Recreation Management and Therapeutic Recreation Department (REC/RTH/MIND)

College of Science and Health
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www.uwlax.edu/rec-management-and-therapeutic-rec

Recreation Management Program (REC)
The Recreation Management Program at UW-La Crosse is the only nationally accredited recreation management program in the University of Wisconsin System. The mission of the program is to train students in the skills of the recreation profession and instill an appreciation of the vital role of leisure in people's lives. An experiential approach to our teaching makes students uniquely competitive in the recreation job market and provides an excellent transition into the recreation profession.

The program serves students interested in a wide range of professional recreation careers. Four emphasis areas (tourism and event management, community-based recreation, outdoor recreation, and generalist) provide the opportunity to create a personalized program of study. Graduates of the recreation management program find employment in government agencies, YMCAs, Boys and Girls Clubs, camps, environmental education, military bases, tourism enterprises including resorts, and other for-profit recreation organizations ranging from retail operations to direct service providers.

Recreational Therapy Program (RTH)
The Recreational Therapy Program at UW-La Crosse prepares majors eligible to become Certified Therapeutic Recreation Specialists (CTRS) who improve functioning, facilitate leisure education, and promote inclusive recreation participation for people of all abilities and their families and caregivers. We advocate a strengths-approach to helping people reach dreams and goals for healthy functioning, well-being, and satisfying leisure. This health and human service profession is designated as "recreational therapy" in the Bureau of Labor Statistics' Occupational Outlook Handbook.

Students learn to assess, plan, implement, evaluate, and document recreational therapy programs using recreation interventions such as physical activity, expressive arts, horticulture, games, music, animal-assisted therapy, nature-based activities, adventure, stress management, and play. These goal-directed programs help vulnerable individuals and groups with disabling conditions, and acute and chronic health conditions to learn, adapt, and grow through engaging in meaningful recreation and leisure pursuits.

Recreation programs transfer policy
Students transferring into recreational therapy must have a cumulative GPA of 2.50 or higher at the time of transfer.

General education writing emphasis
This department incorporates a significant amount of writing through the required courses instead of identifying particular courses as writing emphasis courses. Students who complete a major in this department will fulfill the general education writing emphasis requirement (http://catalog.uwlax.edu/undergraduate/generaleducation/
generaleducationrequirementstext).

2023-24 Faculty/Staff
The following is the department’s faculty and staff as of the publication date of this catalog. This list will not be updated again until the next catalog is published in July.

Professor
Laurie Harmon, Ph.D., Department Chair

Associate Professor
Kate Evans, Ph.D.
Brian Kumm-Schaley, Ph.D.
Dan Plunkett, Ph.D.

Assistant Professor
Namyun Kil, Ph.D.
W. Thomas Means, Ph.D.
Jennifer Taylor, Ph.D.

Associate Teaching Professor
Tara DeLong, M.S.
Lisa Savarese, M.S.

Assistant Teaching Professor
Jon Evans, M.S.
Lindsey Kirschbaum, M.S.

Administrative Support
Janet Craig

Majors
• Recreation management major: community-based recreation emphasis - BS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/community-based/)
• Recreation management major: generalist emphasis - BS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/generalist/)
• Recreation management major: outdoor recreation emphasis - BS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/outdoorrecreation/)
Recreation Management and Therapeutic Recreation Department (REC/RTH/MIND)

- Recreation management major: tourism and event management emphasis - BS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/recreationmanagement-tourism/)
- Recreational therapy major - BS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/recreationaltherapymajor/)

**Dual degree programs**

- Dual degree in recreation management: community-based recreation BS and recreation management MS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/dual-degree-community-based-rec-bs-recreation-management-ms/)
- Dual degree in recreation management: generalist BS and recreation management MS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/dual-degree-generalist-bs-recreation-management-ms/)
- Dual degree in recreation management: outdoor recreation BS and recreation management MS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/dual-degree-outdoor-rec-bs-recreation-management-ms/)
- Dual degree in recreation management: tourism and event management BS and recreation management MS (http://catalog.uwlax.edu/undergraduate/recreationmanagement/dual-degree-tourism-event-management-bs-recreation-management-ms/)

**Minors**

- Inclusive recreation minor (http://catalog.uwlax.edu/undergraduate/recreationmanagement/inclusiverecreationminor/)
- Recreation management minor (http://catalog.uwlax.edu/undergraduate/recreationmanagement/recreationmanagementminor/)
- Recreation management minor for recreational therapy majors (http://catalog.uwlax.edu/undergraduate/recreationmanagement/recreationmanagementminorfortherapeuticrecreation/)
- Tourism and event management minor (http://catalog.uwlax.edu/undergraduate/recreationmanagement/tourismandeventmanagementminor/)

**Mindfulness Courses**

+MIND 110 Cr.3

**Introduction to Mindfulness**

This course introduces students to key components of mindfulness and contemplative literature, history, and practices. Students will explore multiple perspectives informed by the sciences and humanities. Emphasizing the benefits of mindfulness practices at both individual and interpersonal levels, this course is experience-based and centers around developing the practical skills of meditation and awareness. Participants are expected to engage in a personal practice that is relevant and meaningful to their academic, personal, and/or career goals. Ultimately, this course will facilitate expanded self-awareness, enhanced social connectivity, and purposeful engagement in students’ studies, lives, and future careers. Offered Fall, Spring.

**Recreation Management Courses**

+REC 150 Cr.3

**Leisure, Quality of Life, and Well Being**

This course will focus on the knowledge and skills necessary for integrating the major elements of well-being (physical, emotional, spiritual, environmental, intellectual, social, and occupational) through the lens of a leisure perspective into a balanced and fulfilling lifestyle throughout one's lifespan. Course content will include theories and methods related to leisure as the foundation for enhancing overall wellness, building coping strategies, and negotiating a balanced, fulfilling life. Additionally, this course will explore philosophical and historical aspects of leisure and recreation. Offered Fall, Spring, Summer.

REC 151 Cr.1

**Introduction to Recreation Management**

This course serves as an introduction to the field of recreation management focusing on the exploration of career areas in the profession and the service delivery systems which define recreation management. Offered Fall, Spring.

REC 201 Cr.3

**Introduction to Outdoor Leadership**

In this course, students will gain knowledge about the history and philosophy of outdoor leadership. The foundational elements related to outdoor recreation leadership will be explored through learning technical skills facilitation techniques. Students will also learn about the interrelationship between leisure behavior and the natural environment; administrative functions such as staffing, risk management, and transportation; and trip planning for outdoor settings. Offered Fall - Even Numbered Years.

REC 204 Cr.3

**Introduction to Outdoor Education**

This course introduces students to the regional ecology and engages them with specific ecological niches, e.g. wetland, forest, prairie and riverine, which frequently serve as outdoor recreation contexts. Students will learn about regional native and non-native plants, fauna and associated natural history while developing ecological observational and recording skills for the purpose of applying this information to outdoor recreation and education programming. Offered Fall - Odd Numbered Years.

REC 215 Cr.3

**Introduction to Community Recreation**

This course provides an overview of community-based recreation including municipal and non-profit recreation agencies. The course will focus on the histories, functions, and unique roles recreation holds for diverse communities. Offered Spring.

REC 301 Cr.3

**Leadership and Programming in Recreation**

This course provides practical knowledge and experiences on the essential elements and design concepts of program planning. Emphasis is placed on student involvement in planning, directing, and evaluating programs that enhance well-being for diverse populations in a variety of physical settings. Prerequisite: REC 150; REC major/minor. Offered Fall, Spring.

REC 304 Cr.3

**Maintenance of Recreation Facilities**

An introduction to the maintenance of recreation facilities, parks, and outdoor recreation areas. Offered Fall.
Operation and Management of Swimming Pools and Spas
This course explores the efficient operation and management of swimming pools, spas, and other aquatic facilities, including the promotion of attractive aquatic programs. Prerequisite: junior standing; REC major/minor or ESS-sport management major. Offered Occasionally.

Environmental Ethics, Outdoor Recreation and Natural Resources
This course provides an overview of the natural resources used for outdoor recreational pursuits, an analysis of leisure activities dependent upon natural resources, a presentation of the issues associated with recreational land use and an introduction to environmental awareness and outdoor ethics. Recreation and natural resources at the national, state, local and private levels will be addressed with emphasis on the understanding of how outdoor recreation affects and is affected by natural resources. Offered Fall, Spring.

Youth Development in the Recreation Profession
This course provides an overview of the theories and processes that form the foundation for youth services in the field of recreation in the United States. The course will explore the history of youth development with an acute focus on the theories and practices necessary for implementing strategic and effective youth development recreation programs. Offered Spring - Odd Numbered Years.

Experiential Facilitation in Recreation
This course provides students with an overview of techniques necessary for effective facilitation of recreation and leisure experiences. Students learn and apply techniques related to program leadership, understanding and managing group dynamics, and processing and debriefing experiences. Prerequisite: REC 301 or concurrent enrollment. Offered Fall, Spring.

Introduction to Tourism
An introduction to the nature and scope of tourism that is intimately related to recreation. This course provides a basic understanding of tourism from the tourism system perspective. The topics include tourist behavior, special-interest tourism, destination marketing, economic, social-cultural, and environmental impacts of tourism on a destination, and sustainable tourism development. In addition to the business and economic benefits of tourism, it also examines the social aspects of tourism. Offered Spring.

Leisure in a Diverse Society
This course explores the increasingly diversified nature of society and its impact on individuals’ experiences of leisure. A focus will be placed on the experiences of members of minority populations including issues related to race, gender, sexual orientation, gender identity, religion, social status, age, and disability. Students will be introduced to factors that influence the experience of leisure and leisure service delivery. Prerequisite: REC major/minor, inclusive recreation minor, or social justice minor. Offered Spring.

Recreation Resource Management
Students will explore the interactions between natural resources and users to produce outdoor recreation. Students will learn to assess natural resources through carrying capacity, limits of acceptable change, competition, and complementarity among and between recreation uses and other resource uses. Methods for monitoring recreational impacts and approaches to managing resource quality and recreational opportunities will be addressed. Prerequisite: REC 150. Offered Spring - Even Numbered Years.

Environmental Education
Based on experiential education and interpretive principles, students will learn methods and materials for effectively teaching environmental concepts in schools, communities, nature centers, camps, and parks. Students will also explore history, theory, philosophy and goals of environmental education programs. Prerequisite: REC 150. Offered Spring - Odd Numbered Years.

Evaluation Methods and Practices
This course is designed to familiarize the student with basic measurement and evaluation methods used in recreation and leisure service field. In addition, the course shows students how to interpret current and future research findings in leisure and recreation journals, use basic quantitative and qualitative survey methods, interpret findings from commonly used research and statistical methods, and form conclusions and recommendations from survey findings. Prerequisite: STAT 145; ENG 307; REC major/minor. Offered Fall, Spring.

Ecotourism
Students will examine theories, policies and practices specific to nature-based tourism. We will consider both the tourist and host community perspectives as we explore opportunities and constraints related to ecotourism development including social, environmental and economic outcomes. Offered Occasionally.

Civic Engagement in the Recreation Profession
Recreation professionals need to be leaders in their communities and advocates for quality recreation and leisure. This course explores the recreation profession’s role in civic engagement and identifies ways the general citizenry can be brought into public discussion on issues about recreation programs and facilities. Prerequisite: REC 340; REC major/ minor; junior standing. Offered Spring.

Workshop in Recreation Management
This is a group study of various recreation, leisure, or tourism topics. University professors and/or visiting lecturers will conduct the workshops. Repeatable for credit - maximum 6. May require field trip. Prerequisite: REC or RTH major/minor. No student may earn more than six credits in REC 375, RTH 490, REC 491, and RTH 491. Offered Occasionally.

Principles of Management in Recreation
Study of theories and techniques in leadership, group dynamics, and personnel management as they relate to programming and staff supervision in recreation agencies. Emphasis on personnel management techniques, including job analysis, recruitment, selection training, motivation, career development, and evaluation of paid staff and volunteers. Course includes issues common to full-time entry-level professional positions in recreation. Prerequisite: junior standing; REC major/minor. Offered Fall, Spring.

Planning for Park and Recreation Facilities
Designed to equip the student with the basic knowledge necessary to understand and implement the planning process in the development of park and recreation facilities. This course is also designed to familiarize the student with federal, state and local statutes, and other related documents (U.S. Census, Wisconsin Administrative Codes, county and municipal ordinances). This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: REC 301 or RTH 456; REC major/minor; junior standing. Offered Fall.
**Risk Management in Leisure Service Organizations**
This course will identify the primary components of risk management and detail legal aspects of tort liability, waivers, and indemnification agreements in leisure service organizations. The course will equip students with basic knowledge and skills necessary to appropriately manage legal liability and risk exposure associated within various professional leisure and recreation contexts. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: REC 390 or concurrent enrollment; REC major/minor; junior standing. Offered Fall, Spring.

**Budgeting in the Recreation Enterprise**
Emphasis is placed on budget development, implementation and management decision-making within the recreation and park enterprise. This course introduces students to various contextual operational budgets within governmental and non-profit enterprises. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: ECO 110; REC 390 or concurrent enrollment; REC major/minor; junior standing. Offered Fall.

**Sustainable Tourism Development**
This course will examine sustainable theories, policies, and practices in tourism. Students will learn about tourism planning and development from a sustainable tourism perspective. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: junior standing. Offered Spring.

**Camp Administration**
This course provides an overview of the history of the camping movement and its evolution over time. In addition, the course will provide foundational knowledge necessary to successfully operate a camp facility including administration, day-to-day operations, staffing, camp counseling, and program activities. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: REC 150; junior standing. Offered Spring - Even Numbered Years.

**Revenue Management in Leisure Enterprises**
This course covers prices and pricing from both managerial and behavioral perspectives in recreation, parks, tourism and event settings. While the managerial aspects of pricing include pricing policy/strategy and revenue management (defined as selling perishable service products to the right customer at the right time for the right price), the behavioral aspects include psychology of pricing, price fairness, price perceptions, and willingness-to-pay for non-market goods. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: junior standing. Offered Fall.

**Professional Wellness in Contemporary Leisure Services**
A reflective practice and an ethic of care toward self and others is essential for recreation professionals to meet the diverse demands of contemporary leisure services effectively and successfully. This course allows students to explore personal and professional well-being, self-care, and reflective practice as they prepare to complete their program of study and begin their professional career. The course focuses on well-being and self-care from a variety of perspectives, and activities and practices in which students can develop reflective skills necessary for meaningful engagement with contemporary professional concerns while reducing stress and enhancing both short- and long-term well-being. Prerequisite: recreation management major; senior standing. Offered Fall, Spring.

**Meetings, Conventions, and Event Planning**
This course will advance students' understanding of the event management profession. The course is intended to expose students to planning and management aspects in the areas of meetings, conventions, and other special events, while gaining an understanding of how special events impact tourism. Students will learn the professional skills necessary to plan, manage, and evaluate the success of a meeting, convention, or large-scale special event. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: REC 301 or RTH 456; junior standing. Offered Fall.

**Internship/Professional Preparation**
In-depth coverage of the requirements for REC 450 internship and preparation of students for a smooth transition to the recreation management profession. Prerequisite: REC major; senior standing; completion of a minimum of two 50 hour experiences in recreation or parks; a minimum GPA of 2.50; and completion or concurrent enrollment in all remaining 300 and 400 level REC required courses except for REC 450. Offered Fall, Spring.

**Internship**
Internship with a university approved recreation business or agency. An on-site practitioner and university faculty supervisor closely supervise the student's progress. The student experiences a smooth transition from university academics to the recreation management profession. Approved sites include public sector (e.g., parks and recreation agencies, public schools and universities); non-profit/private sector (e.g., voluntary and youth agencies, church organizations); and for-profit sector (e.g., fitness/sport centers, hospitality, tourism, and retail businesses). Prerequisite: REC 449; REC major; senior standing; 2.50 cum UWL GPA; all required REC courses completed. Offered Fall, Spring, Summer.

**Outdoor Pursuits**
This course provides skill development and leadership techniques in outdoor recreation activities commonly associated with wilderness and roadless areas. Emphasis on backcountry ethics and safety will be stressed. A field trip will be required. Examples: backpacking, canoeing, bicycling, rock climbing, fishing, camping, and/or cross country skiing. Repeatable for credit - maximum six. Prerequisite: junior standing. Offered Occasionally.
Rec 491/591 Cr.1-3  
**Workshops in Recreation and Parks**  
Group study of varying recreation and parks 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 topics. Prerequisite: junior standing; REC or RTH major/minor. No student may earn more than six credits in REC 375, RTH 490, REC 491, and RTH 491. Offered Occasionally.

Rec 495 Cr.1-3  
**Independent Study in Recreation**  
Individualized study of areas not available in existing courses. Repeatable for credit - maximum six. Prerequisite: junior standing; REC or RTH major/minor. Consent of instructor. Offered Fall, Spring.

Rec 497 Cr.1-3  
**Special Projects in Recreation Management**  
Individualized study of areas not available in existing courses or independent study. Program Project: 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 advisor within the department. Examples include Camp Placement Day, Riverfest, and Oktoberfest events. Repeatable for credit - maximum six. Prerequisite: RTH 493; junior standing; REC or RTH major/minor. Consent of student’s advisor. Consent of department. Offered Fall, Spring.

Rec 499 Cr.1-3  
**Seminar in Recreation**  
Intensive study of some specific area of interest in recreation. Repeatable for credit - maximum 3. Prerequisite: minimum 2.75 GPA; senior standing; REC or RTH major/minor. Offered Occasionally.

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**Recreational Therapy Courses**

RTH 229 Cr.3  
**Diagnostic Groups in Recreational Therapy**  
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. A broad working knowledge of a variety of diagnostic groups are examined, focusing on prevalence, etiology, diagnostic criteria, pathology and symptomatology, recommended course of treatment, and prognosis. Prerequisite: REC 150 or concurrent enrollment. Offered Fall, Spring.

RTH 250 Cr.3  
**Introduction to Recreational Therapy**  
The course introduces the history, service models, theory/philosophy, social implications, and potentials of recreational therapy practice. Basic skills of a recreational therapist are described and practiced. The need for, use of, and employment opportunities in recreational therapy are examined. Prerequisite: REC 150 or taken concurrently. 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: REC 150, RTH 250. Offered Fall, Spring.

RTH 319 Cr.3  
**Recreational Therapy Management and Special Event Planning**  
This course provides students with the opportunity to develop the knowledge of the organization and delivery of health care and human services. Basic management competencies and ethical ramifications of recreational therapy services in various settings are applied throughout the course. In addition, modules provide key concepts integral to management including special event planning, safety and risk management, budgeting, volunteer management, marketing, and strategic planning. Prerequisite: REC 150, RTH 229, RTH 250. 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 352 Cr.3  
**Modality Preceptorship in Recreational Therapy I**  
This course facilitates experiential learning environments for recreational therapy students consisting of preceptor-supervised experiences in health care and community-based agencies. Students acquire specific modality/skills and facilitation techniques used as treatment interventions in recreational therapy practice. Components of the recreational therapy process, that includes but is not limited to, activity selection, activity analysis, activity planning, and activity modifications will be utilized within an experiential learning environment. Prerequisite: REC 150, RTH 229, RTH 250. Offered Fall, Spring.

RTH 355 Cr.3  
**Medical Language and Digital Competencies for Allied Health Professionals**  
This course provides an introduction to medical terminology with emphasis on prefixes and suffixes, word roots, and combining forms through the various health systems. Basic computer/tablet/mobile app skills for managing information and data are applied through a series of learning experiences. This course also introduces digital health concepts and definitions in this emerging field. Key topics include overviews and application of Learning Health Systems and Electronic Health Records. Supportive course modules explore basic pharmacology, utilizing assessment databases, telehealth, and electronic reference management systems to enhance digital literacy. Prerequisite: REC 150 or concurrent enrollment; RTH 250 or concurrent enrollment; or ESS pre-professional major and sophomore standing. Offered Fall, Spring.

RTH 376 Cr.3  
**Assessment and Treatment Planning in Recreational Therapy**  
This course provides students with the knowledge and skills to develop competence to individually screen, assess and systematically collect comprehensive and accurate data about patients/clients in an efficient and effective manner and to analyze the data collected to determine the course of action subsequent to an individualized treatment/program plan. Skills are developed in the areas of selecting and designing assessments, interviewing clients, observing behaviors and documenting assessment results. Prerequisite: REC 150, RTH 229, RTH 250. Offered Fall, Spring.
RTH 412/512 Cr.3
Animal Assisted Therapy
This course demonstrates how to safely and ethically integrate animals into a variety of therapeutic settings while creating mutually beneficial relationships with animals and the environment. Differences between Animal Assisted Therapy (AAT), Animal Assisted Activities (AAA), and certified Service Dogs are explored. A focus on the effects of Animal Assisted Therapy (AAT) as a recreational therapy intervention to address agitated behaviors and social interactions is learned through research, practitioners, and observations. Site visitations may include long-term health care facilities, specific animal use in physical medicine and rehabilitation facilities, equine-assisted psychotherapy, literacy programs in libraries, and/or agencies serving veterans with polytrauma. AAT, AAA, and Service Dog skills are applied through a series of learning experiences during this interactive course. This course includes direct contact with a trained Service Dog. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 319, RTH 352, RTH 376; junior standing. Offered Occasionally.

RTH 414/514 Cr.3
Recreational Therapy and Adaptive Sports
This course introduces recreational therapists’ use of 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 sports, and possible settings where these take place. The examination of each sport includes a focus on its connection to the recreational therapy profession and professional processes used in the field. Hands on experience with a variety of sports are included. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 319, RTH 352, RTH 376; RTH major; junior standing. Offered Occasionally.

RTH 416 Cr.3
Recreational Therapy for Youth and Adolescents
This class is designed to provide students with information relating to recreational therapy services for youth and adolescents with and without disabilities. Programming consideration will include treatment concerns, community inclusion, and leisure activities. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 319, RTH 352, RTH 376; RTH major; junior standing. Offered Occasionally.

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 recreational therapy settings from international and domestic perspectives. The course provides 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 319, RTH 352, RTH 376; junior standing. Offered Occasionally.

RTH 430/530 Cr.3
Recreational Therapy 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: PSY 204, RTH 319, RTH 352; RTH major/minor or CYC minor; junior standing. Offered Occasionally.

RTH 432/532 Cr.3
Recreational Therapy for Physical Disabilities
This course is designed to provide students with information relating to recreational therapy services for individuals with physical disabilities. Programming considerations 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 252, RTH 319, RTH 329; RTH major/minor; junior standing. Offered Occasionally.

RTH 434/534 Cr.3
Recreational Therapy for Individuals with Intellectual and Developmental Disabilities
This course introduces students to recreational therapy interventions and facilitation techniques commonly used by professionals who work with individuals who have intellectual and developmental disabilities. The course emphasizes 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 252, RTH 319, RTH 329; RTH major/minor; junior standing. Offered Occasionally.

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 319, RTH 352, RTH 376; junior standing. Offered Occasionally.

RTH 452 Cr.3
Modality Preceptorship in Recreational Therapy II
This course facilitates experiential learning environments for recreational therapy students consisting of preceptor-supervised experiences in health care and community-based agencies. Students will acquire specific modality/skills and facilitation techniques used as treatment interventions in recreational therapy practice. Unique to the Modality Preceptorship Level II course, students will complete a certification prior to implementing an evidence-based modality within the assigned recreational therapy setting. Measured competence (e.g., knowledge, skill, and ability) to lead and facilitate the treatment interventions used to achieve evidence-based outcomes for the patients/clients served will be assessed. Documentation procedures for program planning, accountability, and payment of service will be practiced throughout the course. Advocacy, legislation, and recreational therapy as a related service in community-based settings receive special emphasis in this course. Prerequisite: RTH 319, RTH 352, RTH 355, RTH 376; junior standing. Offered Fall, Spring.
RTH 456/556 Cr.3
Program Design and Administration of Recreational Therapy
This course is designed to present a rationale and foundation for systematic program design, program implementation and program evaluation in various recreational therapy settings. Students develop competence in the planning and development of evidenced-based recreational therapy programs using a structured and systematic process for purposes of improved client functioning and independence in life activities. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 319, RTH 352, RTH 355, RTH 376; junior standing. 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 355, RTH 456, RTH 470; junior standing. Offered Fall, Spring.

RTH 470/570 Cr.3
Recreational Therapy Processes and Facilitation Techniques
In this course students implement the individualized treatment/program plan using appropriate evidence-based treatment interventions and programs to restore, remediate, or rehabilitate patient/client functioning as well as to reduce or eliminate the limitations to participation in life activities resulting from medical, psychiatric, or other disabling conditions. Included are processes for leading therapeutic groups, experiences of modalities and facilitation techniques, and counseling techniques and approaches for recreational therapy as an action therapy. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 319, RTH 352, RTH 355, RTH 376; RTH major/minor or CYC minor; junior standing. 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 355, RTH 456, RTH 470; junior standing. 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 Recreational Therapy
Group study of varying recreational therapy 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 492 Cr.3
Clinical Education Experience in Recreational Therapy
This course provides opportunities to practice and integrate cognitive learning, with the associated psychomotor skills requirements of the profession, in accordance with professional standards of practice, to develop entry-level clinical proficiency and professional behavior as a recreational therapist as defined by professional guidelines for competencies necessary for safe and effective recreational therapy practice. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 452, RTH 456, RTH 470; RTH major; junior standing. Offered Fall, Spring.

RTH 493/593 Cr.3
Advancing the Recreational Therapy Profession
This course provides an examination of current issues, trends, and professional concerns in recreational therapy including: professional standards, ethics, advocacy, professional development, professional organizations, credentialing, accreditation standards, improving organizational performance, research, and current professional controversies. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: RTH 452, RTH 456, RTH 470; RTH major; junior standing. Offered Fall, Spring.

RTH 494 Cr.3
Research Methods and Program Evaluation in Recreational Therapy
Students in this course learn fundamental research terminology and procedures and develop the competency to systematically conduct evaluation and research to determine the effectiveness of treatment interventions and programs used to reach patient/client outcomes. Students gain knowledge and skill in basic research methods and processes, with an emphasis on promoting evidence-based practice and program evaluation to promote the accountable outcomes from recreational therapy interventions. Prerequisite: RTH 452, RTH 456, RTH 470; RTH major; junior standing. Offered Fall, Spring.

RTH 495 Cr.1-3
Independent Study in Recreational Therapy
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.3  
**Fieldwork Preparation in Recreational Therapy**  
This course prepares students for their senior fieldwork experience. Students are orientated to accreditation requirements, supported in facilitating their internship search, and afforded experiences in clinical skill assessment and evaluation. Upon completion of this course, students work to secure their required senior internship. This course should be taken two semesters prior to enrollment in RTH 498. Prerequisite: RTH 319, RTH 352, RTH 355, RTH 376, junior standing. Offered Fall, Spring.

RTH 497 Cr.1-3  
**Special Projects in Recreational Therapy**  
Individualized study areas not available in existing courses or independent study. Program project includes 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 advisor 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 Recreational Therapy**  
This course is a semester-long, full-time field placement where students apply academic learning to demonstrate competencies associated with entry-level practice in recreational therapy. This includes involvement in the assessment of clients, planning and delivering RT services to clients, and evaluating these decisions. Additionally, the student gains experience with self-reflective learning through clinical supervision with both a faculty and clinical supervisor. Upon completion of the internship, students have the knowledge, skills, and abilities needed to assume the responsibilities of a RT. Prerequisite: senior standing; RTH major, all required REC/RTH courses completed; 2.50 cum GPA. American Red Cross Standard First Aid certification or its equivalent must be current throughout the RTH 498 experience. Offered Fall, Spring, Summer.