

Inclusive Recreation Minor

The Americans with Disabilities Act mandates that agencies offering recreation programs must accommodate people with disabilities.

The inclusive recreation minor prepares professionals from various disciplines to address concerns such as accessibility, knowledge of disabilities, appropriate programming, and adapting activities.

Persons employed in the following types of settings would benefit from this minor: play areas, recreation facilities such as amusement rides, boating facilities, fishing piers and platforms, miniature golf courses, golf courses, sporting facilities, swimming pools and spas, outdoor developed areas, YMCAs, and youth clubs. Persons involved in the following professions would benefit from this minor: recreation management, education, physical education, fitness, special education, health and wellness, psychology, business, sports management, and other social and human service areas.

The **inclusive recreation minor** is not a comprehensive therapeutic recreation curriculum, nor is it intended to lead toward national certification. The inclusive recreation minor is academic preparation to assist professionals who are interested in providing inclusive recreation programs.

Minor requirements

(All colleges, excluding recreational therapy majors)

21 credits

Code	Title	Credits
Core		
REC 150	Leisure, Quality of Life, and Well Being	3
RTH 229	Diagnostic Groups in Recreational Therapy	3
RTH 250	Introduction to Recreational Therapy	3
REC 325	Leisure in a Diverse Society	3
RTH 352	Modality Preceptorship in Recreational Therapy I	3
Program design elective - Select three credits from the following:		3
RTH 452	Modality Preceptorship in Recreational Therapy II	
RTH 456	Program Design and Administration of Recreational Therapy	
Focus area electives - Select three credits from the following:		3
RTH 414	Recreational Therapy and Adaptive Sports	
RTH 420	Nature and Forest Therapy	
RTH 430	Recreational Therapy and Mental Health	
RTH 432	Recreational Therapy for Physical Disabilities	
RTH 434	Recreational Therapy for Individuals with Intellectual and Developmental Disabilities	
RTH 445	Recreational Therapy for Older Adults	
RTH 452	Modality Preceptorship in Recreational Therapy II ¹	
RTH 470	Recreational Therapy Processes and Facilitation Techniques	
ESS 331	Disability and Physical Activity Implications	
ESS 431	Fitness Programming for Persons with Disabilities	
Total Credits		21

¹ if not selected above

All required courses must be completed with a grade of "C" or better.