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;
- teaches critical skills necessary in practice to assess, plan goals, design appropriate interventions, and evaluate effectiveness;
- teaches students how to include persons with disabilities in typical and customary life activities to the greatest extent possible; and
- how to facilitate therapeutic recreation programs.

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 underserved 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 programs 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 coursework.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td></td>
<td>Admission Prerequisites</td>
<td></td>
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<tr>
<td>TR:1070</td>
<td>Perspectives on Leisure and Play</td>
<td>3</td>
</tr>
<tr>
<td>HHP:1400</td>
<td>Human Anatomy and Physiology</td>
<td>3</td>
</tr>
<tr>
<td>PSY:1001</td>
<td>Elementary Psychology</td>
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<td>Major Requirements</td>
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<tr>
<td>TR:3160</td>
<td>Introduction to Therapeutic Recreation</td>
<td>3</td>
</tr>
<tr>
<td>TR:3161</td>
<td>Assessment and Evaluation in Therapeutic Recreation</td>
<td>3</td>
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<tr>
<td>TR:3162</td>
<td>Therapeutic Recreation: Clientele</td>
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<tr>
<td>TR:3163</td>
<td>Concepts and Issues in Therapeutic Recreation: Advancement of the Profession</td>
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<td>Supporting Coursework</td>
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<td>Internship</td>
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<td>Total Hours</td>
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Admission Prerequisites

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<td>Elementary Psychology</td>
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<td>One of these:</td>
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<tr>
<td>SOC:1010</td>
<td>Introduction to Sociology</td>
<td>3-4</td>
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<tr>
<td>SOC:1220</td>
<td>Principles of Social Psychology</td>
<td>3-4</td>
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<td>PSY:2501</td>
<td>Introduction to Social Psychology</td>
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Major Requirements

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<td>TR:1061</td>
<td>Recreation Leadership and Programming</td>
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<td>TR:1077</td>
<td>Introduction to Child Life</td>
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<td>TR:3160</td>
<td>Introduction to Therapeutic Recreation</td>
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<tr>
<td>TR:3161</td>
<td>Assessment and Evaluation in Therapeutic Recreation</td>
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</tr>
<tr>
<td>TR:3162</td>
<td>Therapeutic Recreation: Clientele</td>
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<tr>
<td>TR:3163</td>
<td>Concepts and Issues in Therapeutic Recreation: Advancement of the Profession</td>
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<td>TR:3164</td>
<td>Therapeutic Recreation: Rehabilitation</td>
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<td>TR:3261</td>
<td>Inclusive Recreation</td>
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<td>TR:3262</td>
<td>Therapeutic Recreation Administration</td>
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<td>CLSA:3750</td>
<td>Medical and Technical Terminology</td>
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<tr>
<td>PSY:2930</td>
<td>Abnormal Psychology: Health Professions</td>
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</table>
Applicants to the combined program must:

- M.S. at the end of the fifth year.
- Students receive a B.S. at the end of the fourth year and a child life subprogram during the third year. Successful completion for the M.S. degree in health and human physiology with a child life subprogram.
- Students follow the standard curriculum of their B.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.

### Supporting Coursework

Students must complete 9 s.h. in supporting coursework 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>
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<th>Hours</th>
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<td>TR:4190</td>
<td>Preinternship Seminar</td>
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<tr>
<td>TR:4191</td>
<td>Therapeutic Recreation Internship</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 a combined program for the Bachelor of Science with a major in therapeutic recreation and 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 child life (certified child life specialist). They fill positions such as child life specialist, activity director, or administrative positions.

Students follow the standard curriculum of their B.S. degree 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 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 and all prerequisites; and
- have a cumulative University of Iowa g.p.a. of at least 3.25.

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 on the Graduate College website.

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

### 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 and a cumulative University of Iowa g.p.a. of at least 3.33.

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.

### 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 living communities, 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.
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: eleven courses

Before the seventh semester begins: two more major requirement courses, 3 s.h. of supporting coursework, and at least 90 s.h. earned toward the degree

Before the eighth semester begins: two more major requirement courses and the remaining supporting coursework

During the eighth semester: enrollment in all remaining coursework 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

Any Semester

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

First Year

Fall

TR:1070 Perspectives on Leisure and Play b, c 3
RHET:1030 or ENGL:1200 Rhetoric or The Interpretation of Literature 3 - 4
GE CLAS Core: Natural Sciences with Lab d 4
Elective course e 2
CSI:1600 Success at Iowa 2

Hours 14-15

Spring

ENGL:1200 or RHET:1030 The Interpretation of Literature or Rhetoric 3 - 4
PSY:1001 Elementary Psychology b, c 3
GE CLAS Core: Diversity and Inclusion d 3
GE CLAS Core: Historical Perspectives d 3
GE CLAS Core: Literary, Visual, and Performing Arts d 3

Hours 15-16

Fall

TR:3160 Introduction to Therapeutic Recreation 3
SOC:1010 Introduction to Sociology b 3
or PSY:2501 or SOC:1220 Introduction to Social Psychology or Principles of Social Psychology
GE CLAS Core: Values and Culture d 3
GE CLAS Core: World Languages First Level Proficiency or elective course e 4 - 5
GE CLAS Core: Natural Sciences without Lab d 3

Hours 16-17

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.

Fall

TR:1061 Recreation Leadership and Programming 3
PSY:2930 Abnormal Psychology: Health Professions 3
Major: supporting course h 3
GE CLAS Core: International and Global Issues d 3
GE CLAS Core: World Languages Second Level Proficiency or elective course e 4 - 5

Elective course e 1
Admission Application: apply to the Therapeutic Recreation B.S. major g

Hours 16-17

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 Second Level Proficiency or elective course e 4 - 5

Elective course e 1

Hours 16-17

Fourth Year

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: supporting course h 3
Major: supporting course h 3

Hours 16-17
<table>
<thead>
<tr>
<th>Course Description</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Elective course</td>
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<tr>
<td>Spring</td>
<td>18</td>
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<tr>
<td>TR:4191 Therapeutic Recreation Internship</td>
<td>12</td>
</tr>
<tr>
<td>Elective course</td>
<td>3</td>
</tr>
<tr>
<td>Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall)</td>
<td>15</td>
</tr>
</tbody>
</table>

**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 coursework 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** Please see Academic Calendar, Office of the Registrar website for current degree application deadlines. Students should apply for a degree for the session in which all requirements will be met. For any questions on appropriate timing, contact your academic advisor. For more information visit http://commencement.uiowa.edu/ If applicable search for "Early and Late Participation" to find this page (e.g. participate in graduation ceremony in May, degree conferral in August).

**j** 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.