

Bachelor of Science in Health Sciences

Health Sciences with a Major in Recreational Therapy (BSHS)

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This program is designed to prepare students for entry-level careers in recreational therapy. A recreational therapist is a health care professional who uses activity-based interventions to support individuals with illness and disability to achieve their highest level of independence, wellness, and quality of life. The recreational therapy curriculum includes community-engaged learning activities in many courses to expose students to a wide variety of disability groups in various health and human service settings. Upon graduation students will be eligible to sit for the National Council for Therapeutic Recreation Certification (NCTRC) national certification exam.

A minimum of 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, is required for the Recreational Therapy major.

National Council for Therapeutic Recreation Certification (NCTRC) is the credentialing organization for the profession of Therapeutic Recreation. <https://www.nctrc.org>

American Therapeutic Recreation Association (ATRA) is the national professional organization representing the interests and needs of recreational therapists. <https://www.atra-online.com> (<https://www.atra-online.com/>)

** The recreational therapy curriculum includes prerequisite coursework required for admission into ODU's Doctor of Occupational Therapy (OTD) program. Completing the recreational therapy program does not guarantee admission into the OTD program.*

Admission into the Recreational Therapy Major

To officially declare a major in Recreational Therapy, requirements are as follows:

1. Students must have an overall grade point average of 2.00.
2. Students must have completed the following courses: ENGL 110C (C or higher), PSYC 203S, BIOL 240 or BIOL 250, BIOL 241 or BIOL 251, and RT 261 (C- or higher).
3. Students who have met all Recreational Therapy major admission requirements will be referred by their advisor in the Health Sciences Advising Center to the Recreational Therapy Undergraduate Program Director for major declaration and assignment to a faculty advisor.
4. Students must pass a background check.
5. Students must be admitted to the Recreational Therapy major before enrolling in RT 300- or 400- level required courses.
6. Students must comply with all policies and procedures outlined in the Recreational Therapy Student Handbook.

For additional information on the curriculum or major declaration requirements, please contact: Program Director (bkennedy@odu.edu) or the College of Health Sciences Advising Center (hsadvising@odu.edu).

Continuance and Readmission Policy

In addition to Old Dominion University's continuance policies, the following policies are specific to all declared Recreational Therapy majors in the BSHS degree. All continuance policies for the Recreational Therapy major can be found in detail in the Recreational Therapy Student Handbook.

1. A cumulative grade point average of 2.00 or better is required to continue in the major.
2. Students placed on academic suspension by the University will not be considered in good academic standing and will be dismissed from the major. At the request of the student, their status may be changed to an intended major.
3. Students may apply for readmission to the major once they have completed the academic suspension period, have been readmitted to the University, and have met all the entrance to major requirements.
4. Students may be readmitted to the BSHS Recreational Therapy major only once.
5. A student who leaves the major and is readmitted may be required to take additional course work prior to or concurrent with readmission.

Senior Internship

The senior internship, RT 468 is a capstone course and requires a 560-hour and 14-week internship experience at an approved health and human service agency practicing recreational therapy. Students will apply academic learning and will demonstrate competencies associated with entry-level practice in recreational therapy. The student's academic and agency direct supervisors must be Certified Therapeutic Recreation Specialists (CTRS). The senior internship is a planned, supervised, and evaluated culminating experience for students. The senior internship must adhere to all NCTRC internship standards for national certification. All coursework must be completed prior to a student beginning the senior internship experience.

Requirements for Graduation

Requirements for graduation include the following:

- Minimum of 120 credit hours.
- Minimum of 30 credit hours overall and 12 credit hours of upper-level courses in the major program from Old Dominion University.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken toward the major.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken toward a minor.
- Completion of ENGL 110C, ENGL 211C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better. The W course must be taken at Old Dominion University.
- Completion of Senior Assessment.

Requirements

Lower-Division General Education

Written Communication (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#written)	6
Oral Communication (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#oral)	3
Mathematics (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#math)	3
Language and Culture (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#language)	0-6
Information Literacy and Research (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#information)	3
Human Behavior (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior)	3
Human Creativity (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity)	3
Interpreting the Past (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret)	3
Literature (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature)	3

Philosophy and Ethics (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy)	3
The Nature of Science (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#nature)	8
Impact of Technology (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#impact)	3

Written Communication Skills: Grade of C or better required in both courses.

Human Behavior: PSYC 201S is required with a C or better.

Lower-division general education requirements met in the major:

- Mathematics: STAT 130M is a core requirement and met in the major, with a required grade of C- or better.
- Impact of Technology: HLSC 485 is met in the major, with a required grade of C- or better

Lower-division general education requirements preferred courses:

- Information Literacy and Research: HLTH 120G is preferred
- Philosophy and Ethics: PHIL 345E is preferred

Upper-Division General Education

- Option A: Disciplinary Minor (a minimum of 12 hours determined by the department) or Second Major or Second Degree
- Option B: Interdisciplinary Minor (specifically 12 hours, 3 of which may be in the major)
- Option C: An approved Certification Program such as teaching licensure
- Option D: Six hours of elective upper-division courses from outside the College of Health Sciences and not required by the student's major.

Requirements for Graduation

Requirements for graduation include the following:

- Minimum of 120 credit hours.
- Minimum of 30 credit hours overall and 12 credit hours of upper-level courses in the major program from Old Dominion University.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken toward the major.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken toward a minor.
- Completion of ENGL 110C, ENGL 211C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better. The W course must be taken at Old Dominion University.
- Completion of Senior Assessment.

Recreational Therapy Prerequisite Courses

BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I Human Anatomy and Physiology I	4
BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II Human Anatomy and Physiology II	4
PSYC 203S	Lifespan Development	3
RT 261	Foundations of Recreational Therapy Practice (C-)	3
Total Credit Hours		14

Recreational Therapy Major

General Education

Complete lower-division requirements	35-41
Complete upper-division requirements (minimum of 6 credit hours)	6

Prerequisite Courses

Complete prerequisite courses	14
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Core Courses BSHS		
HLSC 320	Health Equity and Disability Culture *	3
HLSC 335	Population Health *	3
HLSC 390	The U.S. Healthcare Delivery System *	3
HLSC 485	Health Informatics *	3
RT 468	Senior Internship **	12
STAT 130M	Elementary Statistics *	3
Recreational Therapy		
RT 210	Leisure, Health, and Wellness *	3
RT 290	Professional Preparation in Recreational Therapy *	3
RT 366	Internship Preparation *	1
RT 420	Intervention Techniques in Recreational Therapy *	4
RT 430	Assessment, Documentation, and Evaluation in Recreational Therapy *	3
RT 450	Diagnostic Groups in Recreational Therapy *	3
RT 460	Administration of Recreational Therapy Services *	3
RT 470	Recreational Therapy Program Design and Implementation *	3
RT 480W	Evidence-Based Practice and Trends in Recreational Therapy **	3
NMED 300	Medical Terminology	3
PSYC 405	Psychopathology	3
Electives		6
HMSV 339	Interpersonal Relations	
PSYC 353	The Psychology of Adulthood and Aging	
RT 368	Junior Internship	
Total Credit Hours		120-126

* Grade of C- or better required.

** Grade of C or better required

Electives

Additional elective credit may be needed to meet the minimum of 120 credit hours required for the degree.

Degree Program Guide

The Degree Program Guide is a suggested curriculum to complete this degree program in four years. It is just one of several plans that will work and is presented only as broad guidance to students. Each student is strongly encouraged to develop a customized plan in consultation with their academic advisor. Additional information can also be found in Degree Works.

Course	Title	Credit Hours
Freshman		
Fall		
ENGL 110C	English Composition *	3
	Human Creativity	3
	Interpreting the Past	3
	The Nature of Science I	4
Credit Hours		13
Spring		
ENGL 211C or ENGL 231C	Writing, Rhetoric, and Research * or Writing, Rhetoric, and Research: Special Topics	3
STAT 130M	Elementary Statistics **	3

RT 261	Foundations of Recreational Therapy Practice **	3
The Nature of Science II		4
Oral Communication		3
Credit Hours		16
Summer		
Elective or Foreign Language (if required)		0-3
Credit Hours		0-3
Sophomore		
Fall		
Literature		3
BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I or Human Anatomy and Physiology I	4
HLSC 320	Health Equity and Disability Culture **	3
PSYC 203S	Lifespan Development	3
RT 210	Leisure, Health, and Wellness **	3
Credit Hours		16
Spring		
HLTH 120G	Information Literacy for Health Professions (Preferred)	3
BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II or Human Anatomy and Physiology II	4
PSYC 201S	Introduction to Psychology *	3
PHIL 345E	Bioethics (Preferred)	3
RT 290	Professional Preparation in Recreational Therapy **	3
Credit Hours		16
Summer		
Elective or Foreign Language (if required)		0-3
Credit Hours		0-3
Junior		
Fall		
HLSC 335	Population Health **	3
NMED 300	Medical Terminology	3
PSYC 405	Psychopathology	3
RT 420	Intervention Techniques in Recreational Therapy **	4
Minor or Upper-Division General Education		3
Credit Hours		16
Spring		
HLSC 390	The U.S. Healthcare Delivery System **	3
RT 430	Assessment, Documentation, and Evaluation in Recreational Therapy **	3
RT 450	Diagnostic Groups in Recreational Therapy **	3
RT 460	Administration of Recreational Therapy Services **	3
Minor or Upper-Division General Education		3
Credit Hours		15

Summer		
RT 368	Junior Internship (Optional Elective) **	3
Credit Hours		3
Senior		
Fall		
HLSC 485	Health Informatics **	3
RT 366	Internship Preparation **	1
RT 470	Recreational Therapy Program Design and Implementation **	3
RT 480W	Evidence-Based Practice and Trends in Recreational Therapy *	3
PSYC 353 or HMSV 339	The Psychology of Adulthood and Aging (Optional Elective) or Interpersonal Relations	3
Credit Hours		13
Spring		
RT 468	Senior Internship *	12
Credit Hours		12
Total Credit Hours		120-126

* Grade of C or better required
** Grade of C- or better required