementary Psychology</td>
<td>3</td>
<td></td>
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<tr>
<td>One of these:</td>
<td></td>
<td></td>
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<tr>
<td>HHP:1100 Human Anatomy</td>
<td>3</td>
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<tr>
<td>HHP:1150 Human Anatomy Lecture with Lab</td>
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Major Requirements

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<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>All of these:</td>
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</tr>
<tr>
<td>TR:1061 Recreation Leadership and Programming</td>
<td>3</td>
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<tr>
<td>TR:1077 Introduction to Child Life</td>
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<td></td>
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<tr>
<td>TR:3160 Introduction to Therapeutic Recreation</td>
<td>3</td>
<td></td>
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<tr>
<td>TR:3161 Assessment and Evaluation in Therapeutic Recreation</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>TR:3162 Therapeutic Recreation: Clientele</td>
<td>3</td>
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<tr>
<td>TR:3163 Concepts and Issues in Therapeutic Recreation: Advancement of the Profession</td>
<td>3</td>
<td></td>
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<tr>
<td>TR:3164 Therapeutic Recreation: Rehabilitation</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>TR:3261 Inclusive Recreation</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>TR:3262 Therapeutic Recreation Administration</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>CLSA:3750 Medical and Technical Terminology</td>
<td>2</td>
<td></td>
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<tr>
<td>PSY:2930 Abnormal Psychology: Health Professions</td>
<td>3</td>
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<tr>
<td>One of these:</td>
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<tr>
<td>HHP:2130 Human Development Through the Life Span</td>
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<tr>
<td>NURS:1030 Human Development and Behavior</td>
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</table>
Supporting Course Work

Students must complete 9 s.h. in supporting course work in the social sciences, humanities, and human services (aging and longevity studies, disability studies, psychology, sociology, social work, and special education). Students should consult their advisor for specific recommendations.

Internship

Students are required to complete 400 hours of preinternship experience; consult an advisor for more information.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>TR:4190</td>
<td>Preinternship Seminar</td>
<td>1</td>
</tr>
<tr>
<td>TR:4191</td>
<td>Therapeutic Recreation Internship</td>
<td>12</td>
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Combined Programs

B.S./M.S. in Health and Human Physiology (Child Life Subprogram)

The Department of Health and Human Physiology offers the combined Bachelor of Science with a major in therapeutic recreation/Master of Science in health and human physiology with a child life subprogram. The program allows qualified students to begin work toward a master's degree while they complete their bachelor's degree. The combined program permits students to count certain courses toward both degrees, completing them in less time than they would need to complete each degree separately.

The program, which is completed in five years, is designed for students who wish to pursue a career providing services to children and their families, primarily in the health care field. Graduates are eligible to be credentialed professionals in both therapeutic recreation (certified therapeutic recreation specialist) and child life (certified child life specialist). They fill positions such as child life specialist, therapeutic recreation specialist, activity director, or administrative positions.

Students enroll in the College of Liberal Arts for their first three years in the program, enroll in the College of Liberal Arts and the Graduate College in their fourth year, and only in the Graduate College in their fifth year. They follow the standard curriculum of their B.S. degree with a major in therapeutic recreation program during the first two years and complete all the prerequisite courses for the M.S. degree in health and human physiology with a child life subprogram during the third year. Successful students receive a B.S. at the end of the fourth year and a M.S. at the end of the fifth year.

Applicants to the combined program must:

- be enrolled as a B.S. student majoring in therapeutic recreation at the University of Iowa;
- have completed a minimum of 80 s.h. at the time of admission to the combined program, with at least 30 s.h. earned at the University of Iowa;
- have completed all GE CLAS Core requirements, all prerequisites, all major therapeutic recreation requirements; and
- have a cumulative University of Iowa g.p.a. of at least 3.25.

Applicants must submit a letter of application to the program that includes a statement of purpose, a résumé, document a minimum of 100 hours of paid or volunteer experience in a child life and/or pediatric health care setting, and three letters of recommendation (with at least one from a certified child life specialist).

Each application is reviewed by the program and requires support from the applicant's undergraduate advisor. Recommendations for approval will be sent to the Office of Graduate Admissions. Applicants must meet the admission requirements of the Graduate College; see the Manual of Rules and Regulations of the Graduate College.

For more information about applying to the combined program, contact the therapeutic recreation and child life programs in the Department of Health and Human Physiology.

Honors

Honors in the Major

Students have the opportunity to graduate with honors in the major. Departmental honors students must maintain an overall g.p.a. of at least 3.33 in work for their major.

In order to graduate with honors, students must successfully complete TR:4194 Honors Readings and TR:4195 Honors Problems, in which they conduct a reading or research project under the supervision of a faculty member in their major and write a paper summarizing the project’s results.

University of Iowa Honors Program

In addition to honors in the major, students have opportunities for honors study and activities through membership in the University of Iowa Honors Program. Visit Honors at Iowa to learn about the University's honors program.

Membership in the UI Honors Program is not required to earn honors in the therapeutic recreation major.

Academic Plans

Four-Year Graduation Plan

The following checkpoints list the minimum requirements students must complete by certain semesters in order to stay on the University’s Four-Year Graduation Plan. Courses in the major are those required to complete the major; they may be offered by departments other than the major department.

Before the fifth semester begins: all core courses and at least one foundation course

Before the seventh semester begins: two more foundation courses (total of three), 3 s.h. of supporting course work, and at least 90 s.h. earned toward the degree

Before the eighth semester begins: two more foundation courses (total of five) and the remaining supporting course work

During the eighth semester: enrollment in all remaining course work in the major, all remaining GE CLAS Core courses, and a sufficient number of semester hours to graduate
Sample Plan of Study

Sample plans represent one way to complete a program of study. Actual course selection and sequence will vary and should be discussed with an academic advisor. For additional sample plans, see MyUI.

### Therapeutic Recreation, B.S.

**Course** | **Title** | **Hours**
---|---|---
Academic Career | | 0

**Any Semester**

Students apply to the Therapeutic Recreation B.S. program through a selective process. Acceptance is not guaranteed.

**First Year**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
</table>
| Fall | TR:1070 | Perspectives on Leisure and Play | 3
| | ENGL:1200 or RHET:1030 | The Interpretation of Literature | 3 - 4
| | GE CLAS Core: Natural Sciences with Lab | 4
| | Elective course | 2
| | CSI:1600 | Success at Iowa | 2
| | | 14-15

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
</table>
| Spring | ENGL:1200 or RHET:1030 | The Interpretation of Literature | 3 - 4
| | PSY:1001 | Elementary Psychology | 3
| | GE CLAS Core: Diversity and Inclusion | 3
| | GE CLAS Core: Historical Perspectives | 3
| | GE CLAS Core: Literary, Visual, and Performing Arts | 3
| | | 15-16

**Second Year**

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<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</table>
| Fall | HHP:1100 | Human Anatomy | 3
| | GE CLAS Core: Values and Culture | 3
| | GE CLAS Core: World Languages First Level | 4 - 5
| | Proficiency or elective course | 3
| | Elective course | 1
| | | 13-14

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</table>
| Spring | TR:1077 | Introduction to Child Life | 3
| | TR:3160 | Introduction to Therapeutic Recreation | 3
| | CLSA:3750 | Medical and Technical Terminology | 2
| | HHP:1300 | Fundamentals of Human Physiology | 3
| | GE CLAS Core: Quantitative or Formal Reasoning | 3
| | GE CLAS Core: World Languages Second Level | 4 - 5
| | Proficiency or elective course | 1
| | Admission Application: apply to the Therapeutic Recreation B.S. major | 1
| | | 19-20

**Third Year**

**Any Semester**

The curriculum shown in the third and fourth years on this plan begins upon acceptance into the Therapeutic Recreation B.S. program.

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
</table>
| Fall | TR:1061 | Recreation Leadership and Programming | 3
| | PSY:2930 | Abnormal Psychology: Health Professions | 3
| | Major: inclusive recreation course | 3
| | GE CLAS Core: International and Global Issues | 3
| | GE CLAS Core: World Languages Second Level | 4 - 5
| | Proficiency or elective course | 1
| | | 16-17

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
</table>
| Spring | TR:3162 | Therapeutic Recreation: Clientele | 3
| | TR:3164 | Therapeutic Recreation: Rehabilitation | 3
| | TR:3261 | Inclusive Recreation | 3
| | Major: human development course | 3
| | GE CLAS Core: World Languages Fourth Level | 4 - 5
| | Proficiency or elective course | 1
| | | 16-17

**Fourth Year**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</table>
| Fall | TR:3161 | Assessment and Evaluation in Therapeutic Recreation | 3
| | TR:3163 | Concepts and Issues in Therapeutic Recreation: Advancement of the Profession | 3
| | TR:3262 | Therapeutic Recreation Administration | 3
| | TR:4190 | Preinternship Seminar | 1
| | Major: inclusive recreation course | 3
| | Major: inclusive recreation course | 3
| | Elective course | 2
| | | 18

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
</table>
| Spring | TR:4191 | Therapeutic Recreation Internship | 12
| | Elective course | 3
| | Exam: National Council for Therapeutic Recreation certification | 1
| | | 15

**Total Hours** 126-132

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a. The Academic Advising Center advises Therapeutic Recreation Interest students on prerequisite course planning. Students are advised for success, based on academic strength, not necessarily for a four year plan. Prerequisites may take more than two years to complete.

b. This course is a prerequisite for admission to the Therapeutic Recreation B.S. program.

c. Fulfills a major requirement and may fulfill a GE requirement.

d. GE CLAS Core courses may be completed in any order unless used as a prerequisite for another course. Students should consult with an advisor about the best sequencing of courses.

e. Students may use elective courses to earn credit towards the total s.h. required for graduation or to complete a double major, minors, or certificates.
f Students who have completed four years of a single language in high school have satisfied the GE CLAS Core World Languages requirement. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course.

g Applicants for admission should use the application form on the Department of Health and Human Physiology website. Completed applications typically must be submitted in October for admission the following spring or in March for admission the following fall. For more information see your advisor.

h Students must complete 9 s.h. in supporting course work in human services (aging and longevity studies, disability studies, psychology, sociology, social work, and special education). Students should consult their advisor for specific recommendations.

i Students who complete the curriculum, including the therapeutic recreation internship, are eligible to sit for the National Council for Therapeutic Recreation certification exam. Successful completion of the exam confers the Certified Therapeutic Recreation Specialist (CTRS) credential.

Career Advancement

Therapeutic recreation graduates find jobs in a variety of settings. Therapeutic recreation professionals are employed in settings such as skilled nursing facilities, community recreation centers, state and community mental health institutions, general medical hospitals, physical rehabilitation centers, special recreation districts, the Special Olympics, correctional facilities, senior centers, facilities for persons with intellectual disabilities or mental illness, substance abuse programs, and camp programs as inclusion specialists. The majority of children’s hospitals and pediatric units in other health care facilities employ child life specialists to address cognitive, social, and psychological issues associated with child illness and hospitalization. Child life specialists also work in rehabilitation centers, private practice and consulting, school systems, special-purpose camps, and hospice.

The Pomerantz Career Center offers multiple resources to help students find internships and jobs.