

## 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 with art, music, and dance; physical activity through sports, recreation, and games; challenge/ropes courses; experiential learning; and therapeutic education group processes such as stress management, problem solving, and social skills.

The RT program at the U addresses all the requirements for 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, recreational therapy assessment, and 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 the theoretical and practical skills necessary for a career in recreational therapy and be able to support clients in developing skills, knowledge, and behaviors to promote overall well-being and life satisfaction.




## 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 client treatment needs 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, this map will help you incorporate other kinds of experiences to 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](https://advising.utah.edu)
-  Visit [ugs.utah.edu](https://ugs.utah.edu)
-  Learn more about the Learning Framework: [ugs.utah.edu/learning-framework](https://ugs.utah.edu/learning-framework)



520 Wakara Way,  
Salt Lake City, UT 84108  
[health.utah.edu](https://health.utah.edu)



THE UNIVERSITY OF UTAH  
**EXCEPTIONAL  
EDUCATIONAL  
EXPERIENCE**  
The Office of Undergraduate Studies

# RECTH

## RECREATIONAL THERAPY

COLLEGE OF HEALTH



*"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, and QA<sup>1</sup> requirements in the first year
- Familiarize yourself with Canvas

- Find classes that fulfill U graduation and RT<sup>2</sup> requirements:
- H EDU 5300 - Diversity and Health
- ANTH 4110 – Women Cross Culturally
- FSC 3770 – Parenting Across Cultures

- Enhance knowledge of specific populations, groups, or disabilities:
- CSD 4100 - Understanding Children with Autism and their Families
- PSY 3700 – Drugs and Behavior
- H EDU 5350 – Eating Disorders: Prevention and Treatment
- PRT 5730 – Program for Positive Youth Development

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

### COMMUNITY

- Join the RTSA<sup>3</sup>
- 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 at <https://www.facebook.com/uofu.rectherapy/>

- 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 U of U sport teams

- Attend an RT professional conference - URTA<sup>4</sup> or ATRA<sup>5</sup>
- Activate your AlumniFire account through CPDC<sup>6</sup> at the U

### 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 conditions you would like to explore

- 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 NCTRC<sup>7</sup> exam

### TRANSFORMATION

- Meet with your advisor and customize your undergraduate experience to meet your goals
- Attend PlazaFest or visit the ASUU<sup>8</sup> website to explore clubs on campus
- Form study groups

- Actively participate in RT clinical rotations
- Think about your future practice area and visit potential RT Internship sites
- Explore diversity experiences at the U at [www.utah.edu/diversity](http://www.utah.edu/diversity)

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

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

### IMPACT

- Join the URTA
- Map out your academic plan

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

- 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

### CAREER

- Meet with a Career Coach to identify your strengths, interests, personality, and values
- Activate and 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 and Eats) and resources (Handshake/ AlumniFire) to get connected

- Visit a Career Coach and learn to weigh offers and negotiate salary
- Apply for jobs
- Visit the Financial Wellness Center and create a budget for after graduation

- Adaptive Sport & Recreation
- Adult Daycare Centers
- Assisted Living Facilities
- Camps & Outdoor Recreational Programs
- Community Mental Health Centers
- Community Recreation Centers
- Correctional Facilities
- Graduate School in Other Health-Related Disciplines
- Graduate School in Recreational Therapy
- Human Service Organizations
- Inpatient Mental Health
- Physical Medicine Inpatient & Outpatient Services
- Rehabilitation Hospitals/ Centers
- Residential Treatment Centers
- School Systems
- Senior Centers
- Skilled Nursing Facilities
- Substance Abuse Treatment Centers
- Veterans Affairs