RECREATIONAL THERAPY

OVERVIEW

Learn to plan and use interventions such as exercise, social interaction, crafts and activity-based interactions to improve or maintain physical, mental, social, emotional and spiritual wellness. By studying Recreational Therapy, you can empower patients’ full participation in life and help them achieve other desired health and wellness outcomes. Recreational therapists plan and direct treatments for a wide variety of populations, particularly those with physical, mental and developmental challenges or disabilities. Career opportunities abound in a variety of settings, including hospitals, rehabilitation centers, mental health facilities, day programs and other public and private organizations. You will also be well-prepared for advanced studies in physical and occupational therapies, counseling, chiropractic medical school and other graduate programs.

PROGRAM HIGHLIGHTS

- Curriculum prepares graduates for the National Council for Therapeutic Recreation Certification (NCTRC) exam and attainment of state licensure.
- Nationally accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).
- Curriculum prioritizes practical experience through laboratories and professional internships.
- The only recreational therapy degree program in the state of Oklahoma.

NOTABLE NUMBERS

- 2 internship experiences, which include practicing care under the direction of a licensed recreational therapist, are integrated into the curriculum.

STUDENT PERSPECTIVE

"My internships allowed me to practice recreational therapy in a variety of settings with different interventions. Treating patients through activities like painting, pottery and aquatics let me apply classroom knowledge to real care and patient growth."

- Taylor Church, Recreational Therapy student

PEOPLE. PASSION. PURPOSE.
# Bachelor of Science in Recreation Management and Recreational Therapy

## Recreational Therapy

*(120 total credit hours)*

## Sample Four-Year Plan of Study

<table>
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<tr>
<th>Semester</th>
<th>Courses</th>
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| **Fall** | Composition I*  
American History*  
College Algebra*  
Introductory Biology  
First Year Seminar |
| **Spring** | Composition II*  
American Government*  
Introductory Psychology*  
Chemistry I  
Psychomotor Development |
| **Fall** | Introduction to Leisure Services  
Introduction to Recreational Therapy  
Laboratory in Leisure Services  
Contemporary Issues in Diversity  
Elementary Statistics |
| **Spring** | Applied Anatomy  
Social and Behavioral Sciences Course  
Humanities Course*  
Foundation of Leisure Service Leadership  
Recreational Therapy and Mental Illness/Intellectual Disabilities |
| **Fall** | Physiology  
Abnormal Psychology  
Recreational Therapy in Geriatric Practices  
RMRT Elective (3 hours)  
General Education Course |
| **Spring** | Administration of Leisure Services  
Advanced Methods in Recreational Therapy  
Warm Water Therapy Lab  
Recreational Therapy and Physical Disabilities  
Recreational Therapy Practices in ECE |
| **Summer** | Junior Internship (3 hours)  
Medical Procedures for Recreational Therapy |
| **Fall** | Evaluation of Leisure Services  
Senior Seminar in Leisure Services  
Lifespan Human Development  
General Education Course  
Humanities Course* |
| **Spring** | Internship in Recreational Therapy (9 hours)  
Administrative Documentation in Internship for Recreational Therapy |

*14 hrs.*  
*16 hrs.*  
*13 hrs.*  
*6 hrs.*  
*13 hrs.*  
*11 hrs.*

*Suggested for students seeking concurrent, dual credit or Advanced Placement (AP) course options to apply directly to this degree plan. Refer to the OSU Transfer Credit Guide and Credit By Exam Guide for specific course information online at okstate.edu.*

## Related Minors and Certificates

- Child Development  
- Gerontology  
- Pre-Art Therapy  
- Pre-Counseling  
- Public Health

*Minors are designed to enhance and complement a major field of study. They are not required, and additional courses may need to be added to the plan above.*

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**Prospective Student Services**

Watson Family Center for Student Development  
106 Willard | Stillwater, OK 74078  
(405) 744-6350 | educate@okstate.edu

More about this major: okla.st/recTHERAPY