Therapeutic Recreation, B.S.

# Therapeutic Recreation, B.S.

#### **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.

### Therapeutic Recreation, B.S.

- Inclusive Recreation Track [p. 1]
- NCTRC Certification Track [p. 2]

#### **Inclusive Recreation Track**

Course	Title	Hours
Academic Ca	areer	
<b>Any Semest</b>	er	
	declare the Therapeutic Recreation creation) BS major at any point in their eer.	
GE CLAS Core	e: Sustainability	
	Hours	0
First Year		
E - 11		

	Hours	0
First Year		
Fall		
PSY:1001	Elementary Psychology <sup>a</sup>	3
RHET:1030	Rhetoric	3 - 4
or ENGL:1200	or The Interpretation of Literature	
GE CLAS Core: No	atural Sciences with Lab <sup>b</sup>	4
CSI:1600	Success at Iowa	2
Elective course c		3
	Hours	15-16
Spring		
TR:1070	Perspectives on Leisure and Play <sup>a</sup>	3
PSY:2501 or SOC:1010	Introduction to Social Psychology <sup>a</sup> or Introduction to Sociology	3

ENGL 1200	The late was taking of Literature	2 4
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
	istorical Perspectives <sup>b</sup>	3
	iterary, Visual, and Performing Arts	3
b	rectary, visual, and remorning files	3
	Hours	15-16
Second Year		
Fall		
HHP:1400	Human Anatomy and Physiology <sup>a</sup>	3
TR:3160	Introduction to Therapeutic	3
	Recreation	
	iternational and Global Issues <sup>b</sup>	3
GE CLAS Core: W	/orld Languages First Level	4 - 5
Proficiency or ele	ective course 5, 5	
GE CLAS Core: Q	uantitative or Formal Reasoning <sup>b</sup>	3
C	Hours	16-17
Spring		2
DST:1101	Introduction to Disability Studies <sup>a,</sup>	3
HHP:2130	Human Development Through the	3
or NURS:1030		
	or Human Development and Behavior	
TR:1077	Introduction to Child Life	3
GE CLAS Core: W	orld Languages Second Level	4 - 5
Proficiency or ele	ective course <sup>C, d</sup>	
Elective course <sup>c</sup>		3
	Hours	16-17
Third Year		
Fall		
ı alı		
HHP:2200	Physical Activity and Health <sup>a, e</sup>	3
	Physical Activity and Health <sup>a, e</sup> Aging Matters: Introduction to Gerontology <sup>a</sup>	3
HHP:2200	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and	
HHP:2200 TR:1800 TR:2061	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming	3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming sperience or elective course <sup>c, f</sup>	3 3 1 - 3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming sperience or elective course <sup>c, f</sup>	3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming sperience or elective course <sup>c, f</sup> Vorld Languages, Second Level ective course <sup>c, d</sup>	3 3 1 - 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming sperience or elective course <sup>c, f</sup>	3 3 1 - 3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or elections of the second s	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming experience or elective course <sup>c, f</sup> Vorld Languages Second Level ective course <sup>c, d</sup> Hours	3 1 - 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or elections of the second s	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming Experience or elective course <sup>c, f</sup> Vorld Languages Second Level ective course <sup>c, d</sup> Hours  Therapeutic Recreation: Clientele	3 3 1 - 3 4 - 5 <b>14-17</b> 3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele  Spring TR:3162 IR Track: Social J	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming Aperience or elective course <sup>c, f</sup> Vorld Languages Second Level ective course <sup>c, d</sup> Hours  Therapeutic Recreation: Clientele ustice course <sup>e, g</sup>	3 3 1 - 3 4 - 5 <b>14-17</b> 3 3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: We Proficiency or election of the Core of th	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming operience or elective course <sup>c, f</sup> /orld Languages Second Level ective course <sup>c, d</sup> Hours  Therapeutic Recreation: Clientele ustice course <sup>e, g</sup> operience or elective course <sup>c, f</sup>	3 1 - 3 4 - 5 14-17 3 3 1 - 3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele  Spring TR:3162 IR Track: Social J IR Track: Field Ex GE CLAS Core: W	Aging Matters: Introduction to Gerontology <sup>a</sup> Recreation Leadership and Programming experience or elective course <sup>c, f</sup> Vorld Languages Second Level ective course <sup>c, d</sup> Hours  Therapeutic Recreation: Clientele ustice course <sup>e, g</sup> Experience or elective course <sup>c, f</sup> Vorld Languages Fourth Level	3 3 1 - 3 4 - 5 <b>14-17</b> 3 3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: We Proficiency or election of the Core of th	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming Reperience or elective course c, f Vorld Languages Second Level ective course c, d Hours  Therapeutic Recreation: Clientele sustice course e, g Reperience or elective course c, f Vorld Languages Fourth Level ective course c, d	3 1 - 3 4 - 5 14-17 3 3 1 - 3
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele  Spring TR:3162 IR Track: Social J IR Track: Field Ex GE CLAS Core: W Proficiency or ele	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming Reperience or elective course c, f Vorld Languages Second Level ective course c, d Hours  Therapeutic Recreation: Clientele sustice course e, g Reperience or elective course c, f Vorld Languages Fourth Level ective course c, d	3 1 - 3 4 - 5 14-17 3 3 1 - 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele  Spring TR:3162 IR Track: Social J IR Track: Field Ex GE CLAS Core: W Proficiency or ele	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming Experience or elective course c, f Vorld Languages, Second Level ective course c, d Phours  Therapeutic Recreation: Clientele custice course e, g Experience or elective course c, f Vorld Languages, Fourth Level ective course c, d Porld Languages, fourth Level ective course c, d	3 1 - 3 4 - 5 14-17 3 3 1 - 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele  Spring TR:3162 IR Track: Social J IR Track: Field Ex GE CLAS Core: W Proficiency or ele Elective course C	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming Experience or elective course c, f Vorld Languages, Second Level ective course c, d Phours  Therapeutic Recreation: Clientele custice course e, g Experience or elective course c, f Vorld Languages, Fourth Level ective course c, d Porld Languages, fourth Level ective course c, d	3 1 - 3 4 - 5 14-17 3 3 1 - 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele Spring TR:3162 IR Track: Social J IR Track: Field Ex GE CLAS Core: W Proficiency or ele Elective course C	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming Experience or elective course c, f Ford Languages Second Level ective course c, d Ford Languages Second Level ective course e, g Ford Languages Fourth Level extra course e, g Ford Languages Fourth Level ective course c, d Ford Languages Fourth Level ective C Ford Languages Fourth Level ective C Ford Languages Fourth Level ective C Ford Languages Ford	3 1 - 3 4 - 5 14-17 3 3 1 - 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: We Proficiency or electric states and the second states are second states and the second states are second states and the second states are second state	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming Experience or elective course c, f Porld Languages Second Level ective course e, d Pours  Therapeutic Recreation: Clientele sustice course e, g Porld Languages Fourth Level ective course c, d Pours  Hours  Cultural Competency in Health Promotion e	3 1 - 3 4 - 5 14-17 3 1 - 3 4 - 5 3 14-17
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: W Proficiency or ele Spring TR:3162 IR Track: Social J IR Track: Field Ex GE CLAS Core: W Proficiency or ele Elective course C	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming Experience or elective course c, f Ford Languages Second Level ective course c, d Ford Languages Second Level ective course c, d Ford Languages Fourth Level extractions or elective course c, f Ford Languages Fourth Level ective course c, d Ford Languages Fourth Level ective course c, d Ford Languages Fourth Level ective course c, d Fourth Level ective c, d Fourth Level ective c, d Fourth Leve	3 1 - 3 4 - 5 14-17 3 1 - 3 4 - 5 3 14-17
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: We Proficiency or election of the Example of the Exam	Aging Matters: Introduction to Gerontology  Recreation Leadership and Programming Reperience or elective course c, f  Vorld Languages Second Level ective course e, g  Recreation: Clientele ustice course e, g  Reperience or elective course c, f  Vorld Languages Fourth Level ective course c, d  Hours  Cultural Competency in Health Promotion or Foundations of Critical Cultural Competence	3 1 - 3 4 - 5 14-17 3 1 - 3 4 - 5 3 14-17
HHP:2200 TR:1800 TR:2061 IR Track: Field Example of Exa	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming sperience or elective course c, f Porld Languages, Second Level ective course c, d Pours  Therapeutic Recreation: Clientele sustice course e, g sperience or elective course c, f Porld Languages, Fourth Level ective course c, d Pours  Cultural Competency in Health Promotion or Foundations of Critical Cultural Competence Inclusive Recreation	3 1 - 3 4 - 5 14-17 3 1 - 3 4 - 5 3 14-17 3 3 3 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: We Proficiency or election of the Example of the Exam	Aging Matters: Introduction to Gerontology  Recreation Leadership and Programming Reperience or elective course c, f  Vorld Languages Second Level ective course e, g  Recreation: Clientele ustice course e, g  Reperience or elective course c, f  Vorld Languages Fourth Level ective course c, d  Hours  Cultural Competency in Health Promotion or Foundations of Critical Cultural Competence	3 1 - 3 4 - 5 14-17 3 1 - 3 4 - 5 3 14-17
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: We Proficiency or election of the Example of the Exam	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming sperience or elective course c, f Porld Languages, Second Level ective course c, d Porld Languages, Second Level ective course e, g Second Level evaluation of Level ective course e, g Second Level evaluation of Level ective course e, g Second Level evaluation of Level ective course e, g Second Level evaluation of Level evaluation of Level ective course e, g Second Level evaluation of Level evaluation	3 1 - 3 4 - 5 14-17 3 1 - 3 4 - 5 3 14-17 3 3 3 3 4 - 5
HHP:2200 TR:1800 TR:2061 IR Track: Field Ex GE CLAS Core: We Proficiency or election of the Example of the Exam	Aging Matters: Introduction to Gerontology a Recreation Leadership and Programming sperience or elective course c, f Porld Languages, Second Level ective course c, d Porld Languages, Second Level ective course e, g Second Level evaluation of Level ective course e, g Second Level evaluation of Level ective course e, g Second Level evaluation of Level ective course e, g Second Level evaluation of Level evaluation of Level ective course e, g Second Level evaluation of Level evaluation	3 1 - 3 4 - 5  14-17 3 3 1 - 3 4 - 5  3 14-17 3 3 3 3 3 3 3

Elective course	c c	2
	Hours	15-17
Spring		
EDTL:4900	Foundations of Special Education <sup>a,</sup> e	3
	nistration and Nonprofit course <sup>e, g</sup>	3
	Experience or elective course c, f	1 - 3
Elective course		3
Elective course		3
Elective course	c c	2
	ation: apply on MyUl before deadline bruary for spring, September for fall)	
	Hours	15-17

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

**Total Hours** 

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

120-134

Hours

- 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** Title

Hours

Course

Academic Care Any Semester	eer	
Students apply t (NCTRC Certification selective proces)	to the Therapeutic Recreation ation) BS program through a s. Acceptance is not guaranteed. <sup>a</sup>	
GE CLAS Core: S	ustainability <sup>b</sup>	
	Hours	0
First Year		
Fall		
PSY:1001	Elementary Psychology <sup>c</sup>	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: N	latural Sciences with Lab <sup>d</sup>	4
CSI:1600	Success at Iowa	2
Elective course		3

Spring TR:1070	Perspectives on Leisure and Play <sup>c,</sup>	3
ENGL:1200 or RHET:1030		3 - 4
	alues and Culture <sup>d</sup>	3
	istorical Perspectives <sup>d</sup>	3
GE CLAS Core: Li	terary, Visual, and Performing Arts	3
	Hours	15-16
Second Year Fall		
HHP:1400	Human Anatomy and Physiology <sup>f</sup>	3
PSY:2501 or SOC:1010	Introduction to Social Psychology <sup>c</sup> or Introduction to Sociology	3
TR:3160	Introduction to Therapeutic Recreation <sup>f</sup>	3
GE CLAS Core: D	iversity and Inclusion <sup>d</sup>	3
	orld Languages First Level	4 - 5
Admission Applic Recreation (NCT)	ation: apply to the Therapeutic RC 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: Q	uantitative or Formal Reasoning <sup>d</sup>	3
	ternational and Global Issues <sup>d</sup>	3
GE CLAS Core: W Proficiency or ele	orld Languages Second Level ective course <sup>e, g</sup>	4 - 5
	Hours	15-16
Third Year		
Any Semester		
The curriculum c	hown in the third and fourth years	
on this plan begin Therapeutic Recr	hown in the third and fourth years ns upon acceptance into the reation (NCTRC Certification) BS	
on this plan begi	ns upon acceptance into the reation (NCTRC Certification) BS	0
on this plan begi Therapeutic Recr program. h	ns upon acceptance into the	0
on this plan begi Therapeutic Recr program. h Fall HHP:2130	ns upon acceptance into the reation (NCTRC Certification) BS  Hours  Human Development Through the	<b>0</b>
on this plan begi Therapeutic Recr program. <sup>h</sup>	ns upon acceptance into the reation (NCTRC Certification) BS  Hours  Human Development Through the	
on this plan begi Therapeutic Recr program. h Fall HHP:2130	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and	
on this plan begi Therapeutic Recr program. h Fall HHP:2130 or NURS:1030	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in	3
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130 or NURS:1030  TR:2061  TR:3161	Hours  Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in Therapeutic Recreation	3
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130  or NURS:1030  TR:2061  TR:3161	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in	3
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130 or NURS:1030  TR:2061  TR:3161  GE CLAS Core: W Proficiency or ele	Hours  Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in Therapeutic Recreation	3 3 4 - 5
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130 or NURS:1030  TR:2061  TR:3161  GE CLAS Core: W Proficiency or ele	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in Therapeutic Recreation Level ective course e, g	3 3 4-5
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130     or NURS:1030  TR:2061  TR:3161  GE CLAS Core: W Proficiency or ele Elective course	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in Therapeutic Recreation Level ective course e, g	3 3 4-5
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130     or NURS:1030  TR:2061  TR:3161  GE CLAS Core: W Proficiency or ele Elective course e	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in Therapeutic Recreation Level Corld Languages Second Level Corld Course e, g  Hours  Abnormal Psychology: Health	3 3 4 - 5 3 16-17
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130 or NURS:1030  TR:2061  TR:3161  GE CLAS Core: W Proficiency or ele Elective course e  Spring PSY:2930	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in Therapeutic Recreation Level Course e, g  Hours  Abnormal Psychology: Health Professions  Aging Matters: Introduction to	3 3 4-5 3 16-17
on this plan begi Therapeutic Recr program. h  Fall  HHP:2130     or NURS:1030  TR:2061  TR:3161  GE CLAS Core: W Proficiency or ele Elective course e  Spring PSY:2930  TR:1800	Hours  Human Development Through the Life Span or Human Development and Behavior  Recreation Leadership and Programming  Assessment and Evaluation in Therapeutic Recreation Level Languages Second Level Lective course e, g  Hours  Abnormal Psychology: Health Professions  Aging Matters: Introduction to Gerontology	3 3 4-5 3 16-17 3 3

Proficiency or elective course e, g

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Elective course e 2 16-17 **Hours Fourth Year** Fall TR:3163 3 Concepts and Issues in Therapeutic Recreation: Advancement of the Profession TR:3164 Therapeutic Recreation: 3 Rehabilitation TR:3261 Inclusive Recreation 3 TR:3262 Therapeutic Recreation 3 Administration Elective course e 3 15 **Hours** Spring TR:4191 Therapeutic Recreation Internship 12 Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) Exam: National Council for Therapeutic Recreation Certification <sup>J</sup> **Hours** 12 **Total Hours** 120-126

- 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.