

RECREATION MANAGEMENT AND POLICY MAJOR: THERAPEUTIC RECREATION OPTION (B.S.)

<https://chhs.unh.edu/recreation-management-policy/program/bs/recreation-management-policy-major-therapeutic-recreation-option>

Description

Therapeutic recreation utilizes recreation to assist people with disabilities or illnesses to develop and use their leisure in ways that enhance health, independence, and well-being. Therapeutic recreation recognizes the importance of quality of life and uses activities to remediate or rehabilitate functional abilities. Therapeutic recreation services are provided in a variety of settings, including hospitals, long-term care facilities, residential treatment facilities, schools, home health care, community recreation, correctional facilities, rehabilitation centers, camp and outdoor education centers, and adult day programs. Observation and applied experience is a component of several courses. Students complete a 14-16-week full-time clinical internship under the supervision of a certified therapeutic recreation specialist (CTRS). The Bureau of Labor Statistics occupational outlook reports the "employment of recreational therapists is projected to grow 8 percent from 2019 to 2029, which is much faster than the average for all occupations. As the large baby-boom generation ages, they will need recreational therapists to help treat age-related injuries and illnesses, such as strokes. Recreational therapists will also be needed to help patients manage chronic conditions such as diabetes and obesity (Bureau of Labor Statistics). A CNN Money report identifies recreation therapy among the top ten "best jobs for saving the world." In particular, they note the profession's high benefit to society and high personal job satisfaction (CNN Money Magazine).

Upon successful completion of this option, students are prepared to meet sitting requirements for the National Council for Therapeutic Recreation Certification Examination. Students/graduates who pass the NCTRC exam and attain the CTRS are eligible to seek licensure to practice in the state of New Hampshire.

Students may be required to submit to a criminal background check.

Requirements

Degree Requirements

Minimum Credit Requirement: 128 credits

Minimum Residency Requirement: 32 credits must be taken at UNH

Minimum GPA: 2.0 required for conferral*

Core Curriculum Required: Discovery & Writing Program Requirements

Foreign Language Requirement: No

All Major, Option and Elective Requirements as indicated.

*Major GPA requirements as indicated.

Major Requirements

All majors must complete a core curriculum.

Code	Title	Credits
Core Requirements		
RMP 490	Recreation & Tourism in Society	4
RMP 501	Diversity, Equity, Inclusion, and Justice for Recreation Services	4
RMP 557	Program and Event Design	4
RMP 563	Recreation Management and Policy Practicum	2
RMP 654	Professional Development and Ethics	2
RMP 724	Research, Evaluation, and Data-Driven Decisions	4
RMP 764	Internship (Capstone) ¹	12

¹ A supervised internship is required for all RMP students and serves as the major capstone requirement. The internship is designed to create a bridge between theory and practical application. Students, working with their advisors and the internship coordinator, select an appropriate setting based on their professional and career interests. Students in the Therapeutic Recreation option must complete a 12-credit, 560-hour internship which ranges from 14 to 16 weeks and is under the supervision of a Certified Therapeutic Recreation Specialist. Specific requirements are identified in the *Internship Manual* available from the Department of Recreation Management and Policy.

Code	Title	Credits
Therapeutic Recreation Option Requirements		
RMP 500	Therapeutic Recreation Methods in Physical Rehabilitation Settings	1
RMP 502	Foundations of Therapeutic Recreation	4
RMP 503	Therapeutic Recreation Rehabilitation Principles & Interventions	4
RMP 504	Therapeutic Recreation Mental Health Principles and Interventions	4
RMP 505	Therapeutic Recreation: Aging Services Principles & Interventions	4
RMP 612	Therapeutic Communication and Facilitation Techniques in Therapeutic Recreation	4
RMP 613	Interventions and Documentation in Therapeutic Recreation	3
RMP 614	Assessment and Treatment Planning in Therapeutic Recreation	4
RMP 615	Clinical Lab in Therapeutic Recreation	2
RMP 663	Management and Finance in the Experience Industry	4
TR Elective ²		
Select one course from the following:		4
RMP 720	Adaptive Sport Facilitation for Recreation Therapy and Related Professions	
RMP 740	Therapeutic Recreation Service Delivery in Community Settings	
Required Support Courses		
BMS 507	Human Anatomy and Physiology I	4
BMS 508	Human Anatomy and Physiology II	4
HDFS 525	Human Development	4
PSYC 561	Psychopathology	4
Statistics Course		
Select one course from the following:		4
PSYC 402	Statistics in Psychology	
SOC 402	Statistics	
Total Credits		90

² Or other TR related courses as approved by Academic Advisor. RMP students enrolled in an accelerated masters program offered by the Carsey School of Public Policy may count any Carsey graduate course as an elective toward their undergraduate RMP degree.

Degree Plan

Sample Degree Plan

This sample degree plan serves as a general guide; students collaborate with their academic advisor to develop a personalized degree plan to meet their academic goals and program requirements.

First Year

Fall		Credits
BMS 507	Human Anatomy and Physiology I	4
RMP 490	Recreation & Tourism in Society	4
PSYC 401	Introduction to Psychology	4
ENGL 401	First-Year Writing	4
Credits		16

Spring

BMS 508	Human Anatomy and Physiology II	4
RMP 501	Diversity, Equity, Inclusion, and Justice for Recreation Services	4
Statistics Course		4
Discovery Course		4
Credits		16

Second Year

Fall		Credits
RMP 502	Foundations of Therapeutic Recreation	4
RMP 500	Therapeutic Recreation Methods in Physical Rehabilitation Settings	1
RMP 503	Therapeutic Recreation Rehabilitation Principles & Interventions	4
RMP 563	Recreation Management and Policy Practicum	2
Discovery Course		4
Credits		15

Spring

RMP 557	Program and Event Design	4
RMP 504	Therapeutic Recreation Mental Health Principles and Interventions	4
RMP 505	Therapeutic Recreation: Aging Services Principles & Interventions	4
Discovery Course		4
Credits		16

Third Year

Fall		Credits
RMP 612	Therapeutic Communication and Facilitation Techniques in Therapeutic Recreation	4
RMP 613	Interventions and Documentation in Therapeutic Recreation	3
HDFS 525	Human Development	4
RMP 654	Professional Development and Ethics	2
Discovery Course		4
Credits		17

Spring

RMP 614	Assessment and Treatment Planning in Therapeutic Recreation	4
RMP 615	Clinical Lab in Therapeutic Recreation	2
PSYC 561	Psychopathology	4
Discovery Course		4
Discovery Course		4
Credits		18

Fourth Year

Fall		Credits
RMP 764	Internship	12
Credits		12
Spring		Credits
RMP 724	Research, Evaluation, and Data-Driven Decisions	4
RMP 663	Management and Finance in the Experience Industry	4
TR Elective		4
Discovery Course		4
Elective Course		2-4
Credits		18-20
Total Credits		128-130

Student Learning Outcomes

Program Learning Outcomes

- Students will integrate an understanding of history, service models, theory/philosophy, ethics, credentials, professional conduct, evidence-based practice and professional development with Recreational Therapy (RT) practice.
- Students will 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 actions subsequent to an individualized treatment/program plan.
- Students will develop competence in the planning and development of individualized treatment plans that identify functional outcome goals, modalities, facilitation techniques and interventions based on assessment data collected and evidence regarding the diagnosis and treatment of specific medical, psychiatric and other disabling conditions.
- Students will know how to use structured, systematic and evidence-based treatment interventions and facilitation techniques to improve patient/client functioning and independence in life activities.
- Students will develop competence to 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.
- Students will acquire specific modality/skills and facilitation techniques used as treatment interventions in Recreational Therapy practice.

- Students will systematically conduct evaluation and research to determine the effectiveness of treatment interventions and programs used to reach patient/client outcomes.
- Students will develop the competencies to manage a Recreational Therapy practice, department, and staff.
- Students will develop an understanding of human anatomy and physiology, growth/development, psychology, functioning in life activities and an understanding of health care services to serve as a foundation for Recreational Therapy practice.
- Students will develop entry-level clinical proficiency and professional behavior through field-based clinical opportunities in accordance with professional standards of practice in Recreational Therapy

Disclosures

Professional Licensure/Certification Disclosures

The University of New Hampshire offers a number of academic programs designed to lead to professional licensure or certification in New Hampshire. However, completing a UNH degree/program does not guarantee professional licensure or certification. Eligibility may also depend on factors like years of work experience, professional examinations, passing a background check, and other criteria.

UNH does not guarantee that its professional licensure programs will satisfy the criteria of professional licensure boards in other states. Some states maintain different requirements for professional licensure or certification and requirements can change frequently. Federal regulations require the University to make public disclosure of certain information regarding professional licensure or certification programs, regardless of the modality the program is offered (i.e., in-person or online). The University provides guidance below but recommends students contact their state/territory licensing or certification board to ensure a program meets specific state/territory requirements.

Visit the Office of the Registrar's [website](#) for information about whether this program meets professional licensure requirements in your state.