### 2017-2018 Degree Requirements

#### Freshman Year

**Fall Semester**  
- **ENGL 1113** Composition I  
- **HIST 1103 or HIST 1483 or HIST 1493** Survey of American History or American History to 1865 or American History Since 1865  
- **BIOL 1114** Introductory Biology (LN)  
- **PSYC 1113** Introductory Psychology (S)  
- **EDUC 1111** First Year Seminar

**Spring Semester**  
- **ENGL 1113** Composition I  
- **HIST 1103 or HIST 1483 or HIST 1493** Survey of American History or American History to 1865 or American History Since 1865  
- **BIOL 1114** Introductory Biology (LN)  
- **PSYC 1113** Introductory Psychology (S)  
- **EDUC 1111** First Year Seminar

#### Summer

**Fall Semester**  
- **RMRT 2413 (F)** Introduction to Leisure Services (FALL ONLY)  
- **RMRT 2433 (F)** Introduction to Recreational Therapy (FALL ONLY)  
- **RMRT 2443** Contemporary Issues in Diversity (DS)  
- **RMRT 2463 (F)** Laboratory in Leisure Services (FALL ONLY)  
- **STAT 2013 or STAT 2023 or STAT 2053** or Elementary Statistics (A) or Elementary Statistics for Business and Economics (A) or Elementary Statistics for the Social Sciences (A) or

**Spring Semester**  
- **HHP 2712** Psychomotor Development  
- **BIOL 1114** Introductory Biology (LN)  
- **PSYC 1113** Introductory Psychology (S)  
- **EDUC 1111** First Year Seminar

#### Sophomore Year

**Fall Semester**  
- **RMRT 2413 (F)** Introduction to Leisure Services (FALL ONLY)  
- **RMRT 2433 (F)** Introduction to Recreational Therapy (FALL ONLY)  
- **RMRT 2443** Contemporary Issues in Diversity (DS)  
- **RMRT 2463 (F)** Laboratory in Leisure Services (FALL ONLY)  
- **STAT 2013 or STAT 2023 or STAT 2053** or Elementary Statistics (A) or Elementary Statistics for Business and Economics (A) or Elementary Statistics for the Social Sciences (A) or

**Spring Semester**  
- **HHP 2654** Applied Anatomy
- **RMRT 2473 (S)** Foundation of Leisure Service Leadership (SPRING ONLY)  
- **RMRT 3413 or RMRT 3423 or RMRT 3433** Recreational Therapy & Mental Illness/Intellectual Disabilities or Recreational Therapy in Geriatric Practices or Recreational Therapy and Physical Disabilities

#### Summer

**Fall Semester**  
- **ENGL 1113** Composition I  
- **HIST 1103 or HIST 1483 or HIST 1493** Survey of American History or American History to 1865 or American History Since 1865  
- **BIOL 1114** Introductory Biology (LN)  
- **PSYC 1113** Introductory Psychology (S)  
- **EDUC 1111** First Year Seminar

**Spring Semester**  
- **ENGL 1113** Composition I  
- **HIST 1103 or HIST 1483 or HIST 1493** Survey of American History or American History to 1865 or American History Since 1865  
- **BIOL 1114** Introductory Biology (LN)  
- **PSYC 1113** Introductory Psychology (S)  
- **EDUC 1111** First Year Seminar

#### Career Development Recommendations

- Join the Leisure Majors Club.
- Establish relationships with faculty members, advisors, peers, and campus personnel.
- Develop skills in time management, goal setting, and practice good study habits.
- Develop a resume (EDUC 1111).
- Activate your Hire System account online.
- Practice communication skills, both oral and written (ENGL 1113).

- Explore OSU/Stillwater community through part-time work or volunteering.
- Attend Summer Camp Fair held during the spring semester and consider how to spend your summer.
- Research your career: look for information about the industry you want to work in and the occupations... OR... Explore your skills, values, interests and personality with self-assessments and assistance from a career consultant.

- Obtain relevant work experiences through internships, volunteer work, part-time jobs, and/or summer jobs.
- Create a professional LinkedIn account.

- Identify faculty, advisors, peers, administrators and staff that you can add to your professional network.
- Consider obtaining CPR/First Aid Certification.
- Participate in a mock interview.
- Prepare a job application materials: review resume, write a cover letter, and create a reference.
- Attend Summer Camp Fair held during the spring semester and consider a summer job.

- Obtain relevant work experiences through internships, volunteer work, part-time jobs, and/or summer jobs.
- Visit organizations in your field of interest - some may be happy to give you a tour with advanced notice or ask to conduct an informational interview.
### 2017-2018 Degree Requirements

<table>
<thead>
<tr>
<th>Semester</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td>16 hrs.</td>
</tr>
<tr>
<td>BIOL 3204</td>
<td>Physiology</td>
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<tr>
<td>PSYC 3443</td>
<td>Abnormal Psychology (S)</td>
</tr>
<tr>
<td>RMRT 3413 or RMRT 3423 or RMRT 3433</td>
<td>(WHICHEVER OFFERED) Recreational Therapy &amp; Mental Illness/Intellectual Disabilities or Recreational Therapy in Geriatric Practices or Recreational Therapy &amp; Physical Disabilities</td>
</tr>
<tr>
<td>RMRT __ 3</td>
<td>3 hours of RMRT elective (SEE ADVISOR)</td>
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<tr>
<td>Spring Semester</td>
<td>13 hrs.</td>
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<tr>
<td>RMRT 4493 (S)</td>
<td>Administration of Leisure Services (SPRING ONLY)</td>
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<tr>
<td>RMRT 3441</td>
<td>Warm Water Therapy Lab</td>
</tr>
<tr>
<td>RMRT 3413 or RMRT 3423 or RMRT 3433</td>
<td>(WHICHEVER OFFERED) Recreational Therapy &amp; Mental Illness/Intellectual Disabilities or Recreational Therapy in Geriatric Practices or Recreational Therapy &amp; Physical Disabilities</td>
</tr>
<tr>
<td>RMRT 4933 (S)</td>
<td>Advanced Methods in Recreational Therapy (SPRING ONLY)</td>
</tr>
<tr>
<td>RMRT __ 3</td>
<td>3 hours of RMRT elective (SEE ADVISOR)</td>
</tr>
<tr>
<td><strong>SUMMER</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Fall Semester</strong></td>
<td>13 hours</td>
</tr>
<tr>
<td>RMRT 4433 (F)</td>
<td>Evaluation in Leisure Services (FALL ONLY)</td>
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<tr>
<td>RMRT 4481 (F)</td>
<td>Senior Seminar in Leisure Services (FALL ONLY)</td>
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<tr>
<td>HDFS 2113</td>
<td>Lifespan Human Development (S)</td>
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<tr>
<td>__ __ __ 3</td>
<td>3 hours of Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S) credit.</td>
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<tr>
<td>__ __ __ 3</td>
<td>3 hours of Humanities (H) or Humanities-International Dimension (HI) credit.</td>
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<tr>
<td><strong>Spring Semester</strong></td>
<td>9-12 hours</td>
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<tr>
<td>RMRT 4480</td>
<td>Internship in Recreational Therapy (6-9 hours, requirements apply)</td>
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<tr>
<td>RMRT 4483</td>
<td>Administrative Documentation in Internship for Recreational Therapy</td>
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<tr>
<td><strong>Senior Year</strong></td>
<td></td>
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</tbody>
</table>

This plan is only one example of how a student may successfully complete degree requirements in four years. Students are responsible for completing requirements as given in the official degree requirement sheet for each major.

Because most students transfer into the Therapeutic Recreation major, it is more common to complete RMRT 4480 and 4483 in the summer after completing coursework in the spring.

**FALL ONLY**=Course taught only in the FALL
**SPRING ONLY**=Course taught only in the SPRING

Elective hours may be chosen from upper division RMTR coursework or any of the following: EPSY 3113, EPSY 3413, EPSY 4063, HDFS 2233, HDFS 3203, HDFS 3413, or HDFS 3423.

Sixty hours must be completed at a senior college and must include 40 upper-division hours. The student must have 120 total hours with: (1) 2.00 graduation/retention GPA; (2) 2.50 GPA on degree plan; (3) 2.50 GPA on degree plan for enrollment in RMTR 4480; (4) 2.50 GPA in College/Department Requirements; and (5) 2.50 GPA in Major Requirements. The student must earn minimum grades of “C” or “P” in each course in the College/Department Requirements and Major Requirements.

**THIS PLAN IS ONLY A GUIDELINE. PLEASE REFER TO YOUR DEGREE REQUIREMENT SHEET FOR SPECIFIC REQUIREMENTS.**

For assistance with career development contact the college career consultant by email at careersuccess@okstate.edu or call 405-744-6350.

Last Updated on 7/28/2017