

# Recreational Therapy (RCTH)

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Course information contained within the Bulletin is accurate at the time of publication in June 2025 but is subject to change. For the most up-to-date course information, please refer to the Course Catalog.

## **RCTH 0813. Disability Identity in Contemporary Society. 3 Credit Hours.**

The purpose of the course is to examine the individual, social, and environmental structures (e.g., family, school, government, community) that help to shape the identity of persons with various types of disability in contemporary society. Concomitantly, the course will explore how the behavior of persons with a disability influences these structures through individual contributions or participation in self-advocacy and activism (e.g., disability rights legislation, technology development, media portrayal). By considering disability identity as a function of continuous (and changing) interactions among various individual, social, and environmental forces, the course will encourage students to question stereotypes, to develop a critical understanding of the factors that influence the experiences of disability, to acknowledge the rich contributions of the disability community, and to identify the mechanisms that empower rather than confine people. This course fulfills the Human Behavior (GB) requirement for students under GenEd and Individual & Society (IN) for students under Core.

**Course Attributes:** GB, SI

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

## **RCTH 1102. Inclusive Recreation and Sports Services. 3 Credit Hours.**

This course focuses on the organization and delivery of recreation and sport services to individuals with disabilities. Content includes principles and procedures for promoting inclusive community leisure services. Hands-on learning through volunteer experience is required. NOTE: Required of all students majoring in Recreational Therapy (recommended for other majors involved in human services; in particular, services to persons with disabilities or health limitations).

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

## **RCTH 1902. Honors Inclusive Recreation and Sports Services. 3 Credit Hours.**

This course focuses on the organization and delivery of recreation and sport services to individuals with disabilities. Content includes principles and procedures for promoting inclusive community recreation services. In addition to class expectations, students must complete 15 professional development hours supporting people with disabilities in recreation/sports events. Opportunities will be posted on Canvas and announced in class. Five hours are required before midpoint and the additional ten are required during the second half of the semester. This course is required of all students majoring in recreational therapy and open for students who are not majoring in recreational therapy. This course may not be repeated for additional credits.

**Course Attributes:** HO

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

## **RCTH 2103. Foundations of Recreational Therapy Practice. 3 Credit Hours.**

This course is an introduction to the historical and conceptual roots of recreational therapy (RT) and its contemporary status as a profession. Content includes the understanding and application of recreation and leisure to improve health and well-being, introduction to recreational therapy service delivery models and theories, knowledge of where recreational therapy is practiced, RT standards of practice, ethics and professional organizations, fieldwork requirements, and credentialing procedures.

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

## **RCTH 2104. Recreational Therapy Modalities. 3 Credit Hours.**

In this experiential course, students are exposed to an assortment of activity-based interventions used in recreational therapy practice. Modalities to which students are introduced include but are not limited to animal-assisted therapy, reminiscence, humor, sports, expressive arts, anger management, social skills, and stress management.

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

## **RCTH 2201. Recreational Therapy and Developmental Disabilities. 3 Credit Hours.**

This course allows students to explore the role of recreation in the habilitation, rehabilitation and inclusive community life of individuals with developmental disabilities. Students are introduced to the principles and methods of service delivery based on person-centered planning, transitional life skills, community reintegration and inclusion.

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

**Pre-requisites:** Minimum grade of C in (RCTH 1102, THRC 1102, or 'Y' in CRRC01) and (RCTH 3096, THRC 3096, or 'Y' in CRRC02)

**RCTH 2203. Assistive Technology in Recreation. 3 Credit Hours.**

This course introduces students to the range of assistive devices used by persons with disabilities to support active involvement in preferred recreation and leisure pursuits. The course reviews the physical, cognitive, social and environmental barriers to participation and how AT devices and services can empower participation. Students learn to create and adapt activity materials to accommodate varying functional abilities and how to use assistive devices, including adaptive sports equipment, tools that support daily living, devices for computer access, hearing and vision loss devices and communication strategies. The course is hands-on, and project based. NOTE: Course is open to all majors and is appropriate for those students interested in working with individuals with disabilities.

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

**RCTH 2205. Adventure Challenge/Programming. 3 Credit Hours.**

This course will benefit all students interested in developing experiential leadership skills and is open to all majors. The course introduces students to theoretical and practical approaches to using experiential learning and adventure therapy techniques in various professional settings. Students move through a progression of team-building activities and are taught core leadership skills required when facilitating adventure-based activities for persons of all abilities. Instruction will take place at indoor and outdoor facilities, including the Ambler Challenge Course Lab. Upon successful completion of the course, students will receive 20 training hours and 10 facilitation hours that they may use towards advanced training/certification. More details regarding the development and maintenance of a facilitator portfolio will be provided in the course.

**Course Attributes:** SI

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

**RCTH 3096. Assessment and Documentation in Recreational Therapy. 3 Credit Hours.**

In this course, students learn the clinical process used by healthcare professionals when working in health and human service agencies with particular emphasis on assessment and documentation as it relates to the discipline of recreational therapy. Students learn clinical skills related to client intake and assessment, treatment planning, and documentation. NOTE: Special authorization is required for non-majors.

**Course Attributes:** WI

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

**Pre-requisites:** Minimum grade of C in (RCTH 2103 or THRC 2103)

**RCTH 3111. Health Promotion through Leisure Education. 3 Credit Hours.**

In this course, students examine the relationship between health promotion and leisure behavior for individuals with disabilities. Students learn to design programs for health promotion and leisure education. The use of technology to develop health promotion teaching materials is required.

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

**Pre-requisites:** Minimum grade of C in (RCTH 2103 or THRC 2103) and (RCTH 2104, THRC 2104, or 'Y' in CRRC03)

**RCTH 3185. Internship I in Recreational Therapy. 3 Credit Hours.**

This course involves a 150-hour field placement experience at a health and/or human service agency in which students are involved with ongoing recreational and therapeutic programs and services. NOTE: Students are required to obtain child abuse and criminal clearance background checks and complete the College of Public Health's health screenings by the deadline date set by the level I internship fieldwork coordinator PRIOR to beginning field placement experience.

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

**Pre-requisites:** Minimum grade of C in (HRPR 1001 or 'Y' in CRHR01), HRPR 2103, (KINS 1223, KINS 1221, or 'Y' in CRKI02), (PSY 1001 or 'Y' in CRPS01), (PSY 2201 or 'Y' in CRPS03), and (PSY 2301 or 'Y' in CRPS04)

**RCTH 3201. Health, Activity, and Aging. 3 Credit Hours.**

This course examines the concept of healthy aging and how to utilize a variety of physical, cognitive, social and emotion-based activities to maintain health throughout the lifetime. Students will also take a deep look at current issues and trends in senior care settings, with an emphasis placed on community-based care and the concept of "aging in place."

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

**RCTH 3202. Recreational Therapy and Mental Health. 3 Credit Hours.**

Students examine the role of recreational therapy in behavioral healthcare in this course. Content includes terminology, etiology, and care of individuals with acute and chronic mental illnesses and the importance of recreation as a coping resource and component of life quality. Issues associated with relapse prevention and the role and function of recreational therapists within the healthcare team are discussed.

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

**Pre-requisites:** Minimum grade of C in (RCTH 3096, THRC 3096, THRC 3101, or 'Y' in CRRC02)

**RCTH 3282. Independent Study. 1 to 3 Credit Hour.**

In this course, students undertake supervised independent projects on issues related to health, leisure, and disabilities.

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

**RCTH 3801. Physical and Neurological Health Conditions Across the Lifespan. 3 Credit Hours.**

This course examines the prevalence, etiology, pathology, prognosis, characteristics, and complications of various physical and neurological health conditions across the lifespan. Common assessment findings and approaches to recreational therapy client-centered evidence-based treatment for each health condition will be reviewed within an application format.

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

**Pre-requisites:** Minimum grade of C in RCTH 2103.

**RCTH 3802. Developmental Disabilities and Mental Health Conditions Across the Lifespan. 3 Credit Hours.**

This 3-credit course allows students to explore the prevalence, etiology, prognosis, characteristics and complications of various developmental disabilities and mental health conditions. In addition, students will analyze the role of habilitation, rehabilitation and inclusive community life of individuals with developmental disabilities and mental health challenges. Students are introduced to the principles and methods of services delivery based on person-centered planning, transitional life skills, and community integration/reintegration, and inclusion. Knowledge and skills acquired will prepare students to deliver recreational therapy to these populations in in-patient and community-based settings.

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

**Pre-requisites:** Minimum grade of C in RCTH 2103.

**RCTH 4000. Special Topics in Disabilities, Recreation and Leisure. 3 Credit Hours.**

The Recreational Therapy Special Topics course is designed for students studying any major and is designed to emphasize current trends and contemporary topics of interest regarding individuals with varying disabilities and their engagement in recreation and leisure. Topics will vary by semester.

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

**RCTH 4102. Research and Evaluation in Recreational Therapy. 3 Credit Hours.**

This is the capstone course for Recreational Therapy majors. It is designed to enable students to evaluate and interpret research and to apply the results of these interpretations to recreational therapy practice in the form of evidence-based practice. Students learn fundamental research terminology and procedures including the strengths and limitation of both naturalistic and positivistic research methods utilized in field-based settings. Extensive reading and critiquing of empirical research is required for successful completion.

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

**Pre-requisites:** Minimum grade of C in RCTH 3185 and (RCTH 3096, THRC 3096, THRC 3101, or 'Y' in CRRC02)

**RCTH 4103. Professional Issues in Recreational Therapy. 3 Credit Hours.**

This is a seminar course designed to allow students to explore personal and professional issues related to completing their academic experience. Students evaluate their readiness to begin practicing as recreational therapists. Topics include certification, professional ethics, liability and law, finance and fiscal accountability, safety and risk management issues, professional involvement and responsibilities, and client advocacy. Students review and refine their professional portfolios, practice interviewing skills, and discuss issues related to continuing education and growth as a healthcare provider.

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

**Pre-requisites:** Minimum grade of C in RCTH 3185.

**RCTH 4111. Administration of Recreational Therapy. 3 Credit Hours.**

This course provides students in recreational therapy an opportunity to explore the dimensions of managing recreational therapy services within health care and human services agencies. Students will investigate basic theories of management and organizational behavior and relate them to the criteria established by different regulating agencies. The processes of recruitment, hiring, and retention will be addressed with emphasis on interviewing skills and orientation planning. Students will explore issues related to operational management including fiscal concerns and marketing. In addition, consumer management concerns and clinical supervision tasks will be identified and connected to all other aspects of management. Finally, ethics and evaluation processes will be discussed. NOTE: This course is for majors only.

**Co-requisites:** RCTH 4185.

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

**Pre-requisites:** Minimum grade of C in (RCTH 3196 or THRC 3196) and (RCTH 4196 or THRC 4196)

**RCTH 4185. Internship II in Recreational Therapy. 1 to 12 Credit Hour.**

This course is a 14 consecutive week (minimum), 560-hour field placement where students apply academic learning to demonstrate competencies associated with entry-level practice in recreational therapy. NOTE: Requires current certification in first aid and CPR. Pre-placement health screening, child abuse and criminal clearances are also required prior to the start of the internship experience by the deadline date set by the senior internship coordinator. See the senior internship coordinator for details.

**Co-requisites:** RCTH 4111.

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

**Pre-requisites:** Minimum grade of C in RCTH 4196.

**RCTH 4196. Recreational Therapy Clinical Procedures. 3 Credit Hours.**

This course allows students to further their understanding of clinical practice in recreational therapy through an examination of how recreation therapists use activity-based interventions, the environment, and therapeutic relationships to facilitate individual and group behavioral change. Students design protocols for intervention groups and simulate leadership techniques used by recreational therapists in clinical practice. Field-based application of group planning and leadership is required.

**Course Attributes:** WI

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

**Pre-requisites:** Minimum grade of C in (RCTH 3096, THRC 3096, or 'Y' in CRRC02)

**RCTH 4205. Recreational Therapy in Geriatric Service Settings. 3 Credit Hours.**

This course is designed to provide an overview of settings that provide services for the geriatric population. The course examines current techniques and philosophies toward recreational therapy programming for individuals utilizing such services. The students are required to visit, observe, and complete assignments with elders in geriatric service settings throughout the semester. The observation and hands-on experience support student learning and create opportunities to interact with elders. The course examines techniques, issues, and best practices related to conducting innovative and effective programs for elders in a variety of settings, as well as discussing the current trends and obstacles for delivery of services.

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

**Pre-requisites:** Minimum grade of C in (RCTH 3096, THRC 3096, THRC 3101, or 'Y' in CRRC02)

**RCTH 4211. Recreational Therapy and Physical Disabilities. 3 Credit Hours.**

This course provides the student with an opportunity to become familiar with the etiology, characteristics, and complications of various disabling conditions. Common assessment findings and approaches to treatment for each disability will be reviewed, as well as the role of the recreational therapist within the rehabilitation and health promotion process. Issues associated with independent living and the implications for the role and function of recreational therapists within the rehabilitation team are addressed.

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

**Pre-requisites:** Minimum grade of C in (RCTH 3096, THRC 3096, THRC 3101, or 'Y' in CRRC02)

**RCTH 4213. 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 multidisciplinary professionals to promote the health, holistic well-being, and social inclusion of children. Using the social model of disability (ICF) as the conceptual framework, students will examine the influence of the physical and social environment (family, peers) on health and well-being, as well as varied therapeutic uses of play and recreation that foster resilience and recovery and promote social-emotional development and community inclusion. The course is used to link developmental needs of children with services provided in varied service delivery settings, including hospitals, residential treatment centers, schools, camps, public parks, and recreation departments. The psychosocial needs and experiences of children resulting from trauma, abuse, and varied chronic illnesses and disabling conditions (e.g., cerebral palsy, autism spectrum disorders, conduct disorders, and ADHD) are reviewed. Note: Prior to Spring 2024, the course title was "Recreational Therapy and Pediatric Healthcare."

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