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 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

Fall
PSY:1001 Elementary Psychology a 3
ENGL:1200 or RHET:1030 The Interpretation of Literature or Rhetoric 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
SOC:1010 or PSY:2501 Introduction to Sociology a or Introduction to Social Psychology 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 15-16

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 16-17

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
CCCC:2220 or HHP:2280 Foundations of Critical Cultural Competence or Cultural Competency in Health Promotion 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

Hours 14-17
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.  

GE CLAS Core: Sustainability

**First Year**

**Fall**

PSY:1001 | Elementary Psychology | 3

RHET:1030 | Rhetoric | 3
or ENGL:1200 | or The Interpretation of Literature

GE CLAS Core: Natural Sciences with Lab | 4

CSI:1600 | Success at Iowa | 2

Elective course | 3

**Spring**

TR:1077 | Perspectives on Leisure and Play | 3

RHET:1030 | Rhetoric or The Interpretation of Literature | 3
or ENGL:1200 |

GE CLAS Core: Values and Culture | 3

GE CLAS Core: Historical Perspectives | 3

GE CLAS Core: Literary, Visual, and Performing Arts | 3

**Second Year**

**Fall**

HHP:1400 | Human Anatomy and Physiology | 3

SOC:1010 | Introduction to Sociology | 3
or PSY:2501 | or Introduction to Social Psychology

TR:3160 | Introduction to Therapeutic Recreation | 3

GE CLAS Core: Diversity and Inclusion | 3

GE CLAS Core: World Languages First Level Proficiency or elective course | 4 - 5

**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.

**Spring**

TR:1077 | Perspectives on Leisure and Play | 3

RHET:1030 | Rhetoric or The Interpretation of Literature | 3
or ENGL:1200 |

GE CLAS Core: Values and Culture | 3

GE CLAS Core: Historical Perspectives | 3

GE CLAS Core: Literary, Visual, and Performing Arts | 3

**Fall**

HHP:2130 | 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 | 4 - 5

Elective course | 3

**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  4 - 5
Proficiency or elective course e, g
Elective course e  2

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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**  16-17

**Spring**

| TR:4191       | Therapeutic Recreation Internship                                             | 12 |

Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) l

Exam: National Council for Therapeutic Recreation Certification j

**Hours**  15

**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.