

Therapeutic Recreation, B.S.

Requirements

The Bachelor of Science with a major in therapeutic recreation requires a minimum of 120 s.h., including 60-63 s.h. of work for the major, which varies by track. Students must maintain a g.p.a. of at least 2.00 in all courses for the major and in all UI courses for the major. They also must complete the College of Liberal Arts and Sciences GE CLAS Core.

The therapeutic recreation program prepares students for professional work with persons in various underserved populations and as advocates for social inclusion. The major emphasizes the use of a systematic process of assessment, planning, implementation, and evaluation to provide equitable opportunity for recreation, leisure, and play by diverse populations.

The curriculum consists of two tracks designed to allow students to acquire in-depth knowledge in their chosen area of interest. The courses in each track provide an opportunity for students to tailor the degree to best fit their career goals and academic interests. The inclusive recreation track (60-63 s.h.) allows students to gain knowledge in a variety of domains related to adaptive and inclusive recreation. Students may choose to focus on a certain population or diversify their experience through their curriculum design. The NCTRC Certification track (63 s.h.) focuses on developing therapeutic recreation competencies necessary to sit for the National Council on Therapeutic Recreation Certification examination and successfully pursue a career in clinical or community therapeutic recreation.

The B.S. with a major in therapeutic recreation requires the following coursework.

Code	Title	Hours
Core Courses		33
Track Requirements (varies by track)		27-30
Total Hours		60-63

Students in both tracks are required to complete the following core courses, as well as additional courses required specifically for their track.

Core Courses

Code	Title	Hours
This course:		
PSY:1001	Elementary Psychology	3
One of these:		
HHP:2130	Human Development Through the Life Span	3
NURS:1030	Human Development and Behavior	3
One of these:		
PSY:2501	Introduction to Social Psychology	3
SOC:1010	Introduction to Sociology	3
All of these:		
HHP:1400	Human Anatomy and Physiology	3

TR:1070	Perspectives on Leisure and Play	3
TR:1077	Introduction to Child Life	3
TR:1800/ASP:1800/ CSD:1800/ NURS:1800/ SSW:1800	Aging Matters: Introduction to Gerontology	3
TR:2061	Recreation Leadership and Programming	3
TR:3160	Introduction to Therapeutic Recreation	3
TR:3162	Therapeutic Recreation: Clientele	3
TR:3261	Inclusive Recreation	3

Tracks

Students select one of the following tracks and complete the requirements.

Inclusive Recreation Track

Requirements

Inclusive recreation in community-based settings is the fastest growing area of practice in therapeutic recreation and the most diverse. Community-based inclusive recreation specialists may be affiliated with community recreation departments, adaptive sports programs, school systems, independent living support services, special recreation associations, and community mental health agencies. The goals of inclusive recreation in community-based settings are equally diverse, including enhancing quality of life, health protection and health promotion, and integration and inclusion of persons with disabilities in recreation programs.

Students who complete this track are not eligible for the National Council on Therapeutic Recreation Certification exam or for the CTRS credential.

Students earn a minimum of 27 s.h. in this track. Coursework is selected around several themes relevant for foundational comprehension and practice in the field of inclusion and diversity in recreation.

Inclusive Recreation Coursework

Social Justice

Code	Title	Hours
One of these:		
GWSS:2250/ HIST:2250/ SJSU:2250	The History of Social Justice Movements	3
SOC:1022/ SSW:1022	Social Justice and Social Welfare in the United States	3
SOC:1030	Contemporary Social Problems	3
SPST:1074/ AMST:1074/ GWSS:1074	Inequality in American Sport	3
One of these:		
CSED:4130	Human Sexuality	3
GWSS:3100	LGBTQ/Queer Studies	3
GWSS:3154	Sexuality in the United States	3
NURS:3712/ SSW:3712	Human Sexuality, Diversity, and Society	3

Culture

Code	Title	Hours
One of these:		
HHP:2280	Cultural Competency in Health Promotion	3
CCCC:2220	Foundations of Critical Cultural Competence	3

Characteristics of Disability

Code	Title	Hours
Both of these:		
DST:1101	Introduction to Disability Studies	3
EDTL:4900	Foundations of Special Education	3

Administration and Nonprofit

Code	Title	Hours
One of these:		
TR:3262	Therapeutic Recreation Administration	3
SRM:3150	Recreation Administration	3
ENR:3595/ MGMT:3500/ MUSM:3500/ NURS:3595/ RELS:3700/ SSW:3500	Nonprofit Organizational Effectiveness I	3

Human Interaction and Health Behavior

Code	Title	Hours
This course:		
HHP:2200	Physical Activity and Health	3
One of these:		
HHP:3200	Health Behavior and Health Promotion	3
CSED:4175	Motivational Interviewing	3
CSED:4199	Counseling for Related Professions	3

Field Experience

Code	Title	Hours
3-6 s.h. from these:		
TR:4197/DST:4198	Practicum in Therapeutic Recreation	1-3
CCP:1201	Academic Internship	1-3
CSI:1410	Life Design	2
CSI:1420	Life Design II: A Better World	2

NCTRC Certification Track

Requirements

Certified therapeutic recreation specialists (CTRS) work in both clinical and community-based settings with a wide variety of client populations. The most common clientele groups include persons with mental illness, spinal cord and brain injuries, older adults, individuals who experience chemical dependence and substance abuse, at-risk youth, and people with developmental disabilities. Settings often focus on psychiatric or physical rehabilitation where the therapist works with a team of allied health professionals to provide treatment through recreation and leisure-based interventions. Services also may be provided in long-term care settings

where the therapist works with the health care team to provide treatment interventions and recreation opportunities to enhance quality of life for residents in nursing homes, memory care and assisted-living centers, or respite care agencies. Many certified therapeutic recreation specialists also are employed by community and nonprofit agencies that provide services for underrepresented populations.

This is a selective track; students earn 30 s.h. of coursework for the NCTRC certification track. To enter the track they must complete 24 s.h. at the University of Iowa (or 12 s.h. for transfer students) and must have a University of Iowa g.p.a. of at least 2.50 and a cumulative g.p.a. of at least 2.50. Entrance to the track can occur after completion of HHP:1400 Human Anatomy and Physiology, TR:1070 Perspectives on Leisure and Play, and TR:3160 Introduction to Therapeutic Recreation. Students who complete this track, 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.

NCTRC Certification Coursework

Code	Title	Hours
All of these (17 s.h.):		
TR:3161	Assessment and Evaluation in Therapeutic Recreation	3
TR:3163	Concepts and Issues in Therapeutic Recreation: Advancement of the Profession	3
TR:3164	Therapeutic Recreation: Rehabilitation	3
TR:3262	Therapeutic Recreation Administration	3
CLSA:3750	Medical and Technical Terminology	2
PSY:2930	Abnormal Psychology: Health Professions	3

Field Experience

Code	Title	Hours
Both of these (13 s.h.):		
TR:4190	Preinternship Seminar	1
TR:4191	Therapeutic Recreation Internship	12