

# Major in Therapeutic Recreation

## Health and Human Studies Division *(Bachelor of Science Degree)*

Therapeutic recreation at Utica College is one of a very few nation-wide programs designed specifically to educate students to be therapeutic recreation specialists. The curriculum combines liberal arts components with professional preparation courses and “hands-on” experiences. The courses have been uniquely designed to provide every student with in-depth knowledge of technical and theoretical skills essential for entry-level professional competence.

Therapeutic recreation is a human service profession that focuses on providing care to individuals who have cognitive, physical, psychological, or social needs. The specialist possesses recreational activity and facilitation skills that he or she utilizes to bring about a change in the individual. The therapist will employ skills based upon consumer needs and the service provided will be treatment, leisure education, and/or recreation participation. Therapeutic recreation graduates work in rehabilitation centers, psychiatric hospitals, long-term care facilities, penal institutions, senior centers, drug and alcohol rehabilitation facilities, nursing homes, community recreation, children and youth centers, and day treatment centers.

Total credit hours required for degree: 124

## SPECIAL REQUIREMENTS

The student in therapeutic recreation is required to achieve a minimum of C in each major course, a C average in major-related courses, and at least a B in the internship experience. Students must comply with the internship site rules and regulations regarding physical examinations and immunizations. Malpractice insurance is required for an internship course.

## ACADEMIC REQUIREMENTS

(see also General Education Core in the “Undergraduate Program” section of this catalog)

	<i>Credit Hours</i>	<i>Year Taken</i>
<b>Core</b> .....	34 – 55	

## Major Course Requirements

Therapeutic Recreation 101	Introduction to Therapeutic Recreation	3	1
Therapeutic Recreation 106	History and Philosophy of Recreation .	3	1
Therapeutic Recreation 152	Recreational and Adventure Activities .	4	1,2
Therapeutic Recreation 156	Recreational Services and Leadership. .	3	1,2
Therapeutic Recreation 301	Outdoor Recreational Pursuits. . . . .	3	2,3
Therapeutic Recreation 302	Leisure Counseling: Theory and Practice	3	3,4
Therapeutic Recreation 303	Therapeutic Recreation Program Design and Intervention Techniques . . . . .	3	3,4
Therapeutic Recreation 352	Assessment and Evaluation in Therapeutic Recreation. . . . .	3	3,4

Therapeutic Recreation 401*	Internship in Therapeutic Recreation . .	12	4
Therapeutic Recreation 406	Organization, Administration, and Supervision in Therapeutic Recreation	<u>3</u>	3,4
		40	

## Major-Related Requirements

(Some of the following may be used to satisfy core)

Biology 101, 102	Human Anatomy and Physiology I & II	8	1,2
Psychology 101	Introduction to Psychology . . . . .	3	1
Health Studies 105	Applied Techniques in Emergency Care	2	1,2,3
Health Studies 245	Human Development Across the Life Span		
or			
Psychology 223	Human Development Across the Life Span	3	1,2,3
Health Studies 445	Clinical Research . . . . .	3	4
Psychology 237	Group Dynamics . . . . .	3	2,3,4
Psychology 361	Abnormal Psychology . . . . .	3	1,2,3
Fine Arts	Music, Theatre, Art electives. . . . .	<u>6</u>	1,2,3
		31	

## Suggested Minors

Psychology	.....	21
Gerontology	.....	15
Communication Arts	.....	18

## Electives

The student must complete sufficient elective courses to earn at least the minimum credit hours required for this degree, and at least 60 credit hours of the 124 required must be in the liberal arts and sciences.

\* Students wishing information about the therapeutic recreation retention policy should consult with their academic adviser.