Health & Rehabilitation Sciences

The Department of Health and Rehabilitation Sciences is at the forefront of innovative academics, research, and knowledge translation activities to support those who have long-term disabilities or who are at risk of experiencing short- or long-term disruptions in their lives, in order to help them live full, satisfying, active, and meaningful lives. Our disciplines are based on evidence-based practices that have been shown to improve the lives of many individuals from various backgrounds and conditions.

Encompassing Health Professions, Recreational Therapy and Occupational Therapy, our programs are nationally recognized for academic excellence, cutting-edge research, and outstanding service that enhances and promotes health and wellness.

Health Professions (https://cph.temple.edu/academics/areas-study/health-professions)
The Bachelor of Science in Health Professions (BSHP) helps students enter their chosen professional graduate program prepared with the prerequisites necessary for many of the health professions, e.g., physical therapy, occupational therapy, physician assistant practice, certified anesthesiology assistant. The BSHP provides a broader course of study, allowing the student to tailor their electives toward their career of choice. For those students interested in Medicine or Dentistry, we recommend pursuing a degree from the College of Science and Technology.

Occupational Therapy (https://cph.temple.edu/academics/areas-study/occupational-therapy)
Both the Master of Occupational Therapy and the Clinical Doctorate in Occupational Therapy graduate programs identify and address the aspects of injury or disability that prevent people from performing essential tasks or engaging in activities that are meaningful to them. Activities and adaptation are used to improve function, performance, independence, and quality of life, with a particular expertise and focus on meaningful participation in community settings.

Recreational Therapy (https://cph.temple.edu/academics/areas-study/recreational-therapy)
Both the Bachelor of Science in Recreational Therapy and the Master of Science in Recreational Therapy programs prepare students for careers as entry-level and advanced recreational therapists who use play and recreation as a means of psychosocial adaptation, health promotion, rehabilitation, and life quality for children, adults, and the elderly who have illnesses and disabilities.

What Makes Us Distinct?

• We guide national policies, programs, and practices that improve the delivery of services to diverse populations of individuals with disabilities and facilitate their community participation, inclusion, and active living.
• Our innovative philosophy is firmly grounded in the social model of disability, the World Health Organization’s International Classification of Functioning, Disability, and Health, capabilities theory, and the independent living movement philosophy.
• Key concepts in our approach include ecological, opportunity, strengths-based, evidence-based, and empowerment.
• Both our recreational therapy and occupational therapy programs are accredited and many aspects exceed accreditation standards.
• Our academic philosophy focuses on appropriate experiences and evidence-based interventions for people of all ages who experience disabilities and other life challenges.
• Consistent with our solid science and research underpinnings, our professional training emphasizes state-of-the-art, evidence-based practices.

Innovation and Outreach

Intensive student engagement in research projects is beneficial to students’ clinical practice and may influence their interest in pursuing an academic career in research. Our four innovative research labs are:

• Active Living and Quality of Life for Older Adults
• Autism Spectrum Disorders (ASD) and ADHD
• The International Classification of Functioning, Disability & Health (ICF) and Recreational Therapy Evidence Based Practice
• Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities

Our program’s research, education, and service are guided by a respect for and understanding of cultural and ethnic diversity and human rights, while acknowledging that other challenges, such as racism, sexism, classism, and homophobia/heterosexism, interact with ableism and other disability-specific discrimination in ways that further limit community participation, inclusion, and active living.

• Bachelor of Science in Health Professions (http://bulletin.temple.edu/undergraduate/public-health/health-rehabilitation-sciences/bs-health-professions)
• Bachelor of Science in Recreational Therapy (http://bulletin.temple.edu/undergraduate/public-health/health-rehabilitation-sciences/bs-recreational-therapy)
Courses

RCTH 0813. Disability Identity in Contemporary Society. 3 Credit Hours.
The purpose of this course is to provide students with opportunities designed to enhance their awareness of issues surrounding disability, including examining personal, societal, and global attitudes toward individuals with disabilities; enhancing knowledge of accessibility, and considering how to value disability through a community and cultural lens as to create a fully inclusive world. Students examine how disability is socially and culturally defined, and how disability affects aspects of personal identity, like gender, race, and culture. Historical perspectives of disability marked by fear and discrimination and fueled by media portrayals are considered as well as recent trends in personal, social, and environmental changes that result in a more inclusive, tolerant, and accommodating environment. Students cannot receive credit for this course if they have successfully completed THRC 0813 or GUS 0813.

Course Attributes: GB
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 2103. Foundations of Recreational Therapy Practice. 3 Credit Hours.
An introduction to the historical and conceptual roots of recreational therapy and its contemporary status as a profession is gained in this course. Content includes social-psychological aspects of recreation and leisure, recreational therapy service delivery models, legislation, professional organizations, and credentialing procedures.

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

Pre-requisites:
(HRPR 1001|Minimum Grade of C|May not be taken concurrently)
AND (SBS 2103|Minimum Grade of C|May not be taken concurrently)
AND (PSY 1061|Minimum Grade of C|May not be taken concurrently)
OR PSY 1001|Minimum Grade of C|May not be taken concurrently
OR PSY1 Y|May not be taken concurrently)

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.

Pre-requisites:
(HRPR 1001|Minimum Grade of C|May not be taken concurrently)
AND (SBS 2103|Minimum Grade of C|May not be taken concurrently)
AND (PSY 1061|Minimum Grade of C|May not be taken concurrently)
OR PSY 1001|Minimum Grade of C|May not be taken concurrently
OR PSY1 Y|May not be taken concurrently)

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:
(RCTH 1102|Minimum Grade of C|May not be taken concurrently)
OR THRC 1102|Minimum Grade of C|May not be taken concurrently)
AND (RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently)
RCTR 2203. Assistive Technology in Recreation. 3 Credit Hours.
This course introduces students to the range of assistive devices used with persons with disabilities to support physically and socially active involvement in recreation and leisure pursuits. Students learn to adapt activity materials to accommodate varying functional abilities and how to use assistive devices, ranging from simple adaptive sports equipment to augmentative communication devices, with individuals with disabilities. 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.

RCTR 2205. Adventure Challenge/Programming. 3 Credit Hours.
This course introduces students to theoretical and practical approaches to using experiential learning and adventure therapy. Students experience team-building activities and are taught core leadership skills required when leading adventure challenge activities, as well as approaches and techniques for use of these activities with clients with disabilities. NOTE: The course is open to all majors and is appropriate for those interested in team-building activities. Upon successful completion of low rope and challenge activities, students receive a certificate indicating they have been trained to lead low ropes and team challenge activities.

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

RCTR 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.

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

Course Attributes: WI

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

Pre-requisites:
(KINS 1223|Minimum Grade of C|May not be taken concurrently
OR KIN1 Y|May not be taken concurrently)
AND (RCTH 2103|Minimum Grade of C|May not be taken concurrently
OR THRC 2103|Minimum Grade of C|May not be taken concurrently)

RCTR 3103. 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 a recreation therapist. Topics include certification, professional ethics, 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. Students are guided in the process of securing and succeeding at their internship placements.

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

Pre-requisites:
RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently.

RCTR 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:
(RCTR 2103|Minimum Grade of C|May not be taken concurrently
OR THRC 2103|Minimum Grade of C|May not be taken concurrently
AND (RCTH 2104|Minimum Grade of C|May not be taken concurrently
OR THRC 2104|Minimum Grade of C|May not be taken concurrently)
**RCTH 3185. Internship I in Recreational Therapy. 3 Credit Hours.**

This course involves a 150-hour field placement experience at a health and human service agency in which students are involved with ongoing recreational therapy programs and services. NOTE: Students are required to obtain child abuse and criminal clearance background checks and complete the College of Health Professions Health Screening by the deadline date set by the junior internship coordinator PRIOR to beginning field placement experience.

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

**Pre-requisites:**

\[(HRPR 1001|Minimum Grade of C|May not be taken concurrently)
OR HRPR 1101|Minimum Grade of C|May not be taken concurrently
OR RCTH 0813|Minimum Grade of C|May not be taken concurrently
OR THRC 0813|Minimum Grade of C|May not be taken concurrently
OR HRPR 1201|Minimum Grade of C|May not be taken concurrently)
AND (SBS 2103|Minimum Grade of C|May not be taken concurrently
OR HRPR 2103|Minimum Grade of C|May not be taken concurrently
AND (KINS 1223|Minimum Grade of C|May not be taken concurrently
OR KIN1 Y|May not be taken concurrently)
AND (PSY 1061|Minimum Grade of C|May not be taken concurrently
OR PSY 1001|Minimum Grade of C|May not be taken concurrently
OR PSY1 Y|May not be taken concurrently)
AND (PSY 2201|Minimum Grade of C|May not be taken concurrently
OR PSY2 Y|May not be taken concurrently
AND (RCTH 1102|Minimum Grade of C|May not be taken concurrently
OR THRC 1102|Minimum Grade of C|May not be taken concurrently
AND (RCTH 2103|Minimum Grade of C|May not be taken concurrently
OR THRC 2103|Minimum Grade of C|May not be taken concurrently
AND (RCTH 2104|Minimum Grade of C|May not be taken concurrently
OR THRC 2104|Minimum Grade of C|May not be taken concurrently
AND (RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently
AND (PSY 2301|Minimum Grade of C|May not be taken concurrently
OR PSY3 Y|May not be taken concurrently
OR EDUC 1322|Minimum Grade of C|May not be taken concurrently
AND (PSY 1167|Minimum Grade of C|May not be taken concurrently
OR SOC 1167|Minimum Grade of C|May not be taken concurrently
OR STT4 Y|May not be taken concurrently)\]
RCTH 3196. Research and Evaluation in Recreational Therapy. 3 Credit Hours.
This is the capstone, Writing-Intensive 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. NOTE: For Recreational Therapy majors, all Health Related Professions courses (HRPR 1001, HRPR 2103) and Cognate Core courses (KINS 1223, PSY 1001, PSY/SOC 1167, PSY 2301, and PSY 2201) must be successfully passed with a C or better to move on to this upper-division Recreational Therapy course.

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

Course Attributes: WI

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

Pre-requisites:
(HRPR 1001|Minimum Grade of C|May not be taken concurrently
OR HRPR 1101|Minimum Grade of C|May not be taken concurrently
OR RCTH 0813|Minimum Grade of C|May not be taken concurrently
OR THRC 0813|Minimum Grade of C|May not be taken concurrently
OR HRPR 1201|Minimum Grade of C|May not be taken concurrently
AND (SBS 2103|Minimum Grade of C|May not be taken concurrently
OR HRPR 2103|Minimum Grade of C|May not be taken concurrently
AND (KINS 1223|Minimum Grade of C|May not be taken concurrently
OR KIN1 Y|May not be taken concurrently
AND (PSY 1061|Minimum Grade of C|May not be taken concurrently
OR PSY 1001|Minimum Grade of C|May not be taken concurrently
OR PSY1 Y|May not be taken concurrently
AND (PSY 2201|Minimum Grade of C|May not be taken concurrently
OR PSY2 Y|May not be taken concurrently
AND (RCTH 1102|Minimum Grade of C|May not be taken concurrently
OR THRC 1102|Minimum Grade of C|May not be taken concurrently
AND (RCTH 2103|Minimum Grade of C|May not be taken concurrently
OR THRC 2103|Minimum Grade of C|May not be taken concurrently
AND (RCTH 2104|Minimum Grade of C|May not be taken concurrently
OR THRC 2104|Minimum Grade of C|May not be taken concurrently
AND (RCTH 3185|Minimum Grade of C|May not be taken concurrently
OR THRC 3185|Minimum Grade of C|May not be taken concurrently
AND (RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
AND (RCTH 3101|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently
AND (PSY 2301|Minimum Grade of C|May not be taken concurrently
OR PSY3 Y|May not be taken concurrently
OR EDUC 1322|Minimum Grade of C|May not be taken concurrently
AND (PSY 1167|Minimum Grade of C|May not be taken concurrently
OR SOC 1167|Minimum Grade of C|May not be taken concurrently
OR PSY 1003|Minimum Grade of C|May not be taken concurrently
OR STT4 Y|May not be taken concurrently

RCTH 3201. Health, Activity, and Aging. 3 Credit Hours.
This course will examine the concept of "well aging" with a focus on the contribution of a socially and physically active leisure lifestyle to the wellness of elders living in retirement and assisted living communities. NOTE: Appropriate for individuals with interests in psychology, public health and sociology.

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

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

Pre-requisites:
PSY 1061|Minimum Grade of C|May not be taken concurrently
OR PSY 1001|Minimum Grade of C|May not be taken concurrently
OR PSY1 Y|May not be taken concurrently.
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:
RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently.

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 4096. Research and Evaluation in Recreational Therapy. 3 Credit Hours.
This is the capstone, Writing-Intensive 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.

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

Course Attributes: WI

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

Pre-requisites:
(RCTH 3185|Minimum Grade of C|May not be taken concurrently)
AND (RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently)

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:
RCTH 3185|Minimum Grade of C|May not be taken concurrently.

RCTH 4111. Administration of Recreational Therapy. 3 Credit Hours.
This course explores the management of recreational therapy services based on professional standards of practice. Reflecting the range of healthcare and human services agencies where recreational therapy is practiced, topics include administrative theory and decision-making, budgeting and reimbursement, risk management, marketing, personnel and volunteer policies and procedures, and quality improvement. The use of technology as part of the management process is also discussed, including the use of spreadsheets and other data management programs. NOTE: This course is for majors only.

Class Restrictions: Must be enrolled in one of the following Classes: Senior 90 to 119 Credits, Senior/Fifth Year 120+ Credits.

Co-requisites: RCTH 4185.

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

Pre-requisites:
(RCTH 3196|Minimum Grade of C|May not be taken concurrently
OR THRC 3196|Minimum Grade of C|May not be taken concurrently)
AND (RCTH 4196|Minimum Grade of C|May not be taken concurrently
OR THRC 4196|Minimum Grade of C|May not be taken concurrently)
RCTH 4185. Internship II in Recreational Therapy. 12 Credit Hours.
This course is a semester-long, 600-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.

Class Restrictions: Must be enrolled in one of the following Classes: Senior 90 to 119 Credits, Senior/Fifth Year 120+ Credits.

Co-requisites: RCTH 4111.

Repeatability: This course may be repeated for additional credit.

Pre-requisites:
(RCTH 3196|Minimum Grade of C|May not be taken concurrently
OR THRC 3196|Minimum Grade of C|May not be taken concurrently)
AND (RCTH 4196|Minimum Grade of C|May not be taken concurrently
OR THRC 4196|Minimum Grade of C|May not be taken concurrently)

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:
RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently.

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:
RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently.

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:
RCTH 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently.
RCTH 4213. Recreational Therapy and Pediatric Healthcare. 3 Credit Hours.
This course examines the range of organized and structured play and recreation services used by recreation therapists to promote the health, 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 development and community inclusion. The course is used to link developmental needs of children with services provided in varied service delivery settings, including hospitals and 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.

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

**Pre-requisites:**
(RCTH 3096|Minimum Grade of C|May not be taken concurrently)
OR THRC 3096|Minimum Grade of C|May not be taken concurrently
OR THRC 3101|Minimum Grade of C|May not be taken concurrently
AND (PSY 2301|Minimum Grade of C|May not be taken concurrently)
OR PSY 3 Y|May not be taken concurrently
OR EDUC 1322|Minimum Grade of C|May not be taken concurrently)