

THERAPEUTIC RECREATION EMPHASIS

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Therapeutic Recreation Emphasis Bachelor of Science

Carroll University offers an opportunity to receive an emphasis in Therapeutic Recreation in collaboration with the University of Wisconsin-Milwaukee via online course work. Students majoring in Recreation Management, Psychology, Public Health, or Exercise Science are thought to be the primary users of this certification route; however other students may opt to use this course sequence. Courses done in collaboration with the University of Wisconsin-Milwaukee are in an online format which requires regular coursework with assignments due every week throughout a typical academic semester.

Therapeutic Recreation, also known as recreation therapy, is a unique profession that utilizes recreation and activity based interventions to help improve an individual's physical, emotional, cognitive, social, spiritual and leisure functioning for optimal participation in life. The Therapeutic Recreation Specialist, also known as a Recreation Therapist, assists clients to develop skills, knowledge and behaviors for daily living and community involvement. The therapist works with the client and his/her family to incorporate specific leisure interests and community resources into therapy to achieve optimal outcomes that transfer to his/her real life situation.

This emphasis is designed for a broad audience of individuals who work with people with disabilities. The program focuses on the development of knowledge and acquisition of skills and abilities in the areas of Health and Therapeutic Recreation. In preparation for the nationally recognized certification examination, coursework covers topic areas included in the National Council for Therapeutic Recreation Certification Job Analysis categories. Courses present the concepts of health, wellness, disease and illness in relation to quality of life for individuals with disabilities. Specific skill development in the areas of assessment and facilitation techniques is also taught and complemented with an ongoing focus on emerging issues in the field of therapeutic recreation.

Completion of this emphasis allows the individual to meet one portion of the academic coursework required for the credential as a Certified Therapeutic Recreation Specialist with National Council for Therapeutic Recreation Certification. Additional requirements are needed to fully qualify for the credential. The individual must take responsibility to meet the additional requirements to be eligible to sit for the CTRS certification exam. The additional requirements include supportive coursework, a minimum of a bachelor's degree, and one year of direct care experience under the direction of a Certified Therapeutic Recreation Specialist. Completion of these requirements will meet Equivalency Path B of the National Council for Therapeutic Recreation Certification requirements for exam eligibility. Please refer to the National Council for Therapeutic Recreation Certification Standards for additional information. Students are responsible for the procurement of their internships site however a faculty adviser may offer some assistance.

Emphasis Certification Coursework

18 credits of supported courses are required in Therapeutic Recreation or Recreation Management. 12 of those 18 credits must be Therapeutic Recreation specific. All courses with an asterisk are offered online only, in collaboration with UW-Milwaukee. Recreation 405 and 410 are currently offered on campus and required in the Recreation Management major. Specific course descriptions are located in the Recreation Management section of the catalog.

UW-M Online courses:

- REC 203, Recreation as a Therapeutic Intervention (3 credits)*
- REC 300, Therapeutic Recreation Assessment and Documentation (4 credits)*
- REC 308, Therapeutic Recreation in Physical Rehabilitation and Behavioral Health (4 credits)*
- REC 310, Facilitation Techniques in Therapeutic Recreation (4 credits)*
- REC 400, Therapeutic Recreation Trends (3 credits)*

Carroll University courses:

- REC 405, Recreational Programming (4 credits)
- REC 410, Recreation Administration and Supervision (4 credits)

Required Emphasis Support Courses

(Required supportive coursework for CTRS Exam)

- BIO 130, Anatomy & Physiology I (4 credits)
- BIO 140, Anatomy & Physiology II (4 credits)
- HSC 120, Fundamental Motor Development (4 credits)
- PSY 101, Introductory Psychology (4 credits)
- PSY 201, Abnormal Psychology (4 credits)

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Possible Four Year Plan

Therapeutic Recreation emphasis may be combined with Major in Recreation Management. Additional 4 year plans may be possible. Consult with Therapeutic Recreation Advisor.

<u>YEAR</u>	<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>	<u>SUMMER</u>
Freshman	BIO 130		BIO 140	
Sophomore	REC 203 PSY 101		HSC 120	
Junior	REC 308		REC 300	REC 400
Senior	REC 405 PSY 201		REC 310	

Following graduation students will need to work for 1 year with Certified Therapeutic Recreation Specialist to be eligible for Certified Therapeutic Recreation Specialist Exam.

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**Recreation Management Four-Year Plan
Therapeutic Recreation Emphasis**

Class Standing	Fall Semester		Spring Semester		Summer Term	
Freshman	FYS 100	4	ATH 101	2		
	BIO 130	4	BIO 140	4		
	HSC 103	4	ENG 170	4		
	GE1 (F,H,P,N)	4	HSC 110	1		
			GE1 (F,H,P,N)	4		
		<u>16</u>		<u>15</u>		
Sophomore	PED 208	2	CSC 107	2		
	HSC 105	1	PED 102	2		
	GE1 (F,H,P,N)	4	HSC 120	4		
	PSY 101	4	MAT 112	4		
	REC 203	3	HSC 101	1		
			GE1 (F,H,P,N-CCD)	4		
		<u>14</u>		<u>17</u>		
Junior	PED 214	2	PED 311	3		
	HSC 303	4	PED 312	3		
	HSC 322	4	ESC 324	2		
	REC 308	4	GE2 (F,H,P,N)	4		
	GE - CCE	2	REC 300	4		
		<u>16</u>		<u>16</u>		
Senior	PSY 201	4	PED 421	4	REC 480	12
	PED 411	4	GE - GPC	4		
	ESC 315	1	ESC 435	1		
	ESC 407	3	REC 410	4		
	REC 405	4	REC 310	4		
		<u>16</u>		<u>17</u>		<u>12</u>

= 139 credits