

# Therapeutic Recreation (THRC)

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## Courses

### **THRC 5009. Entrepreneurship in the Health Professions. 3 Credit Hours.**

This course is designed to introduce students to entrepreneurship. The goal of the course is to demonstrate the links between knowledge, experience and skills and commercial possibilities. The course integrates a number of different disciplines, ranging from sociology and psychology to economics, finance, marketing and human resource management. Through assigned readings, class discussions, activities and guest lectures from various professional fields, students will be challenged to apply theoretical principles, concepts and frameworks to real world situations.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

### **THRC 5101. Health, Activity and Aging. 3 Credit Hours.**

This course provides an interdisciplinary lifespan-oriented overview of the aging process, with an emphasis on its interrelationships with health and activity. Particular emphasis is given to the roles of leisure, health, activity, and environment in promoting health and well-being, as well as accommodations that may be necessary to maintain the health and well-being of older adults. Given the diversity of aging populations, topics such as gender, ethnicity, and lifelong disabilities are also addressed.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

### **THRC 5102. Orientation TR. 2 to 3 Credit Hours.**

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

### **THRC 5204. Recreation Therapy and Assistive Technology. 3 Credit Hours.**

This course introduces students to the role of assistive technology (AT) in promoting the full inclusion and community participation of persons with disabilities. Emphasis is placed on the AT devices and services that promote functional independence and participation in the community and in physically and socially active recreation and leisure.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

### **THRC 5205. RT Geriatric Services. 3 Credit Hours.**

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

### **THRC 5211. Rec Th & Phys Rehab. 3 Credit Hours.**

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

### **THRC 5212. Play and Development. 3 Credit Hours.**

This blended course (i.e., online and classroom) explores the theoretical and practical dimensions of play and the dynamic relationship between child's play and development. The course examines the intersection of gender, race/ethnicity, culture, community, media, and technology with play and development. Topics include play of typically and atypically developing children, assessing play behaviors, designing multipurpose play environments, and current efforts to reinvigorate the culture of play in children development. NOTE: Undergraduates may register for this course with permission of the instructor. Also, previous coursework in developmental psychology, child/adolescent psychology, or lifespan/human development is suggested.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5213. Therapeutic Play, Recreation and Children's Health. 3 Credit Hours.**

This course examines the range of organized and structured play and recreation services used by recreation therapists to promote health, well-being, and social inclusion of children. The course examines developmental and psychosocial needs resulting from trauma, abuse, chronic illnesses, and other disabling conditions, and the use of play and recreation modalities to promote resiliency, recovery and hope within myriad service settings including hospitals, residential treatment centers, schools, camps, and municipal recreation departments. NOTE: Undergraduates may register for this course with permission of the instructor. Also, previous coursework in developmental psychology, child/adolescent psychology or lifespan/human development is suggested.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5214. Child Life Interventions. 3 Credit Hours.**

This course examines Foundation of Child Life practice, including theories and methods used to reduce stress and increase child/family abilities to cope with illness and hospitalization. The course includes rationale and evidence for interventions related to techniques to prepare children for medical procedures, pain management, coping skills, family-centered care, and bereavement support. Students learn about credentialing requirements for Child Life Specialists, and are required to engage in field-based experiential learning. NOTE: Undergraduates may register for this course with permission of the instructor.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5243. Managing Dementia Care. 3 Credit Hours.**

Utilizing a person-centered and interdisciplinary approach, the course explores the strategies for assisting practitioners, agencies, families and caregivers with balancing the needs and behaviors of the individual with dementia, and the social and physical environments in which the person with dementia is placed. Students will apply fundamental principles for the design and evaluation of activity-based, psychosocial programs for this population. Models for managing problem behaviors while respecting the needs of the client will be explored. This course seeks to emphasize the importance of interdisciplinary support and is therefore appropriate for students of healthcare disciplines that utilize an activity-based approach. NOTE: Prior courses in lifespan/human development and anatomy are suggested. Undergraduates may enroll with permission of instructor.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5250. Special Topics in TR Practicum. 1 to 3 Credit Hour.**

Contemporary issues related to new methods and areas of TR practice, including assistive technology, TR in school settings, home health care, and community leisure programs for individuals with disabilities are covered.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may be repeated for additional credit.

**THRC 5261. Therapeutic Recreation and Disabilities Seminar I. 3 Credit Hours.**

This seminar combines literature research on issues associated with mental health, developmental disabilities, or aging, with individual/small group conferences to integrate findings with related course content. Students complete an issues paper that synthesizes research literature and any other structured learning activities, and draws implications for Therapeutic Recreation practice. Findings are also presented to undergraduates as part of a concurrent undergraduate course.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**College Restrictions:** Must be enrolled in one of the following Colleges: College of Public Health.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5271. Therapeutic Recreation and Disabilities Seminar II. 3 Credit Hours.**

This seminar combines literature research on issues associated with physical rehabilitation, pediatrics, or long-term care, with individual/small group conferences to integrate findings with related course content. Students complete an issues paper that synthesizes research literature and any other structured learning activities, and draws implications for Therapeutic Recreation practice. Findings are also presented to undergraduates as part of a concurrent undergraduate course.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**College Restrictions:** Must be enrolled in one of the following Colleges: College of Public Health.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5301. Evidence Based Practice in Recreation Therapy I. 1 Credit Hour.**

This course will introduce students to evidence based practice in recreation therapy. Students will develop a critical understanding of how evidence is generated, retrieved, and appraised. They will become knowledgeable about the relevance of research findings for clinical decision-making in recreation therapy (RT) practice. Students will develop skills at synthesizing and presenting evidence to support or challenge current RT issues/practices for particular diagnostic groups or interventions.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**College Restrictions:** Must be enrolled in one of the following Colleges: College of Public Health.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5302. Evidence Based Practice in Recreation Therapy II. 2 to 3 Credit Hours.**

This course will introduce students to the practitioner-researcher role by building upon prior knowledge attained in THRC 5301 Evidence Based Practice in Recreation Therapy I. This course supports the use of research knowledge in making practice decisions that improve the delivery of recreational therapy interventions. It serves as a springboard for the student's Master's project.

**Field of Study Restrictions:** Must be enrolled in one of the following Majors: Recreation Therapy.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5311. Conceptual and Contemporary Issues in Therapeutic Recreation. 3 Credit Hours.**

This course examines conceptual, theoretical, and practical issues associated with the organization and delivery of TR services. It uses a combination of lectures, readings, and oral and written exercises through which students reflect on and develop informed positions on core values and beliefs that support the profession. Students develop a plan of action for ongoing professional development during the academic program and beyond.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5312. Leisure, Health, and Life Quality. 3 Credit Hours.**

The purpose of this course is to explore the dominant concepts and theories related to recreation and leisure behaviors and experiences, and their linkages to health, wellness, and life quality. Current research describing the interrelationships between leisure and health/life quality are examined, including the topics of disability and diversity issues such as culture, gender, race/ethnicity, class, age/lifespan, and sexual orientation. The interlinking triads among theory/conceptualizations, research, and practice are emphasized.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**College Restrictions:** Must be enrolled in one of the following Colleges: College of Public Health.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5382. Independent Study. 1 to 6 Credit Hour.**

This supervised project is structured between the student and a faculty mentor. Projects may include developing a research proposal, conducting a field-based investigation, or developing and evaluating a program. Registering for this course requires prior permission from a faculty mentor. A mutually agreeable study contract must be secured before the end of the second week of the semester.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may be repeated for additional credit.

**THRC 5402. Recreation Therapy Administration and Management. 3 Credit Hours.**

This course examines program, personnel, fiscal, and facilities management, including professional standards of practice and accreditation standards that guide and regulate organization and delivery of Therapeutic Recreation services in health care and human services settings. The course may involve applied learning experiences in area agencies.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**College Restrictions:** Must be enrolled in one of the following Colleges: College of Public Health.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5442. Clinical Programming and Practice in Therapeutic Recreation. 3 Credit Hours.**

The course examines the dynamics of recreational and other activity-based interventions used for health promotion and psychosocial adaptation. It focuses on group program design and implementation, client motivation, and leadership skills. The course includes field-based application.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Recreation Therapy.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 5787. Therapeutic Recreation Practicum. 3 to 9 Credit Hours.**

Field placement is made with emphasis on acquisition and application of practical skills. For non-certified students, this 4 to 6 credit practicum is designed to meet eligibility requirements for the NCTRC credentialing examination. For currently certified students, the 3-credit practicum is designed as an advanced clinical or administrative placement.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Degree Restrictions:** Must be enrolled in one of the following Degrees: Master of Science.

**College Restrictions:** Must be enrolled in one of the following Colleges: College of Public Health.

**Repeatability:** This course may be repeated for additional credit.

**THRC 8133. Family Centered Care. 3 Credit Hours.**

Recent legislative, professional, demographic, and social changes have expanded traditional approaches of delivery of health services to incorporate the family in treatment and/or follow up. Students have an opportunity in this course to examine family systems theories and family-centered services for individuals with disabilities across the life cycle. They will also explore models of family-centered teams, the issues of client/family empowerment, and the accessing of services, as well as learning how to incorporate this information into the development of a family service plan. Many sessions will have an experiential component to increase awareness of family issues effecting treatment and/or practical application of technique.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 8161. Methods in Community-Based Participatory Research (CBPR) for Health. 3 Credit Hours.**

This course aims to critically examine how researchers, practitioners, and community partners can work together to establish and consolidate equitable, transdisciplinary, and sustainable partnerships by using a CBPR approach to improve the health and life quality of community populations in general and to eliminate health disparities in particular. What distinguishes CBPR from other approaches to research is the active engagement and integration of all investigators and partners into the research process through such principles as mutual respect and teamwork (rather than a top-down/university-down approach); co-learning and mutual capacity building; and power-sharing and co-ownership of research. This course provides an overview of conceptual, methodological, and practical approaches to CBPR by focusing on cross-disciplinary health issues such as holistic health, culture and health, health disparities, mixed methods in health research, evidence-based and people-centered community healthcare, and inclusive health policy.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may not be repeated for additional credits.

**THRC 8280. Behavioral Change Seminar. 3 Credit Hours.**

This course provides structure through which students design and implement a theory-based individual or group behavior change program through local agencies. Drawing from evidence-based "best practices" and national mandates to improve the health and wellness of individuals with chronic illnesses and disabilities, programs are designed to promote health and reduce secondary conditions. Seminar meetings are also used to provide peer supervision and feedback.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may be repeated for additional credit.

**THRC 9282. Readings and Conference for Therapeutic Recreation. 1 to 3 Credit Hour.**

In-depth investigation of current literature related to a specialized area of research or practice is undertaken. Examples include health promotion programs to prevent secondary health problems, dementia care, programming for at-risk youth, and ethics. The course may also be used as preparation for THRC 8141 or background preparation for the comprehensive examination.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Therapeutic Recreation.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may be repeated for additional credit.

**THRC 9995. Master's Project in Therapeutic Recreation. 1 to 3 Credit Hour.**

Enrollment in this course is limited to those completing the master's degree requirements through a field-based programming project under the supervision of a faculty member. Projects include but are not limited to designing, implementing, or evaluating therapeutic recreation programs; designing projects related to systems change; or engaging in constituent awareness and education.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Therapeutic Recreation.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.

**Repeatability:** This course may be repeated for additional credit.

**Pre-requisites:**

THRC 8102|Minimum Grade of B|May not be taken concurrently.