Therapeutic Recreation 61-63 sh (Effective Fall 2021)

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https://clas.uiowa.edu/hhp/undergraduate/bs/therapeutic-recreation

There are 2 tracks within this major. The Inclusive Recreation Track is open to all students and will be the default track when students declare the major. The National Council for Therapeutic Recreation Certification (NCTRC) Track can be declared after prerequisites are successfully completed and is designed for students seeking licensure as Certified Recreation Therapists.

Courses required of both tracks (min. 30 sh)

- TR:1070 Perspectives on Leisure and Play, 3sh GE SS (Prereq for NCTRC track declaration)
- PSY:1001 Elementary Psychology, 3sh GE SS

One of the following options:
- SOC:1010 Introduction to Sociology, 3/4sh GE SS
- SOC:1220 Principles of Social Psychology, 3sh GE SS (spring only)
- PSY:2501 Intro to Social Psychology, 3sh (prereq: PSY:1001)

One of the following options: (Prereq for NCTRC track declaration)
- HHP:1400 Human Anatomy and Physiology, 3sh
- One Anatomy and one Physiology course, credits vary GE NS; check MyUI
  - Anatomy choices include: HHP:1100, 3sh; HHP:1150, 4sh; HHP:3115, 5sh
  - Physiology choices include: HHP:1300, 3sh; HHP:1350, 4sh; HHP:3500, 3sh, HHP:3550, 5sh

- HHP:2130 Human Development through the Lifespan, 3 sh (online only)
- TR:3160 Introduction to Therapeutic Recreation, 3sh (Prereq for NCTRC track declaration)
- TR:1061 Recreation Leadership Programming, 3sh
- TR:1077 Introduction to Child Life, 3sh
- TR:1800 Aging Matters: Intro to Gerontology, 3sh GE SS
- TR:3162 Therapeutic Recreation: Clientele, 3sh (spring only)
- TR:3261 Inclusive Recreation, 3sh

Inclusive Recreation Track

Complete courses in the following theme areas:
- Social Justice (6 sh)
- Culture (3 sh)
- Characteristics of Disability (6 sh)
- Administration and Non-Profit (3 sh)
- Human Interaction& Health Behavior (6 sh)
- Field experience (4-6 sh)

Courses for each theme listed on side 2 of checklist.

NCTRC Track

(each 3sh unless noted – all TR classes have TR:3160 as a prereq)

- TR:3161 Assessment & Eval. in TR (fall only)
- TR:3163 Concepts & Issues in TR (fall only)
- TR:3164 Ther. Rec.: Rehabilitation
- TR:3262 Ther. Rec.: Administration
- CLSA:3750 Medical Term., 2sh (online only)
- PSY:2930 Abnormal Psych. Health Prof. 1
- TR:4190 Pre-Internship Seminar, 1sh
- TR:4191 TR Internship*, 12 sh

Internship requirements and declaration info on side 2 of checklist.

*May be offered during summer

# Fulfills a Pre-Child Life prerequisite; not all Pre-Child Life prerequisites are completed through this major

1 Fulfills requirements for Pre-OT. Students should also check to see if OT schools of interest have additional specific requirements. Not all Pre-OT requirements are fulfilled in this major.

2/2021- Planning tool only TAF/AAC
Inclusive Recreation Track

This track does not prepare students for the Certified Recreation Therapist Specialist credential.

Course options for themes:

SOCIAL JUSTICE
- Choose one: (each 3sh)
  b) SOC:1030 Contemp. Social Problems GE DI
  c) SPST:1074 Inequality in American Sport GE DI
- Choose one: (each 3sh)
  a) NURS:3712 Human Sexuality, Div., & Soc.
  b) RCE:4130 Human Sexuality

CULTURE
- Choose one: (each 3sh)
  a) CCC:2220 Fdns. of Crit. Cultural Comp. GE DI
  b) HHP:2280 Cultural Competency in Health Promo.* GE VC (online only)
  c) AMST:2025 Diversity in Am. Culture GE DI
  d) RHET:2135 Rhet. of Div. & Inclusion GE DI

CHARACTERISTICS OF DISABILITY
- Take both: (each 3sh)
  a) DST:1101 Intro. to Disability Studies GE DI
  b) EDTL:4900 Fdn. of Special Ed.* GE DI

ADMINISTRATION & NONPROFIT
- Choose one: (each 3sh)
  b) SRTM:3150 Recreation Administration
  c) ENTR:3595 Nonprofit Org. Effectiveness*

HUMAN INTERACTON AND HEALTH BEHAVIOR
- HHP:2200 Physical Activity & Health*, 3sh GE VC
- One of these: (each 3sh)
  a) HHP:3200 Health Behavior & Health Promo. (prereqs: HHP:2200 & 2310)
  b) RCE:4175 Motivational Interviewing (fall only)
  c) RCE:4199 Counseling for Related Professions* (online only)

FIELD EXPERIENCE (4-6 sh required)
Choose from the following:
- CCP:1201 Academic Internship* (1-3sh)
- CSI:1410 Life Design (2sh)
- TR:4197 Practicum in Ther. Rec. (1-3sh)
- HHP:3820 Svc Learning: Aging Studies (1-3sh)
- ASP:4190 Aging Studies Internship* (3sh)

* May be offered during summer

NCRTC Track

This track prepares students for the Certified Recreation Therapist Specialist credential.

In addition to coursework listed on page 1, students must complete an independent field experience (560-hour 14-week minimum that meets NCTRC criteria).

400 hours of pre-internship experience prior to the field experience required.

What qualifies as pre-internship experience? Work with individuals with disabilities; at least three different settings; at least three different population groups.
- At least one experience in a clinical setting for a minimum of 40 hours, where direct health care services are provided. Ex. hospitals, long-term care facilities, rehabilitation centers, and nursing homes.
- Only volunteer and work experiences since high school may be used to fulfill this requirement; at least 200 of the total 400 hours must be completed after the student has been admitted to the track.

For details, see Internship Manual on Therapeutic Recreation website.
https://clas.uiowa.edu/hhp/undergraduate/bs/therapeutic-recreation/internships

Declaring NCTRC track:
- Once students have completed the foundational courses (TR:1070, HHP:1400 or equivalent, and TR:3160) and have a 2.5 GPA, they can declare the NCTRC track with their advisor.

Career Information

What is a Recreation Therapist?
https://collegegrad.com/careers/recreational-therapists

Examples of Inclusive Recreation:
- https://www.youtube.com/watch?v=gXbygpQs93A
- https://www.colorado.edu/disabilityservices/what-inclusive-recreation
- https://www.youtube.com/watch?v=M-N-0nflI7s