Therapeutic Recreation, BS

Requirements

The Bachelor of Science with a major in therapeutic recreation requires a minimum of 120 s.h., including 58–66 s.h. of work for the major, which varies by track. Students must maintain a grade-point average (GPA) of at least 2.00 in all courses for the major and in all UI courses for the major. They must also complete the College of Liberal Arts and Sciences GE CLAS Core.

In planning coursework, students should be guided by the College of Liberal Arts and Sciences maximum hours rule: students earning a BS may apply a maximum of 56 s.h. earned in one department to the minimum 120 s.h. required for graduation, whether or not the coursework is accepted toward requirements for the major; students who earn more than 56 s.h. from one department may use the additional semester hours to satisfy requirements for the major (if the department accepts them), and the grades they earn become part of their grade-point average, but they cannot apply the additional semester hours to the minimum 120 s.h. required for graduation.

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

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 (58–63 s.h.) allows students to gain knowledge in a variety of domains related to adaptive recreation. Students may choose to focus on a certain client population or vary their experience through their curriculum design. The National Council on Therapeutic Recreation Certification (NCTRC) track (63–66 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 BS with a major in therapeutic recreation requires the following coursework.

Requirements	Hours
Core Courses	33–36
Track Requirements (varies by track)	25–30

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

Core Courses

Course #	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
One of these:		
HHP:1400	Human Anatomy and Physiology	3
HHP:2100 & HHP:2400	Human Anatomy and Fundamentals of Human Physiology	6
One of these:		
TR:1800/ASP:1800/ CSD:1800/ NURS:1800/ SSW:1800	Aging Matters: Introduction to Gerontology	3
TR:3175/ASP:3175/ HHP:3175	Physical Activity and Recreation for Aging Populations	3
All of these:		
TR:1070	Leisure, Play, and the Human Experience	3
TR:2061/HHP:2061	Recreation Leadership and Programming	3
TR:2077	Children and Families in Healthcare	3
TR:2160	Introduction to Therapeutic Recreation	3
TR:3162	Therapeutic Recreation: Clientele	3
TR:3261/HHP: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 varied. 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 include enhancing quality of life, leisure education, health protection, the pursuit of positive health outcomes, and community integration in recreation programs.

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

Students earn a minimum of 25–27 s.h. in this track. Coursework is selected around several themes relevant for foundational comprehension and practice in the field.

Inclusive Recreation Coursework

Course #	Title	Hours
Social Foundations		
Two of these:		
GWSS:3100	LGBTQ/Queer Studies	3
GWSS:3138/ SJUS:3138	Writing to Change the World	3
SJUS:2250/ GWSS:2250/ HIST:2250	The History of Social Justice Movements	3
SOC:1030	Contemporary Social Problems	3
SPST:1074/ AMST:1074/ GWSS:1074	Inequality in American Sport	3
SSW:1022/ SOC:1022	Social Justice and Social Welfare in the United States	3
SSW:3712/ NURS:3712	Human Sexuality, Diversity, and Society	3
Culture		
One of these:		
HHP:4280	Applied Cultural Safety and Healthcare	3
CCCC:2220	Foundations of Critical Cultural Competence	3
Disability Studies and Inclusive Interventions		
Both of these:		
TR:3300/HHP:3361	Animal-Assisted Interventions in the Helping Professions	3
DST:1101	Introduction to Disability Studies	3
Administration and Nonprofit		
One of these:		
TR:3262	Therapeutic Recreation Administration	3
MGMT:3500/ ENTR:3595/ MUSM:3500/ NURS:3595/ RELS:3700/ SSW:3500	Nonprofit Organizational Effectiveness I	3
SRM:3150	Recreation Administration	3
Human Interaction and Health Behavior		
This course:		
HHP:2200	Physical Activity and Health	3
One of these:		
TR:1010	Adapted Recreation and Physical Activity	1-3
HHP:4420	Planning and Evaluating Health Interventions	3
CSED:4175	Motivational Interviewing	3
CSED:4199	Counseling for Related Professions	3
Field Experience		
3 s.h. from these:		
TR:3164	Clinical Practice in Therapeutic Recreation	3
TR:4100	Practicum in Therapeutic Recreation	1-3
TR:4193	Independent Study	1-3
TR:4197/DST:4198/ HHP:4197	Therapeutic Recreation: Experiences in Adaptive and Inclusive Sports	3
ABRD:3712	Child Life Experiential Learning Program	3
CCP:1201	Academic Internship	1-3

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, persons with 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 may also 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 the quality of life for residents in nursing homes, memory care and assisted-living centers, or respite care agencies. Many certified therapeutic recreation specialists are also 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 GPA of at least 2.50 and a cumulative GPA of at least 2.50. Entrance to the track can occur after completion of TR:1070 Leisure, Play, and the Human Experience and TR:2160 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. Students must earn a C-minus or higher in prerequisite courses prior to admission to the NCTRC track.

NCTRC Certification Coursework

Course #	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	Clinical Practice in Therapeutic Recreation	3
TR:3262	Therapeutic Recreation Administration	3
CLSA:3750	Medical and Technical Terminology	2
PSY:2930	Abnormal Psychology: Health Professions	3

Field Experience

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