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]
- NCTR Certification Track [p. 2]

[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.

First Year
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 2

Hours 14-15

Spring
RHET:1030 Rhetoric or The Interpretation of Literature 3 - 4
ENGL:1200 Perspectives on Leisure and Play a 3

Hours 14-15

Second Year
Fall
TR:3160 Introduction to Therapeutic Recreation 3
GE CLAS Core: International and Global Issues b 3
HHP:1400 Human Anatomy and Physiology a 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
TR:1077 Introduction to Child Life 3
DST:1101 Introduction to Disability Studies a, e 3
NURS:1030 or HHP:2130 Human Development and Behavior or Human Development Through the Life Span 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
TR:1061 Recreation Leadership and Programming 3
TR:1800 Aging Matters: Introduction to Gerontology a 3
HHP:2200 Physical Activity and Health a, e 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 a, 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
TR:3261 Inclusive Recreation 3
IR Track: Social Justice course a, g 3
IR Track: Human Interaction and Health Behavior course a, g 3
HHP:2280 or CCCC:2220 Cultural Competency in Health Promotion or Foundations of Critical Cultural Competence 3
IR Track: Field Experience or Elective course c, f 1 - 3
Elective course c 3

Hours 16-18

Notes:
- a = required
- b = GE CLAS Core
- c = elective
- d = IR Track
- e = IR Track
- f = IR Track
- g = IR Track
### NCTR Certification Track

**Course**

**Title**

**Hours**

**Academic Career**

Students apply to the Therapeutic Recreation (NCTR Certification) BS program through a selective process. Acceptance is not guaranteed.  

**Any Semester**

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.

#### First Year

**Fall**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSY:1001</td>
<td>Elementary Psychology</td>
<td>3</td>
</tr>
<tr>
<td>RHET:1030</td>
<td>Rhetoric or The Interpretation of Literature</td>
<td>3 - 4</td>
</tr>
<tr>
<td>ENGL:1200</td>
<td>GE CLAS Core: Natural Sciences with Lab</td>
<td>4</td>
</tr>
<tr>
<td>CSI:1600</td>
<td>Success at Iowa</td>
<td>2</td>
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</table>

#### Spring

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL:1200 or RHET:1030</td>
<td>The Interpretation of Literature or Rhetoric</td>
<td>3 - 4</td>
</tr>
<tr>
<td>TR:1070</td>
<td>Perspectives on Leisure and Play</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>GE CLAS Core: Values and Culture</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>GE CLAS Core: Historical Perspectives</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>GE CLAS Core: Literary, Visual, and Performing Arts</td>
<td>3</td>
</tr>
</tbody>
</table>

#### Hours

|   | 14-15 |

#### Second Year

**Fall**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>TR:3160</td>
<td>Introduction to Therapeutic Recreation</td>
<td>3</td>
</tr>
<tr>
<td>PSY:2501</td>
<td>Introduction to Social Psychology</td>
<td>3</td>
</tr>
<tr>
<td>or SOC:1010</td>
<td>or Introduction to Sociology</td>
<td>3</td>
</tr>
<tr>
<td>HHP:1400</td>
<td>Human Anatomy and Physiology</td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: World Languages First Level</td>
<td>Proficiency or elective course</td>
<td>4 - 5</td>
</tr>
<tr>
<td>GE CLAS Core: Diversity and Inclusion</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

#### Hours

|   | 16-17 |

#### Third Year

**Any Semester**

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>TR:1061</td>
<td>Recreation Leadership and Programming</td>
<td>3</td>
</tr>
<tr>
<td>HHP:2130</td>
<td>Human Development Through the Life Span</td>
<td>3</td>
</tr>
<tr>
<td>or NURS:1030</td>
<td>or Human Development and Behavior</td>
<td></td>
</tr>
<tr>
<td>TR:3161</td>
<td>Assessment and Evaluation in Therapeutic Recreation</td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: World Languages Second Level</td>
<td>Proficiency or elective course</td>
<td>4 - 5</td>
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</tbody>
</table>

#### Hours

|   | 16-17 |

#### Fourth Year

**Fall**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<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>
<td>3</td>
</tr>
</tbody>
</table>

#### Hours

|   | 17-18 |

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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 General Catalog.
h. Please see Academic Calendar, Office of the Registrar website for current degree application deadlines. Students should apply for a degree at the time in which all requirements will be met. For any questions on appropriate timing, contact your academic advisor or Graduation Services.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>TR:3164</td>
<td>Therapeutic Recreation: Rehabilitation</td>
<td>3</td>
</tr>
<tr>
<td>TR:3262</td>
<td>Therapeutic Recreation Administration</td>
<td>3</td>
</tr>
<tr>
<td>Elective course d</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Elective course d</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

### Hours

**18**

#### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>TR:4191</td>
<td>Therapeutic Recreation Internship</td>
<td>12</td>
</tr>
</tbody>
</table>

**12**

**Total Hours**

124-130

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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** 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 (NCTR 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.