

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

<https://chhs.unh.edu/rmp/therapeutic-recreation-bs>

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 7 percent from 2018 to 2028, which is 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). On the job front, interested readers may also wish to review an article on Recreational Therapy published on Monster.com at <https://www.monster.com/career-advice/article/recreational-therapists-help-patients-play-to-win-0615> (2015).

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

Core Requirements

All majors must complete a core curriculum of seven courses.

Code	Title	Credits
RMP 490	Recreation & Tourism in Society ¹	4
RMP 501	Recreation Services for Individuals with Disabilities	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	Grantsmanship, Evaluation, and Research	4
RMP 764	Internship ²	10-16

- ¹ RMP majors cannot count RMP 490 Recreation & Tourism in Society toward the University Social Sciences requirement.
- ² TR Students must complete a 14-16 credit hour internship
PEM Students must complete a 10-16 credit hour internship

Therapeutic Recreation Option Course Requirements:

Code	Title	Credits
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 705	Management and Policy in Therapeutic Recreation	4
TR Elective: Select one of the following		4
RMP 720	Adaptive Sports and Recreation Facilitation	
RMP 740	Therapeutic Recreation Service Delivery in Community Settings	
RMP 750	Advocacy, Aging, and Active Living	
Or other TR related courses as approved by Academic Advisor or Faculty Mentor		
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	Abnormal Behavior	4
Statistics - Select one of the following:		4
PSYC 402	Statistics in Psychology	
SOC 402	Statistics	
Total Credits		92-94

Professional Internship

A supervised internship RMP 764 is required of all majors and serves as their **major capstone requirement**. The internship is designed to create a bridge between theory and practical application. Students, working with their advisers and the internship coordinator, select an appropriate setting based on their professional and career interests. They must register for a **14-16 credit full-time internship** that ranges from 14 to 16 weeks and is under the supervision of a qualified professional. Specific requirements are identified in the *Internship Manual* available from the Department of Recreation Management and Policy.