Therapeutic Recreation (RTH) - Courses

Courses

RTH 203 Cr.3
Outdoor Recreation Skills for Persons with Special Need
This course is an introduction to a variety of outdoor recreation skills. Personal proficiency development in outdoor recreation skills and activities is emphasized as they relate to persons with disabilities. Prerequisite: REC 150; not open to those with credit for REC 202. Offered Occasionally.

RTH 204 Cr.2
Multicultural Crafts and Folk Art
An exploration of the therapeutic dimensions of art making, through the traditional crafts and folk arts of many cultures. Students will learn to master several different folk art techniques and adapt them to personal use. Offered Occasionally.

RTH 215 Cr.1
Adapted Aquatic Activities
This course is designed to familiarize the student with training, teaching and assisting techniques when implementing, planning and conducting recreational aquatic activities for persons with disabilities. Water games and general activities which can be conducted in the aquatic environment will be included in this course. Offered Spring.

RTH 250 Cr.3
Introduction to Therapeutic Recreation
This course is designed as an introduction to the history and foundations of therapeutic recreation. Models of health care/human services and therapeutic recreation are presented. Students will gain knowledge of services and settings; professional, legal and community resources; professional and ethical behavior. Prerequisite: REC 150 (may be taken concurrently if student has earned 30 credits or more). Offered Fall, Spring.

RTH 252 Cr.3
Innovative Activities in Therapeutic Recreation
This course acquaints students who will work with persons with disabilities and special needs in therapeutic recreation settings with various recreation activities to enhance functional skills and foster meaningful recreation participation. Activity selection, analysis, planning, and modifications will be combined with various leadership styles. Prerequisite: RTH 250 or concurrent enrollment; RTH major or minor. Offered Fall, Spring.

RTH 260 Cr.1-2
Assistive Devices & Resources in Therapeutic Recreation
This course is designed to familiarize the student with the current new devices/equipment/supplies and resource centers available to clientele in need of special assistive devices/supplies. This course is also designed to familiarize the practitioner with devices which can be utilized in recreational program pursuits, as well as assisting the special populations in activities of daily living. Prerequisite: RTH 250 or concurrent enrollment; RTH major or minor. Offered Fall, Spring.

RTH 314 Cr.2
Wheelchair Sports and Recreation
An introduction to wheelchair sports, recreation and leisure activities. Emphasis is given to the history of wheelchair sports and rules with special emphasis on participation in traditional and nontraditional wheelchair sport activities. Students will be introduced to a number of wheelchair sports including basketball, soccer, volleyball, football, rugby, tennis, bowling, softball, etc. Prerequisite: RTH 325 or RTH 326 or RTH 327. Offered Spring.

RTH 319 Cr.3
Leadership and Supervision in Therapeutic Recreation
This course is designed to study leadership and supervisory management as applied to the therapeutic recreation profession. The following topics are addressed: analysis of traditional leadership styles and theories; application of staffing, directing, and controlling functions of supervisory management; analysis of common issues related to full-time entry level managers in therapeutic recreation including diversity management and hiring people with disabilities. Prerequisite: junior standing; REC or RTH major/minor. Offered Fall, Spring.

RTH 325 Cr.2
Inclusive Recreation
This course is designed to provide the student with information regarding the general techniques and guidelines for planning and implementing recreational activities for persons with disabilities in non-institutional settings. The course will present general background, characteristics of disabling conditions, legislation, and program adaptations. Prerequisite: REC 200. Offered Fall, Spring.

RTH 326 Cr.3
Therapeutic Recreation Populations I
This course provides knowledge of illnesses and disabilities, including etiology, characteristics, abilities, potentials and limitations. Programming guidelines include adaptations and techniques for inclusion in therapeutic recreation services and the community. The following groups are included: persons with spinal cord injury, traumatic brain injury, aging, stroke, cancer, diabetes, visual impairment, hearing impairment, cardiac dysfunction, HIV/ AIDS, COPD, amputation, corrections, cultural competence, and others. RTH 326 may precede or follow RTH 327. Prerequisite: RTH 250 or concurrent enrollment. Offered Fall, Winter, Spring, Summer.

RTH 327 Cr.3
Therapeutic Recreation Populations II
This course provides knowledge of illness and disabilities, including etiology, characteristics, abilities, potentials and limitations. Programming guidelines include adaptations and techniques for inclusion in therapeutic recreation services and the community. The following groups are included: persons with intellectual disabilities, cerebral palsy, muscular dystrophy, pediatrics, autism, epilepsy, spina bifida, ADHD, depression, schizophrenia, multiple sclerosis, chemical dependency, and others. RTH 327 may precede or follow RTH 326. Prerequisite: RTH 250 or concurrent enrollment. Offered Fall, Winter, Spring, Summer.

RTH 330 Cr.3
Therapeutic Recreation and Mental Health
This course is designed to provide students with information regarding therapeutic recreation services to persons behavioral health issues and their families. Emphasis on characteristics of diagnostic groups, activities to facilitate change in different behavioral domains, therapeutic interventions for adults and children, treatment settings and services, and trends in program delivery. Prerequisite: RTH 250; RTH 326 or RTH 327; RTH or CYC major/minor. Offered Spring.

RTH 332 Cr.3
Therapeutic Recreation for Persons With Physical Disabilities
This course is designed to provide students with information relating to therapeutic recreation services for individuals with physical disabilities. Programming considerations will include treatment concerns, community inclusion, wheelchair sports and leisure activities. Prerequisite: RTH 250; RTH 326 or RTH 327; RTH major/minor. Offered Occasionally.
RTH 333 Cr.3
Therapeutic Recreation and Corrections
This course provides an overview of the use of leisure and recreation for individuals in correctional settings. The following topics are addressed: settings, psychiatric disorders, laws/juvenile codes, intervention strategies, activity adaptations, current trends and the criminal justice system. Functional improvement, leisure education and recreation participation are the focus of therapeutic recreation services. Prerequisite: RTH 250 or RTH 326 or RTH 327; RTH or CYC major/minor. Offered Fall.

RTH 345 Cr.3
Recreational Therapy for Older Adults
This course teaches students to facilitate psychosocial intervention to address needs, strategies, techniques, and approaches for older adults with chronic health conditions through health promotion and leisure activities. Prerequisite: RTH 250. Offered Spring.

RTH 355 Cr.3
Medical Language
An introduction to medical terminology with emphasis on word roots, combining forms, prefixes and suffixes through the various systems. There is also a unit on basic pharmacology. Prerequisite: ESS 205; RTH 326 or RTH 327. Offered Fall, Summer.

RTH 400/500 Cr.3
Child Life Theory and Practice
This course introduces future certified child life specialists and others to theories and techniques of providing services to reduce anxiety of children and families in hospitals and alternative settings. This course develops understanding and affirmation of the values of supporting individual development, family-centered care, play, therapeutic relationships, developmentally appropriate communication, professional collaboration, defined clinical competencies, and research findings that examine the practice of child life. Prerequisite: PSY 210 or PSY 212 or CYC 301; junior standing. Offered Spring.

RTH 401/501 Cr.2
Child Life Facilitation of Psychosocial Support
This course introduces future certified child life specialists and others to providing psychosocial support and intervention techniques that help children and families cope with stress from hospitalization or life events that disrupt normal development. Techniques for using play, recreation, creative arts modalities, and supportive activities including volunteer provision are explored. Prerequisite: PSY 210 or PSY 212 or CYC 301; junior standing; REC or RTH major/minor. Offered Fall.

RTH 402/502 Cr.3
Helping Children Cope with Grief and Loss
This online course provides in-depth knowledge of pediatric practice in the area of grief and death to students majoring in Therapeutic Recreation. The course will examine: current thoughts and practices on the subject of pain and how it affects the body; tools that assess pain; ways to help children cope with their own pain; and techniques that supplement common pain medications. The course will provide the current thoughts and practices necessary for students to prepare for the job market. Prerequisite: PSY 210 or PSY 212 or CYC 301; junior standing. Offered Spring.

RTH 403/503 Cr.3
Helping Children Cope with and Manage Pain
The intent of this online course is to provide in-depth knowledge of pediatric practice in the area of coping and pain management for students majoring in Therapeutic Recreation. The course will examine: current thoughts and practices on the subject of pain and how it affects the body; tools that assess pain; ways to help children cope with their own pain; and techniques that supplement common pain medications. The course will provide the current thoughts and practices necessary for students to prepare for the job market. Prerequisite: PSY 210 or PSY 212 or CYC 301; junior standing. Offered Spring.

RTH 404/504 Cr.3
Coping with Pediatric Disabling Conditions
This online course provides in-depth knowledge of pediatric practice in the area of coping with pediatric disabling conditions for students majoring in Therapeutic Recreation. The course will examine common disabling conditions and diseases that affect infants, children, and adolescents; how these conditions affect the child and the family; and how chronically ill children are impacted at each stage of their development. The course will provide the current thoughts and practices necessary for students to prepare for the job market. Prerequisite: PSY 210 or PSY 212 or CYC 301; junior standing. Offered Spring.

RTH 456/556 Cr.3
Program Design and Administration of Therapeutic Recreation
This course is designed to present a rationale and foundation for systematic program design, program implementation and program evaluation in various therapeutic recreation settings. Prerequisite: MTH 145; RTH 326 or RTH 327; junior standing; RTH major or inclusive recreation minor. Offered Fall, Spring.

RTH 462/562 Cr.3
Inclusive Recreation Program Administration
This course is designed to provide the student with information relating to recreation in inclusive settings. General Administration concepts, management concepts, advocacy, legislation, and therapeutic recreation as a related service in the schools will receive special emphasis in this course. Prerequisite: RTH 456; junior standing. Offered Fall, Spring.

RTH 470/570 Cr.3
Facilitation Techniques in Therapeutic Recreation
This course presents an overview of concepts and interaction techniques used in the provision of goal-oriented therapeutic recreation services. Included are counseling techniques, leadership and instructional techniques appropriate for use in treatment, leisure education and recreation participation. Prerequisite: MTH 145; RTH 326 or RTH 327; RTH 456 or concurrent enrollment; junior standing; RTH or CYC major/ minor. Offered Fall, Spring.

RTH 474/574 Cr.3
Experiential Education: Facilitation Techniques in Ropes Course
This course is designed to present in-depth information, skills and knowledge of the concepts and facilitation techniques used in experiential education. This course is primarily designed using the ropes and challenge course on the UW-L campus. Students must provide a statement of health and complete an assumption of risk/waiver. Prerequisite: junior standing. Offered Occasionally.

RTH 476/576 Cr.3
Assessment & Treatment Planning-Therapeutic Recreation
Overview of individual client assessments used in therapeutic recreation practice; development of individualized treatment/program plans in a therapeutic recreation context; review resources, standards and issues related to client assessment and program planning in therapy, leisure education and recreation participation programs. Prerequisite: RTH 456, RTH 470; junior standing; RTH major. Offered Fall, Spring.
RTH 480/580 Cr.3
Leisure Education
This course is designed to provide a philosophical understanding and overview of leisure education as well as to emphasize the approaches and strategies that can be utilized in enabling people to enhance the quality of their own lives in leisure. The focus will be leisure education as a major component of therapeutic recreation services. Topics include leisure theory, leisure education conceptual models, leisure education programming techniques, facilitation of leisure education groups for various ages. Gerontology students should have completed one core gerontology course and have permission from the director of therapeutic recreation. Prerequisite: RTH 456, RTH 470; junior standing; RTH or GTL major/minor. Offered Fall, Spring.

RTH 483/583 Cr.3
Leisure Counseling in Therapeutic Recreation
A course designed to demonstrate how leisure counseling has become an important phase of therapeutic recreation services. Students will practice intermediate level counseling skills. They will be able to conceptualize and implement leisure counseling services from assessment stage, implementation stages (both individual and group), to evaluation and referral stages. Students will learn strategies for dealing with different types of leisure-related problems. Prerequisite: RTH 470, RTH 480; junior standing; RTH or CYC major/minor. Offered Occasionally.

RTH 490 Cr.1-3
Workshop in Therapeutic Recreation
Group study of varying therapeutic recreation topics. University professors as well as visiting lecturers will be invited to address the students and conduct specialized phases of the workshops. Repeatable for credit under different subtitles. Prerequisite: RTH major plan. No student may earn more than six credits in REC 375, RTH 490, REC 491, and RTH 491. Offered Occasionally.

RTH 491/591 Cr.1-3
Workshop in Therapeutic Recreation
Group study of varying therapeutic recreation topics. University professors as well as visiting lecturers will be invited to address the students and conduct specialized phases of the workshops. Repeatable for credit under different subtitles. No student may earn more than six credits in REC 375, RTH 490, REC 491, and RTH 491. Offered Occasionally.

RTH 493/593 Cr.3
Therapeutic Recreation Trends and Issues
This course provides an examination of current issues, trends and professionalization concerns in therapeutic recreation, including professional organizations, ethics, current legislation, professional development, professional standards, credentialing, accreditation standards, improving organizational performance, and current professional controversies. Course should be taken the last semester prior to internship. Prerequisite: MTH 145, RTH 456; junior standing; RTH major. Offered Fall, Spring.

RTH 495 Cr.1-3
Independent Study in Therapeutic Recreation
Individualized study of areas not available in existing courses. Repeatable for credit - maximum six. Prerequisite: RTH major. Consent of department. Offered Fall, Spring, Summer.

RTH 496 Cr.1
Orientation to Internship in Therapeutic Recreation
Orientation and preparation to the required senior internship. Course should be taken one or two semesters prior to enrollment in RTH 498. 50 hours of pre-internship experience must be verified with at least a satisfactory rating prior to enrolling. Prerequisite: accepted into the RTH major; junior standing; verified 50 hours of pre-internship experience. Pass/Fail grading. Offered Fall, Spring.

RTH 497 Cr.1-3
Special Projects in Therapeutic Recreation
Individualized study areas not available in existing courses or Independent Study. Program Project: the planning, implementation and evaluation of a project. These projects will be completed under the supervision and direction of a staff member with permission from the student’s adviser within the department. Examples: wheelchair sports/coaching, wheel-a-thon, special recreation programs, Special Olympics, wheelchair dancing, and other events. Repeatable for credit - maximum six. Prerequisite: REC 300 or RTH 456; junior standing; consent of student’s adviser; RTH major. Consent of instructor. Offered Fall, Spring, Summer.

RTH 498 Cr.12-16
Internship in Therapeutic Recreation
Application of the methods and techniques of therapeutic recreation, leadership, program development and administration through a supervised internship experience in therapeutic recreation, special recreation, leisure education and/or treatment programs. Prerequisite: senior standing; RTH major, all required REC/RTH courses completed; 2.50 cum GPA (3.00 outside of 250 mile radius). American Red Cross Standard First Aid certification or its equivalent must be current throughout the RTH 498 experience. Offered Fall, Spring, Summer.