Therapeutic Recreation, BS

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.

Programs designed to lead to professional licensure are subject to federal regulations regarding informational disclosures. Please visit Professional Licensure Disclosures by Program for further information.

Learning Outcomes

The BS degree in therapeutic recreation:

- instills an understanding and appreciation of leisure, recreation, and play in various 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 to assess, plan goals, design appropriate interventions, and evaluate effectiveness;
- instructs students in the practice of inclusion for persons of various abilities and backgrounds; and
- teaches students how to facilitate therapeutic recreation programs.