

Therapeutic Recreation, B.S.

Therapeutic recreation is a professional 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.

Learning Outcomes

The B.S. degree in therapeutic recreation:

- instills an understanding and appreciation of leisure, recreation, and play in diverse and inclusive settings;
- prepares students for professional fields and/or graduate study through the integration of research and critical thinking;
- provides service and experiential learning to enhance students' leadership strengths and their ability to build therapeutic relationships;
- teaches critical skills necessary in inclusive practice to assess, plan goals, design appropriate interventions, and evaluate effectiveness;
- instructs students in the practice of inclusion for persons of diverse abilities, backgrounds, and cultures; and
- teaches students how to facilitate inclusive and therapeutic recreation programs.

Requirements

The Bachelor of Science with a major in therapeutic recreation requires a minimum of 120 s.h., including 60-63 s.h. of work for the major, which varies by track. 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 in various underserved populations and as advocates for social inclusion. The major emphasizes the use of a systematic process of assessment, planning, implementation, and evaluation to provide equitable opportunity for recreation, leisure, and play by diverse populations.

The curriculum consists of two tracks designed to allow students to acquire in-depth knowledge in their chosen area of interest. The courses in each track provide an opportunity for students to tailor the degree to best fit their career goals and academic interests. The inclusive recreation track (60-63 s.h.) allows students to gain knowledge in a variety of domains related to adaptive and inclusive recreation. Students may choose to focus on a certain population or diversify their experience through their curriculum design. The NCTRC Certification track (63 s.h.) focuses on developing therapeutic recreation competencies necessary to sit for the National

Council on Therapeutic Recreation Certification examination and successfully pursue a career in clinical or community therapeutic recreation.

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

Code	Title	Hours
Core Courses		33
Track Requirements (varies by track)		27-30
Total Hours		60-63

Students in both tracks are required to complete the following core courses, as well as additional courses required specifically for their track.

Core Courses

Code	Title	Hours
This course:		
PSY:1001	Elementary Psychology	3
One of these:		
HHP:2130	Human Development Through the Life Span	3
NURS:1030	Human Development and Behavior	3
One of these:		
PSY:2501	Introduction to Social Psychology	3
SOC:1010	Introduction to Sociology	3
All of these:		
HHP:1400	Human Anatomy and Physiology	3
TR:1070	Perspectives on Leisure and Play	3
TR:1077	Introduction to Child Life	3
TR:1800/ASP:1800/ CSD:1800/ NURS:1800/ SSW:1800	Aging Matters: Introduction to Gerontology	3
TR:2061	Recreation Leadership and Programming	3
TR:3160	Introduction to Therapeutic Recreation	3
TR:3162	Therapeutic Recreation: Clientele	3
TR:3261	Inclusive Recreation	3

Tracks

Students select one of the following tracks and complete the requirements.

Inclusive Recreation Track

Requirements

Inclusive recreation in community-based settings is the fastest growing area of practice in therapeutic recreation and the most diverse. Community-based inclusive recreation specialists may be affiliated with community recreation departments, adaptive sports programs, school systems, independent living support services, special recreation associations, and community mental health agencies. The goals of inclusive recreation in community-based settings are equally diverse, including enhancing quality of life, health

protection and health promotion, and integration and inclusion of persons with disabilities in recreation programs.

Students who complete this track are not eligible for the National Council on Therapeutic Recreation Certification exam or for the CTRS credential.

Students earn a minimum of 27 s.h. in this track. Coursework is selected around several themes relevant for foundational comprehension and practice in the field of inclusion and diversity in recreation.

Inclusive Recreation Coursework

Social Justice

Code	Title	Hours
One of these:		
GWSS:2250/ HIST:2250/ SJUS:2250	The History of Social Justice Movements	3
SOC:1022/ SSW:1022	Social Justice and Social Welfare in the United States	3
SOC:1030	Contemporary Social Problems	3
SPST:1074/ AMST:1074/ GWSS:1074	Inequality in American Sport	3
One of these:		
CSED:4130	Human Sexuality	3
GWSS:3100	LGBTQ/Queer Studies	3
GWSS:3154	Sexuality in the United States	3
NURS:3712/ SSW:3712	Human Sexuality, Diversity, and Society	3

Culture

Code	Title	Hours
One of these:		
HHP:2280	Cultural Competency in Health Promotion	3
CCCC:2220	Foundations of Critical Cultural Competence	3

Characteristics of Disability

Code	Title	Hours
Both of these:		
DST:1101	Introduction to Disability Studies	3
EDTL:4900	Foundations of Special Education	3

Administration and Nonprofit

Code	Title	Hours
One of these:		
TR:3262	Therapeutic Recreation Administration	3
SRM:3150	Recreation Administration	3
ENTR:3595/ MGMT:3500/ MUSM:3500/ NURS:3595/ RELS:3700/ SSW:3500	Nonprofit Organizational Effectiveness I	3

Human Interaction and Health Behavior

Code	Title	Hours
This course:		
HHP:2200	Physical Activity and Health	3
One of these:		
HHP:3200	Health Behavior and Health Promotion	3
CSED:4175	Motivational Interviewing	3
CSED:4199	Counseling for Related Professions	3

Field Experience

Code	Title	Hours
3-6 s.h. from these:		
TR:4197/DST:4198	Practicum in Therapeutic Recreation	1-3
CCP:1201	Academic Internship	1-3
CSI:1410	Life Design	2
CSI:1420	Life Design II: A Better World	2

NCTRC Certification Track

Requirements

Certified therapeutic recreation specialists (CTRS) work in both clinical and community-based settings with a wide variety of client populations. The most common clientele groups include persons with mental illness, spinal cord and brain injuries, older adults, individuals who experience chemical dependence and substance abuse, at-risk youth, and people with developmental disabilities. Settings often focus on psychiatric or physical rehabilitation where the therapist works with a team of allied health professionals to provide treatment through recreation and leisure-based interventions. Services also may be provided in long-term care settings where the therapist works with the health care team to provide treatment interventions and recreation opportunities to enhance quality of life for residents in nursing homes, memory care and assisted-living centers, or respite care agencies. Many certified therapeutic recreation specialists also are employed by community and nonprofit agencies that provide services for underrepresented populations.

This is a selective track; students earn 30 s.h. of coursework for the NCTRC certification track. To enter the track they must complete 24 s.h. at the University of Iowa (or 12 s.h. for transfer students) and 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. Entrance to the track can occur after completion of HHP:1400 Human Anatomy and Physiology, TR:1070 Perspectives on Leisure and Play, and TR:3160 Introduction to Therapeutic Recreation. Students who complete this track, 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.

NCTRC Certification Coursework

Code	Title	Hours
All of these (17 s.h.):		
TR:3161	Assessment and Evaluation in Therapeutic Recreation	3
TR:3163	Concepts and Issues in Therapeutic Recreation: Advancement of the Profession	3

TR:3164	Therapeutic Recreation: Rehabilitation	3
TR:3262	Therapeutic Recreation Administration	3
CLSA:3750	Medical and Technical Terminology	2
PSY:2930	Abnormal Psychology: Health Professions	3

Field Experience

Code	Title	Hours
Both of these (13 s.h.):		
TR:4190	Preinternship Seminar	1
TR:4191	Therapeutic Recreation Internship	12

Combined Programs

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

The combined program allows qualified students to begin work toward a master's degree while they complete their bachelor's degree. It permits students to count certain courses toward both degrees, completing them in less time than they would need to complete each degree separately.

The completion of the two degrees 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.

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 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

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

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 Plans 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.

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- Inclusive Recreation Track [p. 4]
- NCTRC Certification Track [p. 5]

Inclusive Recreation Track

Course	Title	Hours
Academic Career		
Any Semester		
Students may declare the Therapeutic Recreation (Inclusive Recreation) BS major at any point in their academic career.		
GE CLAS Core: Sustainability		
Hours		0
First Year		
Fall		
PSY:1001	Elementary Psychology ^a	3
RHET:1030 or ENGL:1200	Rhetoric or The Interpretation of Literature	3 - 4
GE CLAS Core: Natural Sciences with Lab ^b		4
CSI:1600	Success at Iowa	2
Elective course ^c		3
Hours		15-16
Spring		
TR:1070	Perspectives on Leisure and Play ^a	3
PSY:2501 or SOC:1010	Introduction to Social Psychology ^a or Introduction to Sociology	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: Historical Perspectives ^b		3
GE CLAS Core: Literary, Visual, and Performing Arts ^b		3
Hours		15-16
Second Year		
Fall		
HHP:1400	Human Anatomy and Physiology ^a	3
TR:3160	Introduction to Therapeutic Recreation	3
GE CLAS Core: International and Global Issues ^b		3
GE CLAS Core: World Languages First Level Proficiency or elective course ^{c, d}		4 - 5
GE CLAS Core: Quantitative or Formal Reasoning ^b		3
Hours		16-17
Spring		
DST:1101	Introduction to Disability Studies ^{a, e}	3
HHP:2130 or NURS:1030	Human Development Through the Life Span or Human Development and Behavior	3

TR:1077	Introduction to Child Life	3
GE CLAS Core: World Languages Second Level Proficiency or elective course ^{c, d}		4 - 5
Elective course ^c		3
Hours		16-17
Third Year		
Fall		
HHP:2200	Physical Activity and Health ^{a, e}	3
TR:1800	Aging Matters: Introduction to Gerontology ^a	3
TR:2061	Recreation Leadership and Programming	3
IR Track: Field Experience or elective course ^{c, f}		1 - 3
GE CLAS Core: World Languages Second Level Proficiency or elective course ^{c, d}		4 - 5
Hours		14-17
Spring		
TR:3162	Therapeutic Recreation: Clientele	3
IR Track: Social Justice course ^{e, g}		3
IR Track: Field Experience or elective course ^{c, f}		1 - 3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course ^{c, d}		4 - 5
Elective course ^c		3
Hours		14-17
Fourth Year		
Fall		
HHP:2280 or CCCC:2220	Cultural Competency in Health Promotion ^e or Foundations of Critical Cultural Competence	3
TR:3261	Inclusive Recreation	3
IR Track: Human Interaction and Health Behavior course ^{e, g}		3
IR Track: Social Justice course ^{e, g}		3
IR Track: Field Experience or elective course ^{c, f}		1 - 3
Elective course ^c		2
Hours		15-17
Spring		
EDTL:4900	Foundations of Special Education ^{a, e}	3
IR Track: Administration and Nonprofit course ^{e, g}		3
IR Track: Field Experience or elective course ^{c, f}		1 - 3
Elective course ^c		3
Elective course ^c		3
Elective course ^c		2
Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) ^h		
Hours		15-17
Total Hours		120-134

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

b 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.

c 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.

d 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.

e This course fulfills a themed area within the Inclusive Recreation Track.

f Complete 3-6 s.h. of field experience coursework; see list of approved courses in General Catalog.

g See list of approved courses in the General Catalog.

h 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 or Graduation Services.

NCTRC Certification Track

Course	Title	Hours
Academic Career		
Any Semester		
Students apply to the Therapeutic Recreation (NCTRC Certification) BS program through a selective process. Acceptance is not guaranteed. ^a		
GE CLAS Core: Sustainability ^b		
Hours		0
First Year		
Fall		
PSY:1001	Elementary Psychology ^c	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: Natural Sciences with Lab ^d		4
CSI:1600	Success at Iowa	2
Elective course ^e		3
Hours		15-16
Spring		
TR:1070	Perspectives on Leisure and Play ^{c,}	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: Values and Culture ^d		3
GE CLAS Core: Historical Perspectives ^d		3
GE CLAS Core: Literary, Visual, and Performing Arts ^d		3
Hours		15-16
Second Year		
Fall		
HHP:1400	Human Anatomy and Physiology ^f	3
PSY:2501 or SOC:1010	Introduction to Social Psychology ^c or Introduction to Sociology	3
TR:3160	Introduction to Therapeutic Recreation ^f	3
GE CLAS Core: Diversity and Inclusion ^d		3
GE CLAS Core: World Languages First Level Proficiency or elective course ^{e, g}		4 - 5
Admission Application: apply to the Therapeutic Recreation (NCTRC Certification) BS program. ^h		
Hours		16-17
Spring		
CLSA:3750	Medical and Technical Terminology	2

TR:1077	Introduction to Child Life	3
GE CLAS Core: Quantitative or Formal Reasoning ^d		3
GE CLAS Core: International and Global Issues ^d		3
GE CLAS Core: World Languages Second Level Proficiency or elective course ^{e, g}		4 - 5
Hours		15-16

Third Year

Any Semester

The curriculum shown in the third and fourth years on this plan begins upon acceptance into the Therapeutic Recreation (NCTRC Certification) BS program. ^h

Hours		0
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Fall

HHP:2130 or NURS:1030	Human Development Through the Life Span or Human Development and Behavior	3
TR:2061	Recreation Leadership and Programming	3
TR:3161	Assessment and Evaluation in Therapeutic Recreation	3
GE CLAS Core: World Languages Second Level Proficiency or elective course ^{e, g}		4 - 5
Elective course ^e		3

Hours		16-17
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Spring

PSY:2930	Abnormal Psychology: Health Professions	3
TR:1800	Aging Matters: Introduction to Gerontology	3
TR:3162	Therapeutic Recreation: Clientele	3
TR:4190	Preinternship Seminar	1
GE CLAS Core: World Languages Fourth Level Proficiency or elective course ^{e, g}		4 - 5
Elective course ^e		2

Hours		16-17
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Fourth Year

Fall

TR:3163	Concepts and Issues in Therapeutic Recreation: Advancement of the Profession	3
TR:3164	Therapeutic Recreation: Rehabilitation	3
TR:3261	Inclusive Recreation	3
TR:3262	Therapeutic Recreation Administration	3
Elective course ^e		3

Hours		15
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Spring

TR:4191	Therapeutic Recreation Internship	12
Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) ⁱ		
Exam: National Council for Therapeutic Recreation Certification ^j		

Hours		12
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Total Hours		120-126
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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 Sustainability must be completed by choosing a course that has been approved for Sustainability AND for one of these General Education areas: Natural Sciences; Quantitative and Formal Reasoning; Social Sciences; Historical Perspectives; International and Global Issues; Literary, Visual, and Performing Arts; or Values and Culture.
- 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 This course is a requirement for admission to the Therapeutic Recreation (NCTRC Certification) BS program.
- g 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.
- h 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.
- 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 or Graduation Services.
- 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.