

# Therapeutic Recreation, BS

## 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, BS

- 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
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric: Writing and Communication	3 - 4
GE CLAS Core: International and Global Issues <sup>b</sup>		3
CSI:1600	Success at Iowa	1
Elective course <sup>c</sup>		4
<b>Hours</b>		<b>14-15</b>
<b>Spring</b>		
PSY:2501 or SOC:1010	Introduction to Social Psychology <sup>a</sup> or Introduction to Sociology	3

TR:1070	Leisure, Play, and the Human Experience <sup>a</sup>	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric: Writing and Communication	3 - 4
GE CLAS Core: Historical Perspectives <sup>b</sup>		3
GE CLAS Core: Literary, Visual, and Performing Arts <sup>b</sup>		3
<b>Hours</b>		<b>15-16</b>
<b>Second Year</b>		
<b>Fall</b>		
DST:1101	Introduction to Disability Studies <sup>a, d</sup>	3
TR:2160	Introduction to Therapeutic Recreation	3
Major: human anatomy and physiology requirement <sup>a, e</sup>		3, 6
GE CLAS Core: World Languages First Level Proficiency or elective course <sup>c, f</sup>		4 - 5
Elective course <sup>c</sup>		2
<b>Hours</b>		<b>15-19</b>
<b>Spring</b>		
HHP:2130 or NURS:1030	Human Development Through the Life Span or Human Development and Behavior	3
TR:2077	Children and Families in Healthcare	3
GE CLAS Core: Natural Sciences with Lab <sup>b</sup>		4
GE CLAS Core: Quantitative or Formal Reasoning <sup>b</sup>		3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>c, f</sup>		4 - 5
<b>Hours</b>		<b>17-18</b>
<b>Third Year</b>		
<b>Fall</b>		
HHP:2200	Physical Activity and Health <sup>d</sup>	3
TR:2061	Recreation Leadership and Programming	3
IR Track: Social Foundations course <sup>d, g</sup>		3
GE CLAS Core: World Languages Third Level Proficiency or elective course <sup>c, f</sup>		4 - 5
Elective course <sup>c</sup>		3
<b>Hours</b>		<b>16-17</b>
<b>Spring</b>		
TR:1800 or TR:3175	Aging Matters: Introduction to Gerontology <sup>a</sup> or Physical Activity and Recreation for Aging Populations	3
TR:3162	Therapeutic Recreation: Clientele	3
IR Track: Field Experience or elective course <sup>c, h</sup>		1 - 3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course <sup>c, f</sup>		4 - 5
Elective course <sup>c</sup>		3
<b>Hours</b>		<b>14-17</b>

**Fourth Year****Fall**

HHP:2280 or HHP:4280 or CCCC:2220	Cultural Competency and Health <sup>d</sup> or Applied Cultural Safety and Healthcare or Foundations of Critical Cultural Competence	3
TR:3261	Inclusive Recreation	3
IR Track: Social Foundations course <sup>d, g</sup>		3
IR Track: Field Experience or elective course <sup>c, h</sup>		1 - 3
Elective course <sup>c</sup>		3
Elective course <sup>c</sup>		3

**Hours** **16-18**

**Spring**

SRM:3150 or TR:3262 or MGMT:3500	Recreation Administration <sup>d</sup> or Therapeutic Recreation Administration or Nonprofit Organizational Effectiveness I	3
TR:3300	Animal-Assisted Interventions in the Helping Professions <sup>d</sup>	3
IR Track: Human Interaction and Health Behavior course <sup>d, g</sup>		3
Elective course <sup>c</sup>		3
Elective course <sup>c</sup>		3

Degree Application: apply on MyUI before deadline  
(typically in February for spring, September for fall)<sup>i</sup>

**Hours** **15**

**Total Hours** **122-135**

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 This course fulfills a themed area within the Inclusive Recreation Track.

e Students must complete either HHP:1400 (3 s.h.) or both HHP:2100 and HHP:2400 (6 s.h.).

f Students who have completed four levels of a single language or two levels of two different languages in high school or college have satisfied the GE CLAS Core World Languages requirement. Students who have completed three levels of a single language may complete a fourth-level course in the same language or may choose an approved World Language and Cultural Exploration course. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course. Contact your academic advisor or CLAS Undergraduate Programs Office with questions concerning the World Languages requirement.

g See the General Catalog for list of approved courses.

h Complete 3 s.h. of field experience coursework; see the General Catalog for list of approved courses.

i Please see Academic Calendar, on 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 Degree Services.

**NCTRC Certification Track**

**Course Title Hours**

**Academic Career****Any Semester**

The Therapeutic Recreation (NCTRC Certification) BS program is a selective track. Entrance to the track can occur after requirements are met.<sup>a</sup>

GE CLAS Core: Sustainability<sup>b</sup>

**Hours** **0**

**First Year****Fall**

PSY:1001	Elementary Psychology <sup>c</sup>	3
RHET:1030 or ENGL:1200	Rhetoric: Writing and Communication or The Interpretation of Literature	3 - 4
GE CLAS Core: Understanding Cultural Perspectives <sup>d</sup>		3
CSI:1600	Success at Iowa	1
Elective course <sup>e</sup>		4

**Hours** **14-15**

**Spring**

TR:1070	Leisure, Play, and the Human Experience	3
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric: Writing and Communication	3 - 4
GE CLAS Core: Historical Perspectives <sup>d</sup>		3
GE CLAS Core: Literary, Visual, and Performing Arts <sup>d</sup>		3
Elective course <sup>e</sup>		3

**Hours** **15-16**

**Second Year****Fall**

SOC:1010 or PSY:2501	Introduction to Sociology <sup>c</sup> or Introduction to Social Psychology	3
TR:2160	Introduction to Therapeutic Recreation	3
Major: human anatomy and physiology requirement <sup>c, f, g</sup>		3, 6

GE CLAS Core: International and Global Issues<sup>d</sup> 3  
GE CLAS Core: World Languages First Level  
Proficiency or elective course<sup>e, h</sup> 4 - 5

Admission Application: apply to the Therapeutic  
Recreation (NCTRC Certification) BS program.<sup>i</sup>

**Hours** **16-20**

**Spring**

TR:2061	Recreation Leadership and Programming	3
TR:2077	Children and Families in Healthcare	3
GE CLAS Core: Quantitative or Formal Reasoning <sup>d</sup>		3
GE CLAS Core: Natural Sciences with Lab <sup>d</sup>		4
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>e, h</sup>		4 - 5

**Hours** **17-18**

**Third Year****Any Semester**

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

	<b>Hours</b>	<b>0</b>
<b>Fall</b>		
CLSA:3750	Medical and Technical Terminology	2
NURS:1030 or HHP:2130	Human Development and Behavior or Human Development Through the Life Span	3
TR:3161	Assessment and Evaluation in Therapeutic Recreation	3
TR:3163	Concepts and Issues in Therapeutic Recreation: Advancement of the Profession	3
GE CLAS Core: World Languages Third Level Proficiency or elective course <sup>e, h</sup>		4 - 5

	<b>Hours</b>	<b>15-16</b>
<b>Spring</b>		
PSY:2930	Abnormal Psychology: Health Professions	3
TR:1800 or TR:3175	Aging Matters: Introduction to Gerontology <sup>c</sup> or Physical Activity and Recreation for Aging Populations	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, h</sup>		4 - 5

	<b>Hours</b>	<b>14-15</b>
<b>Fourth Year</b>		
<b>Fall</b>		
TR:3164	Clinical Practice in Therapeutic Recreation	3
TR:3261	Inclusive Recreation	3
TR:3262	Therapeutic Recreation Administration	3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
	<b>Hours</b>	<b>15</b>

<b>Spring</b>		
TR:4191	Therapeutic Recreation Internship	12
Elective course <sup>e</sup>		3
Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall) <sup>j</sup>		
Exam: National Council for Therapeutic Recreation Certification <sup>k</sup>		
	<b>Hours</b>	<b>15</b>
	<b>Total Hours</b>	<b>121-130</b>

Formal Reasoning; Social Sciences; Historical Perspectives; International and Global Issues; Literary, Visual, and Performing Arts; or Values and Society.

- 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 Students must complete either HHP:1400 (3 s.h.) or both HHP:2100 and HHP:2400 (6 s.h.).
- g Completion of HHP:2100 or HHP:1400 is required for admission to the Therapeutic Recreation (NCTRC Certification) BS program.
- h Students who have completed four levels of a single language or two levels of two different languages in high school or college have satisfied the GE CLAS Core World Languages requirement. Students who have completed three levels of a single language may complete a fourth-level course in the same language or may choose an approved World Language and Cultural Exploration course. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course. Contact your academic advisor or CLAS Undergraduate Programs Office with questions concerning the World Languages requirement.
- i 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.
- j Please see Academic Calendar, on 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 Degree Services.
- k 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.

- 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 or