

## Recreational Therapy Degree Requirements 2019 - 2020

“**RECREATIONAL THERAPY** is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being. Further, "Recreational Therapy" means a treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition." (ATRA, 2017).

- A minimum 2.5 cumulative GPA required prior to enrolling in RECTH 3330 and RECTH 4300.
- RECTH 3330 and RECTH 4300 must be taken concurrently.
- All RECTH courses must be completed with a grade of C or better to continue RECTH course sequence.
- RECTH courses may only be attempted twice. If minimum grade is not earned on second attempt, contact the RT advisor.
- Supportive coursework must be completed with a C or better.
- Students must have AHA CPR, criminal background check and immunizations within the first two weeks of RECTH 4300.
- A minimum 2.5 cumulative GPA required prior to enrolling in RECTH 5828.
- All compliance requirements must be completed and uploaded into CastleBranch prior to enrolling in RECTH 5828.

Recreational Therapy Required Courses						
Course #	Course Name	CR	Sem	Order	Year	Prerequisites
RECTH 3330	Foundations of Recreational Therapy	3	Fall	1		WR2 and QA; GPA 2.5; Corequisite: RECTH 4300
RECTH 4300	Recreational Therapy and Individ with Intellectual Disabilities	3	Fall	1		WR2 and QA; GPA 2.5; Corequisite: RECTH 3330
RECTH 3360	Assessment, Documentation, and Evaluation in RT	4	Spr	2		RECTH 3330, 4300 with a C or better
RECTH 4310	Recreational Therapy and Older Adults	3	Spr	2		RECTH 3330, 4300 with a C or better
RECTH 4320	Recreational Therapy in Physical Medicine	3	Fall	3		RECTH 3360, 4310 with a C or better; Recommended: Anatomy
RECTH 5350	Advancement of TR, Clinical and Prof Analysis <small>(moving to fall in 2020)</small>	3	Fall	3		RECTH 3360, 4310 with a C or better
RECTH 5360	Techniques and Facilitation in Recreational Therapy	3	Fall	3		RECTH 3360, 4310 with a C or better
RECTH 4330	Recreational Therapy and Mental Health Services	3	Spr	4		RECTH 4320, 5360 with a C or better; Recommended: PSY 3400
RECTH 5300	Management in Recreational Therapy	3	Spr	4		RECTH 4320, 5360 with a C or better; Recommended PRT 5395
RECTH 5828	Recreational Therapy Internship	12	All	5		All RECTH coursework completed with a C or better; GPA 2.5; Department approval
<b>Sub-Total</b>		<b>40</b>				



Course #	Course Name	CR	Semester Offered	Year	Pre-requisites
<b>Required Supportive Course Work</b> (must be completed with a C or better)					
BIOL 2325 AND BIOL 2420	Human Anatomy AND Human Physiology (SF)	4	Fall, Spr, Sum		BIOL 1610 (AS) & CHEM 1130 (SF)
OR H EDU 4650	OR Anat and Phys for Health	4	Fall, Spr, Sum		
KINES 3092 OR KINES 3550	Kinesiology OR Motor Behavior	3	Fall, Spr, Sum		BIOL 2325
FCS 1500 OR NURS 2100	Human Development/ Lifespan	3	Fall, Spr, Sum		
PSY 2300	Psych of Abnormal Behavior	3	Fall, Spr, Sum		PSY 1010
SOC 3112 OR PSY 3000	Social Stats (QB/QI) OR Psychological Stats (QB/QI)	4	Fall, Spr, Sum		MATH 1030 or higher
PRT 5395	Financial Management (QI)	3	Fall, Sum		Computer proficiency or IS 2010; PRT 3100 not required for RT majors; Need to contact instructor for a permission code to register
<b>Alternative Healthcare Course</b> (take one)					
H EDU 5100 OR H EDU 3050 OR SOC 3671 OR FCS 5430 OR H EDU 5300 OR DISAB 3000	Health Care in the US Comm Health Issues Sociology of Health Families, Consumers & Health Diversity & Health (DV/CW) Intro to Disabilities Studies (DV)	OR OR OR OR OR OR	3 3 3 3 3 3	Fall, Sum Fall, Spr, Sum Spr Spr Fall, Spr, Sum Fall	
<b>Sub-Total</b>				<b>23 or 27</b>	

**Elective Course(s): Must take at least 3 credits (Social Science or Humanities). Must be 3000 level or higher.**

The class will need to contribute to understanding of health and human services and/or reinforce the students' area of specialization. If supportive course work is less than 23 credits, additional electives will be added to enhance supportive coursework hours. Course options from FCS, GERON, H EDU, NUTR, PHIL, PRT, PSY, SOC, SP ED, cultural focus. Students may wish to select a course that also fulfills graduation requirement(s) or minor or certificate requirement(s).

(<https://advising.utah.edu/majors/quick-look/index.php>).

A FEW SUGGESTED COURSES:

ANTH 4110	Women Cross Culturally (IR)	H EDU 5350	Eating Disorders: Prevention/Treatment
FCS 3370	Parenting Across Cultures (IR)	PRT 5735	Program for Positive Youth Development
FCS 5370	Family Violence	PRT 5730	Dynamics of Youth Development
GERON 5005	Diversity in Aging (DV)	PSY 3120	Cognitive Psychology
GERON 5002	Serv Agencies & Prog for Older Adults	PSY 3700	Drugs & Behavior
GNDR 4110	Women Cross Culturally (IR)	SOC 3769	Social Disparities Health (DV)
H EDU 5060	Global Health Promotion (IR)	SOC 4674	Global Health (IR)

**MINIMUM TOTAL CREDIT HOURS: 66**

This information can also be found at

<https://health.utah.edu/occupational-recreational-therapies/degrees/recreational-therapy/degree-plan.php>