

THERAPEUTIC RECREATION, AS

Program code: THER-AS

Location: Manchester

Program Description

Therapeutic Recreation is a specialized allied health field within the recreation profession. According to the American Therapeutic Recreation Association (ATRA) "Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illness/and or disabling conditions, as a means to psychological health, recovery and well-being."

The Therapeutic Recreation associate degree is designed to address the need for a degree beyond the Therapeutic Recreation certificate. In addition to earning the Therapeutic Recreation Director (TRD) certification within the associate degree, a graduate from the associate degree in Therapeutic Recreation will have potential advancement opportunities in the field. This could include supervisory opportunities within the Therapeutic Recreation department in a long-term care setting or other health care settings working with an older population. The associate degree in Therapeutic Recreation will also prepare students to work in a variety of therapeutic recreation settings such as rehabilitation facilities, correctional centers, group homes, community-based programs serving individuals with special needs and facilities for individuals with disabilities. Students can expect to find employment upon completion of this degree program in a variety of Therapeutic Recreation settings or transfer to a baccalaureate institution in Therapeutic Recreation.

The program has an agreement with Southern Connecticut State University for transfer into the Bachelor's Degree program in Recreational Therapy. Students intending to transfer to Southern Connecticut State University to pursue the Rehabilitation Therapy to Occupational Therapy (OT) Master's pathway are strongly encouraged to complete Elementary Statistics Math 1003 or Statistics Math 1200 for the Math requirement within their General Education requirements.

Learning Outcomes

Upon successful completion of all Therapeutic Recreation associate degree program requirements the graduate will:

1. Demonstrate the ability to understand and apply the necessary skills required of a Therapeutic Recreation professional in a variety of therapeutic recreation settings.
2. Demonstrate knowledge of the varied needs of individuals identified as having special needs and the positive outcomes of the therapeutic recreation interventions by utilizing evidence-based practice modalities.
3. Demonstrate the ability to assess, plan, implement, document, and evaluate therapeutic programs for individuals with special needs within both a therapeutic and community setting.
4. Demonstrate the ability to conduct a variety of therapeutic modalities, interventions, and facilitation techniques to meet the varied needs of individuals within the therapeutic recreation setting.

5. Demonstrate leadership, interpersonal and communication skills within the classroom setting and through work experience within a therapeutic recreation setting.
6. Demonstrate professional behavior consistent with the therapeutic recreation code of ethics while participating in supervised internship experiences within the program.

In addition, the graduate will complete the comprehensive learning outcomes identified with the General Education Core.

Admission requirements: Open enrollment. Students may enroll in this program full-time or part-time and classes are offered in flexible formats such as hybrid, live online, and fully online.

Background checks may be required at internship setting.

Medical immunizations (Flu vaccine & Covid vaccine) may be required

National exams: There is no national exam for this level of education (associate degree in Therapeutic Recreation). Students may continue their education at a baccalaureate institution in Therapeutic Recreation and become qualified to sit for the national exam offered by the National Council for Therapeutic Recreation Certification (NCTRC) to become certified as a certified therapeutic recreation specialist (CTRS).

Degree Requirements

Code	Title	Credits
General Education Courses		
ENG 1010	Composition	3
MATH 1000 or higher ¹		3-4
Elective ARHX - Arts & Humanities Course		3-4
Choose one of the following:		4
BIO 1111	Cell Biology with Organ Systems	
BIO 1100 & 1100L	Principles of the Human Body and Principles of the Human Body Lab	
PSY 1011	General Psychology I	3
COMM 1301	Public Speaking	3
CCS 1001	College and Career Success	3
Program Courses		
HSER 2420 or PSY 1005	Group and Interpersonal Relations The Psychology of Group Dynamics	3
TREC 1001	Introduction to Therapeutic Recreation	3
TREC 1002	Processes and Techniques in Recreation	3
TREC 2001	Therapeutic Recreation Program Planning	3
TREC 2023	Leisure and Aging	3
TREC 2015	Recreational Leadership and Supervision	3
or HSER 2600	Supervision and Management in Human Services	
SOSC 2094	Cooperative Education/Work Experience	3
or HSER 2696	Human Services Practicum I	
PSY 2001	Lifespan Development	3
PSY 2045	Abnormal Psychology	3

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TREC 2095	Professional Practicum in Therapeutic Recreation	4
PSY 1163	Children with Disabilities	3
PSY 1173	Adults with Disabilities	3
HSER 1001	Introduction to Human Services	3
Total Credits		62-64

¹ MATH 1100 Quantitative Reasoning recommended

- Therapeutic Recreation Certificate