

# 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
<b>Academic Career</b>		
<b>Any Semester</b>		
Students may declare the Therapeutic Recreation (Inclusive Recreation) BS major at any point in their academic career.		
GE CLAS Core: Sustainability		
<b>Hours</b>		<b>0</b>
<b>First Year</b>		
<b>Fall</b>		
PSY:1001	Elementary Psychology <sup>a</sup>	3
RHET:1030 or ENGL:1200	Rhetoric or The Interpretation of Literature	3 - 4
GE CLAS Core: Natural Sciences with Lab <sup>b</sup>		4
CSI:1600	Success at Iowa	2
Elective course <sup>c</sup>		3
<b>Hours</b>		<b>15-16</b>
<b>Spring</b>		
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 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: Historical Perspectives <sup>b</sup>		3
GE CLAS Core: Literary, Visual, and Performing Arts <sup>b</sup>		3

**Hours 15-16**

#### Second Year

<b>Fall</b>		
HHP:1400	Human Anatomy and Physiology <sup>a</sup>	3
TR:3160	Introduction to Therapeutic Recreation	3
GE CLAS Core: International and Global Issues <sup>b</sup>		3
GE CLAS Core: World Languages First Level Proficiency or elective course <sup>c, d</sup>		4 - 5
GE CLAS Core: Quantitative or Formal Reasoning <sup>b</sup>		3

**Hours 16-17**

#### Spring

DST:1101	Introduction to Disability Studies <sup>a, e</sup>	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 <sup>c, d</sup>		4 - 5
Elective course <sup>c</sup>		3

**Hours 16-17**

#### Third Year

<b>Fall</b>		
HHP:2200	Physical Activity and Health <sup>a, e</sup>	3
TR:1800	Aging Matters: Introduction to Gerontology <sup>a</sup>	3
TR:2061	Recreation Leadership and Programming	3
IR Track: Field Experience or elective course <sup>c, f</sup>		1 - 3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>c, d</sup>		4 - 5

**Hours 14-17**

#### Spring

TR:3162	Therapeutic Recreation: Clientele	3
IR Track: Social Justice course <sup>e, g</sup>		3
IR Track: Field Experience or elective course <sup>c, f</sup>		1 - 3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course <sup>c, d</sup>		4 - 5
Elective course <sup>c</sup>		3

**Hours 14-17**

#### Fourth Year

<b>Fall</b>		
HHP:2280 or CCCC:2220	Cultural Competency in Health Promotion <sup>e</sup> or Foundations of Critical Cultural Competence	3
TR:3261	Inclusive Recreation	3
IR Track: Human Interaction and Health Behavior course <sup>e, g</sup>		3
IR Track: Social Justice course <sup>e, g</sup>		3
IR Track: Field Experience or elective course <sup>c, f</sup>		1 - 3

Elective course <sup>c</sup>	2
<b>Hours</b>	<b>15-17</b>
<b>Spring</b>	
EDTL:4900 Foundations of Special Education <sup>a, e</sup>	3
IR Track: Administration and Nonprofit course <sup>e, g</sup>	3
IR Track: Field Experience or elective course <sup>c, f</sup>	1 - 3
Elective course <sup>c</sup>	3
Elective course <sup>c</sup>	3
Elective course <sup>c</sup>	2
Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) <sup>h</sup>	
<b>Hours</b>	<b>15-17</b>
<b>Total Hours</b>	<b>120-134</b>

- 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
<b>Academic Career</b>		
<b>Any Semester</b>		
Students apply to the Therapeutic Recreation (NCTRC Certification) BS program through a selective process. Acceptance is not guaranteed. <sup>a</sup>		
GE CLAS Core: Sustainability <sup>b</sup>		
<b>Hours</b>		<b>0</b>
<b>First Year</b>		
<b>Fall</b>		
PSY:1001	Elementary Psychology <sup>c</sup>	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: Natural Sciences with Lab <sup>d</sup>		4
CSI:1600	Success at Iowa	2
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>15-16</b>

<b>Spring</b>		
TR:1070	Perspectives on Leisure and Play <sup>c</sup>	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: Values and Culture <sup>d</sup>		3
GE CLAS Core: Historical Perspectives <sup>d</sup>		3
GE CLAS Core: Literary, Visual, and Performing Arts <sup>d</sup>		3

<b>Hours</b>		
<b>15-16</b>		
<b>Second Year</b>		
<b>Fall</b>		
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: Diversity and Inclusion <sup>d</sup>		3
GE CLAS Core: World Languages First Level Proficiency or elective course <sup>e, g</sup>		4 - 5
Admission Application: apply to the Therapeutic Recreation (NCTRC Certification) BS program. <sup>h</sup>		

<b>Hours</b>		
<b>16-17</b>		
<b>Spring</b>		
CLSA:3750	Medical and Technical Terminology	2
TR:1077	Introduction to Child Life	3
GE CLAS Core: Quantitative or Formal Reasoning <sup>d</sup>		3
GE CLAS Core: International and Global Issues <sup>d</sup>		3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>e, g</sup>		4 - 5

<b>Hours</b>		
<b>15-16</b>		
<b>Third Year</b>		
<b>Any Semester</b>		
The curriculum shown in the third and fourth years on this plan begins upon acceptance into the Therapeutic Recreation (NCTRC Certification) BS program. <sup>h</sup>		

<b>Hours</b>		
<b>0</b>		
<b>Fall</b>		
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 <sup>e, g</sup>		4 - 5
Elective course <sup>e</sup>		3

<b>Hours</b>		
<b>16-17</b>		
<b>Spring</b>		
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 <sup>e, g</sup>		4 - 5

Elective course <sup>e</sup>		2
<b>Hours</b>		<b>16-17</b>
<b>Fourth Year</b>		
<b>Fall</b>		
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 <sup>e</sup>		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
TR:4191	Therapeutic Recreation Internship	12
Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) <sup>i</sup>		
Exam: National Council for Therapeutic Recreation Certification <sup>j</sup>		
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>120-126</b>

National Council for Therapeutic Recreation Certification exam. Successful completion of the exam confers the Certified Therapeutic Recreation Specialist (CTRS) credential.

- 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