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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>PSY:1001</td>
<td>Elementary Psychology</td>
<td>3</td>
</tr>
<tr>
<td>ENGL:1200</td>
<td>The Interpretation of Literature or Rhetoric</td>
<td>3 - 4</td>
</tr>
<tr>
<td>HHP:1400</td>
<td>Human Anatomy and Physiology</td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: Natural Sciences with Lab</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>CSI:1600</td>
<td>Success at Iowa</td>
<td>2</td>
</tr>
<tr>
<td>Elective course</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hours</td>
<td>14-15</td>
</tr>
</tbody>
</table>

Spring

ENGL:1200 or RHE:1030 | The Interpretation of Literature or Rhetoric | 3 - 4 |
TR:1070               | Perspectives on Leisure and Play            | 3     |
PSY:2501 or SOC:1010  | Introduction to Social Psychology or Introduction to Sociology | 3     |
GE CLAS Core: Historical Perspectives                | 3     |

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

Second Year

Fall

TR:3160            | Introduction to Therapeutic Recreation      | 3     |
GE CLAS Core: International and Global Issues       | 3     |
HHP:1400           | Human Anatomy and Physiology                | 3     |
GE CLAS Core: World Languages First Level Proficiency or elective course | 4 - 5 |
GE CLAS Core: Quantitative or Formal Reasoning      | 3     |

Hours          | 15-16 |

Spring

TR:1077           | Introduction to Child Life                  | 3     |
DST:1101          | Introduction to Disability Studies          | 3     |
HHP:2130 or NURS:1030 | Human Development Through the Life Span or Human Development and Behavior | 3     |
GE CLAS Core: World Languages Second Level Proficiency or elective course | 4 - 5 |
Elective course                                           | 3     |

Hours          | 16-17 |

Third Year

Fall

TR:1061           | Recreation Leadership and Programming       | 3     |
TR:1800           | Aging Matters: Introduction to Gerontology  | 3     |
HHP:2200          | Physical Activity and Health                | 3     |
IR Track: Field Experience or Elective course        | 1 - 3 |
GE CLAS Core: World Languages Fourth Level Proficiency or elective course | 4 - 5 |
Elective course                                           | 3     |

Hours          | 14-17 |

Spring

TR:3162           | Therapeutic Recreation: Clientele           | 3     |
IR Track: Social Justice course                        | 3     |
IR Track: Field Experience or Elective course          | 1 - 3 |
GE CLAS Core: World Languages Fourth Level Proficiency or elective course | 4 - 5 |
Elective course                                           | 3     |

Hours          | 14-17 |

Fourth Year

Fall

TR:3261           | Inclusive Recreation                        | 3     |
IR Track: Social Justice course                         | 3     |
IR Track: Human Interaction and Health Behavior course  | 3     |
HHP:2280          | Cultural Competency in Health Promotion or Foundations of Critical Cultural Competence | 3     |
IR Track: Field Experience or Elective course          | 1 - 3 |
Elective course                                           | 3     |

Hours          | 16-18 |

Spring

IR Track: Administration and Nonprofit course            | 3     |
EDTL:4900 Foundations of Special Education \textsuperscript{a, e} 3

IR Track: Field Experience or Elective course \textsuperscript{a, f} 1 - 3

Elective course \textsuperscript{c} 3

Elective course \textsuperscript{c} 3

Elective course \textsuperscript{c} 2

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

<table>
<thead>
<tr>
<th>Hours</th>
<th>15-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Hours</td>
<td>120-134</td>
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</tbody>
</table>

\textsuperscript{a} Fulfills a major requirement and may fulfill a GE requirement.

\textsuperscript{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.

\textsuperscript{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.

\textsuperscript{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.

\textsuperscript{e} This course fulfills a themed area within the Inclusive Recreation Track.

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

\textsuperscript{g} 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**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Academic Career</strong></td>
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<tr>
<td><strong>Any Semester</strong></td>
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<tr>
<td>Students apply to the Therapeutic Recreation (NCTRC Certification) BS program through a selective process. Acceptance is not guaranteed.</td>
<td></td>
<td></td>
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<tr>
<td><strong>First Year</strong></td>
<td></td>
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<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSY:1001</td>
<td>Elementary Psychology \textsuperscript{b}</td>
<td>3</td>
</tr>
<tr>
<td>ENGL:1200</td>
<td>The Interpretation of Literature or RHET:1030 or Rhetoric</td>
<td>3 - 4</td>
</tr>
<tr>
<td>GE CLAS Core: Natural Sciences with Lab \textsuperscript{c}</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>CSI:1600</td>
<td>Success at Iowa</td>
<td>2</td>
</tr>
<tr>
<td>Elective course \textsuperscript{d}</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td>14-15</td>
<td></td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RHET:1030 or ENGL:1200</td>
<td>Rhetoric or The Interpretation of Literature</td>
<td>3 - 4</td>
</tr>
<tr>
<td>TR:1070</td>
<td>Perspectives on Leisure and Play \textsuperscript{b, e}</td>
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<tr>
<td>GE CLAS Core: Values and Culture \textsuperscript{c}</td>
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<tr>
<td>GE CLAS Core: Historical Perspectives \textsuperscript{c}</td>
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<tr>
<td>GE CLAS Core: Literary, Visual, and Performing Arts \textsuperscript{c}</td>
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**Second Year**

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td><strong>Fall</strong></td>
<td></td>
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<tr>
<td>TR:3160</td>
<td>Introduction to Therapeutic Recreation \textsuperscript{e}</td>
<td>3</td>
</tr>
<tr>
<td>SOC:1010 or PSY:2501</td>
<td>Introduction to Sociology \textsuperscript{b} or Introduction to Social Psychology</td>
<td>3</td>
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<tr>
<td>HHP:1400</td>
<td>Human Anatomy and Physiology \textsuperscript{e}</td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: World Languages First Level</td>
<td></td>
<td>4 - 5</td>
</tr>
<tr>
<td>Proficiency or elective course \textsuperscript{a}</td>
<td></td>
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<tr>
<td>GE CLAS Core: Diversity and Inclusion \textsuperscript{c}</td>
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<tr>
<td>Admission Application: apply to the Therapeutic Recreation (NCTRC Certification) BS program. \textsuperscript{g}</td>
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<tr>
<td><strong>Total Hours</strong></td>
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</tr>
<tr>
<td><strong>Spring</strong></td>
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<tr>
<td>TR:1077</td>
<td>Introduction to Child Life</td>
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<td>CLSA:3750</td>
<td>Medical and Technical Terminology</td>
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<td>GE CLAS Core: Quantitative or Formal Reasoning \textsuperscript{c}</td>
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<tr>
<td>GE CLAS Core: International and Global Issues \textsuperscript{c}</td>
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<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: World Languages Second Level</td>
<td></td>
<td>4 - 5</td>
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<tr>
<td>Proficiency or elective course \textsuperscript{a}</td>
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<td>Elective course \textsuperscript{d}</td>
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</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td>16-17</td>
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**Third Year**

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<thead>
<tr>
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<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TR:1061</td>
<td>Recreation Leadership and Programming</td>
<td>3</td>
</tr>
<tr>
<td>NURS:1030 or HHP:2130</td>
<td>Human Development and Behavior or Human Development Through the Life Span</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>GE CLAS Core: World Languages Second Level</td>
<td></td>
<td>4 - 5</td>
</tr>
<tr>
<td>Proficiency or elective course \textsuperscript{a}</td>
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<tr>
<td>Elective course \textsuperscript{d}</td>
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<td>3</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td>17-18</td>
<td></td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TR:3162</td>
<td>Therapeutic Recreation: Clientele</td>
<td>3</td>
</tr>
<tr>
<td>TR:1800</td>
<td>Aging Matters: Introduction to Gerontology</td>
<td>3</td>
</tr>
<tr>
<td>PSY:2930</td>
<td>Abnormal Psychology: Health Professions</td>
<td>3</td>
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<tr>
<td>TR:4190</td>
<td>Preinternship Seminar</td>
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<tr>
<td>GE CLAS Core: World Languages Fourth Level</td>
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<td>4 - 5</td>
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<tr>
<td>Proficiency or elective course \textsuperscript{a}</td>
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<td>Elective course \textsuperscript{d}</td>
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<td><strong>Total Hours</strong></td>
<td>17-18</td>
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**Fourth Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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</tr>
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<tbody>
<tr>
<td><strong>Fall</strong></td>
<td></td>
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<tr>
<td>TR:3163</td>
<td>Concepts and Issues in Therapeutic Recreation: Advancement of the Profession</td>
<td>3</td>
</tr>
<tr>
<td>TR:3261</td>
<td>Inclusive Recreation</td>
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</table>
TR:3164  Therapeutic Recreation: Rehabilitation  3
TR:3262  Therapeutic Recreation Administration  3
Elective course  d  3
Elective course  d  3

Hours  18

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 1

Hours  12
Total Hours  124-130

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 Fulfills a major requirement and may fulfill a GE requirement.
c 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.
d 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.
e This course is a requirement for admission to the Therapeutic Recreation (NCTRC Certification) BS program.
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 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.
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.