

THERAPEUTIC RECREATION MINOR

<https://www.unh.edu/program/minor/therapeutic-recreation>

Description

The Therapeutic Recreation (TR) Minor provides students from any major with foundational knowledge and practical skills in using recreation and leisure to promote health, well-being, and quality of life for individuals with disabilities, illnesses, and other health-related needs. The minor introduces students to the principles, processes, and professional competencies of therapeutic recreation through coursework in facilitation techniques, assessment, treatment planning, and the theory and practice of inclusive recreation.

Although the minor alone does not meet all requirements for national certification, it provides significant progress toward eligibility as a Certified Therapeutic Recreation Specialist (CTRS) through the National Council for Therapeutic Recreation Certification (NCTRC). Students who wish to pursue certification can complete remaining supportive coursework and internship requirements through elective choices or post-graduate pathways.

Graduates with a Therapeutic Recreation Minor are prepared for roles in a wide range of settings, including healthcare, rehabilitation, youth and family services, behavioral health, community recreation, and adaptive sports programs. The minor complements majors in health and human services, psychology, education, kinesiology, social work, and other fields where professionals support human development, wellness, and inclusion. By integrating theoretical learning with applied skills, the TR Minor equips students to incorporate recreation-based interventions into their professional practice and to contribute to the health and well-being of diverse populations.

- 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 entry-level clinical proficiency and professional behavior through field-based clinical opportunities in accordance with professional standards of practice in Recreational Therapy

Requirements

Academic policies related to Minors.

Code	Title	Credits
Required Courses		
RMP 502	Foundations of Therapeutic Recreation	4
RMP 612	Therapeutic Communication and Facilitation Techniques in Therapeutic Recreation	4
RMP 614	Assessment and Treatment Planning in Therapeutic Recreation	4
Electives		
Select two courses from the following: ¹		8
RMP 503	Therapeutic Recreation Rehabilitation Principles & Interventions	
RMP 504	Therapeutic Recreation Mental Health Principles and Interventions	
RMP 720	Adaptive Sport Facilitation for Recreation Therapy and Related Professions	
RMP 740	Therapeutic Recreation Service Delivery in Community Settings	
Total Credits		20

¹ Or another course approved by the Minor Coordinator.

Student Learning Outcomes

Program Learning Outcomes