

# Therapeutic Recreation, B.S.

Therapeutic recreation is a professional field that involves providing recreation programs designed to improve or maintain the physical, emotional, mental, and social functioning of patients and consumers. Therapeutic practice involves a continuum of services that use recreational activities to improve functional abilities; leisure education to help individuals acquire skills, knowledge, and attitudes that facilitate an independent lifestyle; and other programs to enhance health, growth, development, and independence through intrinsically rewarding leisure activities. Additionally, inclusive recreation provides opportunities for people with all abilities and disabilities to participate together in meaningful and purposeful therapeutic recreation programs based on choice and common interests.

## Learning Outcomes

The B.S. degree in therapeutic recreation:

- instills an understanding and appreciation of leisure, recreation, and play in diverse and inclusive settings;
- prepares students for professional fields and/or graduate study through the integration of research and critical thinking;
- provides service and experiential learning to enhance students' leadership strengths and their ability to build therapeutic relationships;
- teaches critical skills necessary in inclusive practice to assess, plan goals, design appropriate interventions, and evaluate effectiveness;
- instructs students in the practice of inclusion for persons of diverse abilities, backgrounds, and cultures; and
- teaches students how to facilitate inclusive and therapeutic recreation programs.