Recreational Therapy
B.S. in Recreation degree (120 minimum credit hours)
2.3 GPA required for admission. 2.0 GPA required for graduation.
2.0 cumulative GPA required in all major courses.
Effective for students matriculating summer 2017
PH 133 (812) 855-4711 (RTHPYBSR)

General Education (20 – 39 credits)
(General Education Bulletin at: www.indiana.edu/~bulletin/iub)

English Composition (0 to 3 credits, C minimum required)

Complete one of the following options:

- 3 CMLT-C 110 Writing the World
- 3 ENG-W 131 Elementary Composition
- 3 ENG-W 170 Projects in Reading and Writing
- 0 ENG-W 131 EX Elementary Composition Exemption

Mathematical Modeling (3 to 4 credits)

Complete one of the following options:

- 4 MATH-D 116 AND MATH-D 117 Intro to Finite Mathematics I-II
- 3 MATH-J 113 Introduction to Calculus with Applications
- 3 MATH-M 106 The Mathematics of Decision & Beauty
- 3 MATH-M or V or S 118 Finite Mathematics
- 3 MATH-M or V or S 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus

Natural and Mathematical Sciences (5 credits)

Complete 5 credits from the list of approved N&M courses in the IUB General Education Bulletin. At least one course must be a natural science (as indicated by an asterisk in the GENED bulletin).

Arts and Humanities (6 credits)

Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

Social and Historical Studies (6 credits)

Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

World Languages and Cultures (0 to 14 credits)

Choose one of the following three options:

Complete 6 credits of world culture courses from the list of approved WC courses in the IUB General Education Bulletin.

OR

Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.

OR

Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the IUB General Education Bulletin.

Major (68-75 credits)

Recreational Therapy Specialization (38 credits)

- 3 PSY-P 101 Introductory Psychology I N&M
- 3 PSY-P 102 Introductory Psychology II S&H
- 3 PSY-P 324 Abnormal Psychology
- 3 SPH-F 150 Intro to Life Span Development S&H
- 3 SPH-K 398 Adapted Physical Education
- 3 SPH-Y 225 Disability, Health, and Function (min C-) (fall only)
- 3 SPH-Y 277 Found of Rec Therapy Practice (min C-) (spring only)
- 4 SPH-Y 378 Recreational Therapy Assessment and Planning (min C-) (P: Y 277; P or C: Y 225) (fall only)
- 4 SPH-Y 379 Recreational Therapy Facilitation Techniques and Evaluation (min C-) (P: Y 378) (spring only)
- 3 SPH-Y 397 Recreational Therapy Internship & Professional Prep (to be taken the Fall semester prior to the R 497 internship) (P or C: Y 378, senior standing)
- 3 SPH-Y 470 Contemporary Issues in Rec Therapy (min C-) (P: Y 277) (spring only)
- 3 SPH-Y 472 Recreational Therapy in Hlth Care Envmnt (min C-) (P: Y 277) (spring only)

Anatomy/Physiology Requirement (3-10 credits)

Students must acquire at least 3 credits in Anatomy AND Physiology:

This requirement may be completed by taking the following course:

- 3 MSCI-M 115 Intro to Anatomy & Physiology N&M

Alternatively, students may complete this requirement by completing the following individual Anatomy and Physiology courses:

- 3-5 ANAT-A 215 Basic Human Anatomy N&M or SPH-K 205 Structural Kinesiology
- 5 PHSL-P 215 Physiology N&M

Recreation Core (27 credits)

- 3 SPH-R 200 Foundation of Leisure & Public Health S&H
- 3 SPH-R 210 Inclusion in Recreation, Parks, & Tourism
- 3 SPH-R 311 Management in Recreation, Parks, & Tourism
- 3 SPH-R 314 Data-Based Decision-Making
- 3 SPH-R 410 Event Planning & Program Development
- 12 SPH-R 497 Professional Internship (P: all RT major courses; 320 hours)
- 320 Hrs Field Experience--Date Completed ___ /___ /___

At least 120 credits are required for graduation.

GENERAL EDUCATION 20-39
MAJOR 68-75
FREE ELECTIVES 3-29
# Suggested Course Sequence Map

## Recreational Therapy

<table>
<thead>
<tr>
<th>First Year</th>
<th>First Semester</th>
<th>Second Semester</th>
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<tbody>
<tr>
<td>Total: 30 cr</td>
<td>SPH-R 200 Foundations of Leisure &amp; PH (3) <strong>S&amp;H</strong> Arts &amp; Humanities (3) English Composition (3) Mathematical Modeling (3) Electives (3)</td>
<td>PSY-P 101, Intro to Psychology I (3) <strong>N&amp;M</strong> SPH-F 150, Lifespan Development (3) <strong>S&amp;H</strong> Arts &amp; Humanities (3) World Languages/Cultures (3) Electives (3)</td>
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<tr>
<th>Second Year</th>
<th>First Semester</th>
<th>Second Semester</th>
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<tbody>
<tr>
<td>Total: 33 cr</td>
<td>PSY-P 102, Intro to Psychology II (3) <strong>S&amp;H</strong> (P: P101) SPH-Y 225, Disability, Function, &amp; Health (3) (fall only) SPH-R 210 Inclusion in RPT (3) World Languages/Cultures (3) Electives (3)</td>
<td>ANAT-A 215, Basic Human Anatomy (5) <strong>N&amp;M</strong> or SPH-K 205, Structural Kinesiology (3) (OR MSCI-M 215 Intro to Anatomy &amp; Physiology) SPH-Y 277, Foundations of RT Practice (3) (spring only) SPY-P 324 Abnormal Psychology (3) (P: P 102) Electives (4-6)</td>
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<tr>
<th>Third Year</th>
<th>First Semester</th>
<th>Second Semester</th>
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<tbody>
<tr>
<td>Total: 33 cr</td>
<td>PHSL-P 215 Physiology (5) <strong>N&amp;M</strong> (OR Elective if MSCI-M 215 is taken) SPH-K 398 Adapted Physical Education (3) SPH-R 311 Management of RPT (3) SPH-Y 378 RT Assessment &amp; Planning (4) (P: Y 277; P or C: Y 225) (fall only)</td>
<td>SPH-R 314 Data Based Decision Making/Eval (3) SPH-Y 379 RT Facilitation Techniques &amp; Evaluation (4) (P: Y378) (spring only) SPH-Y 472 RT in Health Care Environment (3) (P: Y 277) (spring only) Electives (5-7)</td>
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<tr>
<th>Fourth Year</th>
<th>First Semester</th>
<th>Second Semester</th>
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<tr>
<td>Total: 28 cr</td>
<td>SPH-T 410 Event Plan &amp; Program Dev (3) SPH-Y 397 RT Internship &amp; Professional Prep (3) (P or C: Y 378, senior standing) (fall only) SPH-Y 470 Contemporary Issues in RT (3) (P: Y 277) (fall only) Electives (7-9)</td>
<td>SPH-R 497 Internship (12) (P: R 200; Y 397 the fall before the internship; all RT major courses)</td>
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**NOTE:** 320 hours field experience also required.

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**NOTES:**

1. A student needs to average 15 credit hours per semester to graduate in 8 semesters (120 credit hours).
2. Many students reduce their academic-year credits by taking classes in summer. However, it is difficult to get equivalent credit for major course work at other campuses or colleges. A few RPTS courses, usually required core classes, may be offered at IUB each summer, usually in the early part (1st 4- or 1st 6-weeks).
3. Unless otherwise noted, courses may be taken either semester.
4. Prior to registering for the professional internship (R497), students must document 220 Hours of practical experience in the leisure industry and an additional 100 under a CTRS, for approval by RT internship coordinator. Deadlines for approval of the 320 Hours requirement:
   - For a fall internship: 1 May
   - For a spring internship: 1 September
   - For a summer internship: 1 February
5. The internship (R497) may be taken any term following completion of the required prerequisite courses. Students commonly complete it during the summer, often following the fourth year. Students completing degree requirements in summer may participate in the May commencement ceremony.

Recreational Therapy

Through opportunities for direct experience with clients with disabilities, the recreational therapy major prepares students to assume positions as recreation therapy specialists. Using a variety of techniques, including arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings, therapists treat and maintain the physical, mental, and emotional well-being of their clients. Professionals assess individuals' needs, plan and implement specific interventions to meet those needs, and document and evaluate the effectiveness of the interventions. All students graduating from the major are eligible to sit for the National Council on Therapeutic Recreation Certification (NCTRC) examination.

Career possibilities include recreation therapy specialist positions in:
- Acute care facilities
- Adult day care facilities
- Assisted living facilities
- Developmental learning centers
- Public and private medical and psychiatric hospitals
- Long-term and residential care facilities
- Mental health centers
- Community park and recreation departments
- Psychiatric/behavioral health settings
- Physical and substance abuse rehabilitation centers
- Special education programs in schools
- Specialty Medical Camps
- Stress care units

Recreation therapy provides a rare opportunity for students to do therapeutic work with a bachelor's degree. The Occupational Outlook Handbook refers to the job outlook in recreational therapy as above average.