Therapeutic Recreation (RTH) - Courses

Courses

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: admission to therapeutic recreation program. Offered Fall, Spring.

RTH 319 Cr.3
Management Functions in Therapeutic Recreation
This course provides students with perspectives on the management of therapeutic recreation services. The class will focus on first-line therapeutic recreation managers and the areas of management identified by the National Council of Therapeutic Recreation Certification (NCTRC). In-depth coverage is given to the five basic functions of management: planning, organization, staffing, influencing, and controlling. In addition, modules will be provided on key concepts integral to the management of therapeutic recreation programs, including internship supervision, clinical supervision, volunteer management, and managing marketing. Prerequisite: admission to therapeutic recreation program. 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 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: admission to therapeutic recreation program. Offered Fall, Spring.

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: admission to therapeutic recreation program. Offered Fall, Spring.

RTH 329 Cr.3
Diagnostic Groups in Therapeutic Recreation
This course provides an understanding of the International Classification of Function Disability and Health (ICF) from the World Health Organization (WHO) framework for classifying the consequences of disease into diagnostic groups. The language of the ICF is neutral as to etiology, placing the emphasis on function rather than condition or disease. It also is carefully designed to be relevant across cultures as well as age groups and genders. A broad working knowledge of a variety of diagnostic groups and therapeutic recreation interventions for each will be provided. A focus on symptomology, etiology, prognosis, and remediation using therapeutic recreation interventions is included. In addition, how illness and disability affects the family will be discussed. Prerequisite: admission to therapeutic recreation program. Offered Fall, Spring.

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 329; RTH major/minor or CYC minor. Offered Fall.

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: admission to therapeutic recreation program. Offered Fall, Spring.

RTH 414/514 Cr.3
Adaptive Sports and Therapeutic Recreation
This course will provide an introduction to how therapeutic recreation specialists use adaptive sports, recreation, and leisure activities for individuals with disabilities to meet treatment goals and improve quality of life. Emphasis is given to the history and rules of a variety of adaptive sports, and possible settings where these could take place. The examination of each sport will include a focus on its connection to the therapeutic recreation profession. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 329; admission to the therapeutic recreation program; junior standing. Offered Spring.
RTH 420 Cr.3
Nature and Forest Therapy
This course is designed to provide students with specialized sessions relating to nature-based therapy knowledge and application in outdoor leisure and therapeutic recreation settings from international and domestic perspectives. The course will provide special emphases on general nature-based therapy concepts and benefits, planning for nature-based therapy walks with various clients with and/or without special needs, the process of implementing nature-based therapy walks, actualizing mindfulness in nature, nature connection, relevant environmental literature (e.g., outdoor therapies related to trauma or depression), interactions between humans and environments, medicinal plants, and practice doing therapeutic walks. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 250 and RTH 329. Offered Fall, Summer.

RTH 430/530 Cr.3
Therapeutic Recreation and Mental Health
This course is designed to provide students with information regarding therapeutic recreation services to persons with mental illness, and substance abuse disorders, or individuals served in behavioral health treatment facilities. Course emphasizes mental health recovery, activities to facilitate change in different behavioral domains, therapeutic interventions for adults and children, treatment settings and services, and trends in recreation therapy program delivery. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 250; RTH 329, RTH major/minor or CYC minor; junior standing. Offered Fall.

RTH 432/532 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 250, RTH 329; RTH major/minor or CYC minor; junior standing. Offered Fall.

RTH 434/534 Cr.3
Therapeutic Recreation for Individuals with Intellectual and Developmental Disabilities
This course will introduce students to therapeutic recreation interventions and facilitation techniques commonly used by professionals who work with individuals who have intellectual and developmental disabilities. The course will emphasize behavioral and developmental approaches to working with this population and address the social and sensory needs of this population within a leisure context. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 250, RTH 329; RTH major/minor; junior standing. Offered Spring.

RTH 445/545 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 250, RTH 329; junior standing. Offered Fall.

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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: STAT 145; RTH 329; 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: STAT 145; RTH 329; RTH 456 or concurrent enrollment; junior standing; RTH major/minor or CYC minor. Offered Fall, Spring.

RTH 476/576 Cr.3
Assessment and 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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 included are 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 456, RTH 470; junior standing; RTH major/minor or GTL emphasis. Offered Fall, Spring.

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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: STAT 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: RTH 456; junior standing; consent of student’s advisor; 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.