



COLLEGE OF
EDUCATION AND
HUMAN SCIENCES

RECREATION MANAGEMENT AND RECREATIONAL THERAPY:

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.

RECREATIONAL THERAPY

(120 total credit hours)

SAMPLE FOUR-YEAR PLAN OF STUDY

1

FALL

Composition I*
American History*
College Algebra*
Introductory Biology
First Year Seminar

15 hrs.

SPRING

Composition II*
American Government*
Introductory Psychology*
Chemistry I
Psychomotor Development

15 hrs.

2

FALL

Introduction to Leisure Services
Introduction to Recreational Therapy
Laboratory in Leisure Services
Contemporary Issues in Diversity
Elementary Statistics

15 hrs.

SPRING

Applied Anatomy
Social and Behavioral Sciences Course
Humanities Course*
Foundation of Leisure Service Leadership
Recreational Therapy and Mental Illness/Intellectual Disabilities

16 hrs.

3

FALL

Physiology
Abnormal Psychology
Recreational Therapy in Geriatric Practices
RMRT Elective (3 hours)
General Education Course

16 hrs.

SPRING

Administration of Leisure Services
Advanced Methods in Recreational Therapy
Warm Water Therapy Lab
Recreational Therapy and Physical Disabilities
Recreational Therapy Practices in ECE

13 hrs.

SUMMER Junior Internship (3 hours) | Medical Procedures for Recreational Therapy **6 hrs.**

4

FALL

Evaluation of Leisure Services
Senior Seminar in Leisure Services
Lifespan Human Development
General Education Course
Humanities Course*

13 hrs.

SPRING

Internship in Recreational Therapy (9 hours)
Administrative Documentation in Internship for Recreational Therapy

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.

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/RMRT



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