

ABOUT THE MAJOR

If you are interested in helping individuals with injury, illness, and/or disability improve their overall well-being and quality of life, a Recreational Therapy major at the U is a great fit for you! Recreational Therapy (RT) is a health and human service profession that promotes individuals' physical, social, emotional, cognitive, and spiritual well-being through individual and group counseling techniques combined with recreation-based activities. You will learn about intervention activities such as creative expression (art, music, and dance), physical activity (sports, recreation, and games), challenge/ropes courses, experiential learning, and therapeutic education group processes (stress management, problem solving, and social skills).

The RT program at the U addresses all the requirements of the National Council for Therapeutic Recreation Certification (NCTRC) and prepares you for the exam. Coursework covers knowledge of the body and its systems, health, psychology, and recreational therapy assessment, interventions and techniques for working with individuals with a variety of conditions. In addition to coursework, you'll gain first-hand clinical experience with four condition-specific clinical rotations culminating in a 14-week internship. You will acquire both the theoretical and practical skills necessary for a career in recreational therapy such as assessment, treatment planning, problem solving, behavior analysis, evidence-based intervention implementation, evaluation, and documentation. With a degree in Recreational Therapy, you can support clients in developing skills, knowledge, and behaviors to improve their daily living and community involvement.

LEARNING OUTCOMES

- Explain health conditions common to clients receiving recreational therapy services including those that impact cognitive, physical, sensory, and/or psychological functioning.
- Accurately assess the treatment needs of clients using various assessment procedures and instruments relevant to recreational therapy practice.
- Design and facilitate individual and group treatments that meet the assessed needs of clients using evidence-based recreation and leisure interventions.
- Communicate treatment outcomes both orally and in writing.
- Create written reports justifying staff, programs, and quality assurance/improvement initiatives in recreational therapy using outcome data and research evidence.
- Discuss the professional role of recreational therapists and the requirements for gaining and maintaining credentialing as a recreational therapist.

PLAN & PREPARE

At the U, we plan for our students to have an Exceptional Educational Experience identified by four broad categories we call the Learning Framework: Community, Knowledge & Skills, Transformation, and Impact. This major map will help you envision, explore, design, and plan your personalized Exceptional Educational Experience with the Learning Framework at the core. In addition to assisting you in planning your coursework and navigating the requirements of your major, it will help you incorporate other kinds of experiences that will expand your knowledge, support your development, and prepare you for the future you want.

Get started today

- Schedule an appointment with an advisor: advising.utah.edu
- 🌐 Visit ugs.utah.edu
- 🔗 Learn more about the Learning Framework: ugs.utah.edu/learning-framework



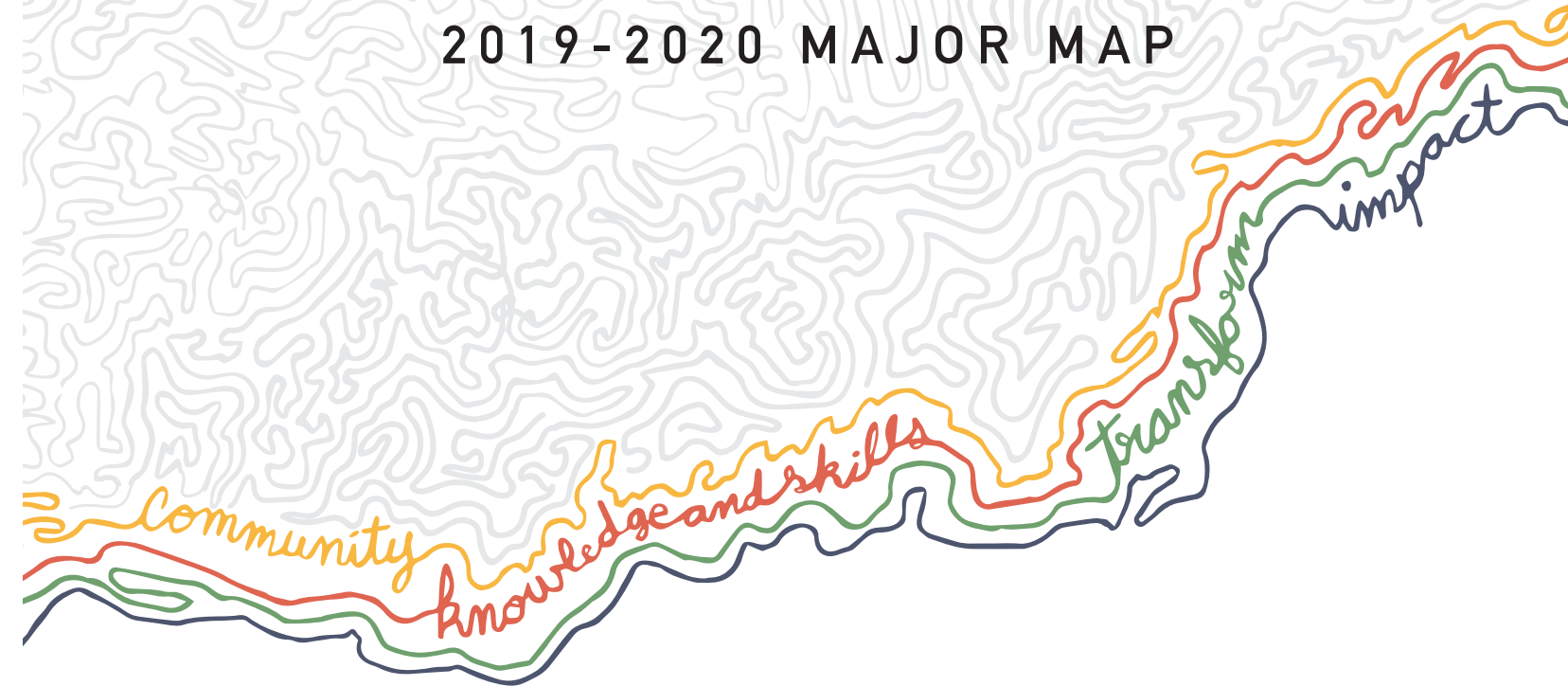
520 Wakara Way,
Salt Lake City, UT 84108
health.utah.edu/occupational-recreational-therapies



RECREATIONAL THERAPY

COLLEGE OF HEALTH

2019-2020 MAJOR MAP



"The Recreational Therapy program at the U offered hands-on clinical experience that helped me develop my skills and compassion not only as a future healthcare provider, but as a human being."

>> Mia Mortensen TRS, CTRS, BS

Recreational Therapist, University Neuropsychiatric Institute

RECREATIONAL THERAPY

Use this map to explore, envision, design, and plan your Exceptional Educational Experience.



GETTING STARTED

MAKING PROGRESS

FINISHING UP

WHERE CAN I GO AFTER GRADUATION?

COURSES

- Begin required prerequisite courses:
 - PSY 1010 - General Psychology
 - BIOL 1210 - General Biology
- Complete AI, WR2, & QA requirements in the first year
- Familiarize yourself with Canvas

- Find classes that fulfill U graduation & RT¹ requirements:
 - H EDU 5300 - Diversity & Health
 - ANTH 4110 – Women Cross Culturally

- Enhance knowledge of specific populations, groups, or disabilities:
 - FSC 3770 – Parenting Across Cultures
 - PSY 3700 – Drugs & Behavior
 - H EDU 5350 – Eating Disorders: Prevention & Treatment
 - PRT 5730 – Program for Positive Youth Development

- Finish RT courses
- Meet with your advisor to ensure you're on track for graduation
- Find & complete an RT internship

- Adaptive Sport and Recreation
- Adult Daycare Centers
- Assisted Living Facilities

COMMUNITY

- Join the RTSA²
- Take a U-Explore class choosing between land-based, snow-based, and water-based courses
- Get involved with a learning community like LEAP or BlockU
- Like the RT Facebook page

- Take on a leadership role in RTSA
- Participate in an alternative Spring/Fall break
- Volunteer with an agency that supports individuals with disabilities like Salt Lake County adaptive recreation, the Special Olympics, group homes, care centers, U-Fit, Wasatch Adaptive Sports, or South Davis Community Hospital

- Check out the U events calendar to find events that interest you
- Organize a service project
- Cheer for one of the Utes sport teams

- Attend an RT professional conference - URTA³ or ATRA⁴
- Activate your AlumniFire for the U account

- Camps and Outdoor Recreational Programs
- Community Mental Health Centers
- Community Recreation Centers

KNOWLEDGE AND SKILLS

- Complete a personality profile
- Visit your advisor to explore Gen Ed courses that complement RT
- Strengthen your writing skills by visiting the Writing Center

- Join the RT research lab
- Consider adding a minor focused on your intended practice area
- Evaluate your interests to better determine the population or condition you would like to work with

- Develop your communication skills by taking a COMM course
- Seek clinical experiences to advance your career goals

- Present at a professional conference and/or the Undergraduate Research Symposium
- Start studying for the NCTRC⁵ exam

- Correctional Facilities
- Graduate School in Other Health-Related Disciplines
- Graduate School in Recreational Therapy
- Human Service Organizations

TRANSFORMATION

- Meet with your advisor & customize your undergraduate experience to meet your goals
- Attend PlazaFest or visit the ASUU⁶ website to explore clubs on campus
- Form study groups

- Actively participate in RT clinical rotations
- Think about your future practice area & visit potential RT Internship sites
- Explore diversity experiences at the U www.utah.edu/diversity

- Explore career options & visit the Career & Professional Development Center
- Attend a seminar hosted by U Health Office of Health Equity & Inclusion

- Become an advocate for RT services by maintaining your membership in the ATRA
- Participate in the University & College of Health graduation ceremonies

- Inpatient Mental Health
- Physical Medicine Inpatient and Outpatient Services
- Rehabilitation Hospitals/ Centers

IMPACT

- Join the URTA
- Map out your academic plan

- Participate in the College Council
- Actively engage with your professors - attend office hours & RT events
- Attend the URTA internship fair

- Visit a Career Coach to find summer jobs or part time work in health care
- Visit the Bennion Center to explore volunteer opportunities

- Complete a community service project
- Form professional relationships with individuals at your internship site

- Residential Treatment Centers
- School Systems
- Senior Centers
- Skilled Nursing Facilities

CAREER

- Meet with a Career Coach to identify your strengths, interests, personality, & values
- Activate & customize your Handshake account

- Learn how to develop your resume
- Practice interviewing skills with a Career Coach
- Explore internship opportunities

- Find a part-time job to build your professional skills
- Network at your clinical rotation sites
- Use career events (Career Fairs/Meet & Eats) & resources (Handshake/ AlumniFire) to get connected

- Visit a Career Coach & learn to weigh offers & negotiate salary
- Apply for jobs
- Visit the Personal Money Management Center & create a budget for after graduation

- Substance Abuse Treatment Centers
- Veterans Affairs

¹Recreational Therapy ²Recreational Therapy Student Association ³Utah Recreation Therapy Association ⁴American Therapeutic Recreation Association ⁵National Council for Therapeutic Recreation Certification ⁶Associated Students of the U of U