



Therapeutic Recreation

COLLEGE OF SCIENCE AND HEALTH

Undergraduate Programs

MAJOR:

- Therapeutic Recreation

MINOR:

- Inclusive Recreation

Sample Courses

- Leisure Education
- Assessment and Treatment Planning in Therapeutic Recreation
- Therapeutic Recreation Trends and Issues
- Internship in Therapeutic Recreation
- Human Anatomy
- Innovative Activities
- Medical Language
- Abnormal Psychology
- Lifespan Development
- Facilitation Techniques in Therapeutic Recreation

Additional Resources

- American Therapeutic Recreation Association:
www.atra-online.com
- For an exciting glimpse into the world of Therapeutic Recreation, please visit: www.iamarecreationaltherapist.com
- Occupational Outlook Handbook: Recreational Therapists:
www.bls.gov/oco/ocos082.htm

Department Overview

Therapeutic recreation specialists assist persons with disabilities or illnesses to improve their functioning and quality of life. This is achieved through the development of a meaningful leisure lifestyle. Comprehensive therapeutic recreation services include an approach based on the needs, interests, abilities, and strengths of clients. Services are offered on a continuum of care which includes treatment (which incorporates recreation activities to improve functional abilities and assist in diagnosis), leisure education (which focuses on the acquisition of recreation skills that help attain an independent lifestyle), and recreation participation (which uses recreation activities to enhance health and overall quality of life).

Students learn to develop and implement therapeutic programs using recreational activities such as exercise, horticulture, arts and crafts, games, music, reminiscence, pain management, and stress management. These goal-directed programs help individuals and groups with disabling conditions to learn, adapt and grow through leisure participation.

While most colleges and universities offer a recreation major with a concentration in therapeutic recreation, UWL is one of the few universities in the nation to offer therapeutic recreation as its own independent major.

ACCREDITATION/AWARDS

The program is accredited by the National Recreation and Park Association. It is the only accredited program in the UW System. Both the Wisconsin Recreation and Park Association-Wisconsin Therapeutic Recreation Society and the American Therapeutic Recreation Association have awarded UWL with recognition for "Excellence in Therapeutic Recreation Education."

FACULTY

Recreation Management and Therapeutic Recreation Department has a faculty of thirteen, seven of them with a specialization in therapeutic recreation. This large number of therapeutic recreation instructors is significant in that other universities may have only one staff member with a therapeutic recreation background. UWL faculty members have diverse professional interests and are available for advising students individually.

Recreation Management & Therapeutic Recreation Department
2036 Health Science Center
608.785.8207

www.uwlax.edu/rec-management-and-therapeutic-rec

View degree requirements:
www.uwlax.edu/catalog

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Program Features

SPECIAL ADMISSION REQUIREMENTS

- Students must have a minimum GPA of 2.5 to enter the program.
- A successful fifty hours of therapeutic recreation experience must be documented before enrolling in RTH 456, a junior-level course.
- Students must obtain a therapeutic recreation faculty adviser when admitted. Advisers are assigned by the Dean's Office.
- Before enrolling in Internship (RTH 498), all required courses must be completed with a grade of "C" or better; and the student must have a cumulative GPA of at least a 2.5.

MINORS AND SPECIALTIES INFORMATION

Inclusive Recreation

To comply with the Americans with Disabilities Act, public agencies offering recreation programs must accommodate people with disabilities. In order to prepare professionals from a variety of disciplines, a minor in inclusive recreation has been established. Courses address architectural and program accessibility, disabling conditions, adaptive activities, and the APIE process. Students interested in play areas, sports complexes, outdoor recreation, golf, boating and fishing facilities, amusement parks, and aquatic facilities would benefit from this minor.

The inclusive recreation minor is not a comprehensive therapeutic recreation curriculum. It is not intended to lead toward national certification. The inclusive recreation minor is academic preparation intended to help professionals who are not therapeutic recreation specialists provide inclusive recreation programs.

CLUBS AND CAMPUS ORGANIZATIONS

Students have the opportunity to join our active Therapeutic Recreation Majors Club. Objectives of the club are to enhance learning and increase professional development in all areas of therapeutic recreation. Students also participate in campus organizations such as Students Advocating Potential Ability (SAPA).

Career Opportunities

ENTRY LEVEL

- Certified Therapeutic Recreation Specialist
- Activity Director
- Life Enrichment Director
- Activity Therapist
- Leisure Education Specialist
- Recreation Leader
- Recreation Therapist
- Rehabilitation Specialist
- Inclusion Specialist

AREAS OF EMPLOYMENT

- Acute Care Hospitals
- Adult Day Care Centers
- Adventure Programs
- Camp Settings
- Chemical Dependency Treatment Programs
- Correctional/Forensics Centers
- Gerontology Programs
- Group Homes
- Health Care Centers
- Human Services
- Long-Term Care Facilities
- Mental Health Facilities
- Pediatric Hospital
- Psychiatric Hospitals
- Rehabilitation Hospitals
- Residential Treatment for Youth
- Senior Citizen Centers
- Special Olympics
- Veterans Administration and General Medical Centers

Occupational Outlook

Therapeutic recreation majors, upon graduating, are eligible to become Certified Therapeutic Recreation Specialists (CTRSs) through the National Council for Therapeutic Recreation Certification. CTRSs work throughout the United States. Jobs are plentiful in cities and suburbs; jobs are also available in smaller rural towns.

Job placement for our graduates in therapeutic recreation has consistently been over 90 percent. Agencies that have employed UWL graduates include: Mayo Clinic, Rochester, Minn.; Wisconsin Resource Center, Wis.; Gunderson Health System, Wis.; Mendota Mental Health Center, Wis.; and North Suburban Special Recreation Associations in Illinois.