

## Recreational Therapy Degree Requirements 2021-2022

“**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.
- The Recreational Therapy Program requires that students complete compliance requirements which include a criminal background check, BLS certification, immunizations and proof of health insurance within the first two weeks of the semester.
- RECTH courses may only be attempted twice. If minimum grade is not earned on second attempt, contact the RT academic advisor.
- A minimum 2.5 cumulative GPA required prior to enrolling in RECTH 5828.
- All compliance requirements must be completed and recorded in CastleBranch prior or enrolling in RECTH 5828.
- All RECTH course work must be successfully completed with a grade of C or better prior to enrollment in RECTH 5828.
- All supportive coursework must be completed with a C or better prior to enrollment in RECTH 5828;
- All university graduation requirements-including any minor coursework-must be completed prior to RECTH 5828.

<b>Recreational Therapy Required Courses</b> (must be completed with a C or better)					
Course #	Course Name	CR	Sem	Order	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	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 2300
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	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 4	Fall, Spr, Sum 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 3	Fall, Spr, Sum Fall	BIOL 2325
FCS 1500 OR NURS 2100	Human Development/ Lifespan	3	Fall, Spr, Sum	
PSY 2300	Psych of Abnormal Behavior	3	Fall, Spr, Sum	
SOC 3112 OR FCS 3210 OR PSY 3000	Social Stats (QB/QI) OR Statistics in FCS (QB/QI) OR Psychological Stats (QB/QI)	4 4 4	Fall, Spr, Sum Fall, Spr, Sum Fall, Spr, Sum	PSY 1010, MATH 1030 or higher, Declared PSY minor or major
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	Health Care in the US OR Comm Health Issues OR Sociology of Health OR Families, Consumers & Health OR	3 3 3 3	Fall, Sum Fall, Spr, Sum Fall Spr	
H EDU 5300 OR DISAB 3000	Diversity & Health (DV/CW) OR Intro to Disabilities Studies (DV)	3 3	Fall, Spr, Sum Fall	
<b>Elective Course</b>		3		
Must be 3000 level or higher in Social Science or Humanities. The class will need to contribute to understanding of health and human services and/or reinforce the students' area of specialization. Course options from FCS, GERON, H EDU, NUIP, 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). ( <a href="https://advising.utah.edu/majors/quick-look/index.php">https://advising.utah.edu/majors/quick-look/index.php</a> ).				
<b>Sub-Total 26 or 30</b>				

**A FEW SUGGESTED ELECTIVE COURSES:**

ANTH 4110	Women Cross Culturally (IR)	PHIL 3640	World Religions (HF & IR)
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)
H EDU 5350	Eating Disorders: Prevention/Treatment		

**Minimum credits for major: 66**

**Need 122 credits for graduation**

This information can also be found at

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