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. 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, been re-admitted to the University, and have met all the entrance to major requirements.
4. Students may be re-admitted 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
Recreational Therapy Major

Requirements for graduation include the following:

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

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

Core Courses BSHS

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<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>HLSC 320</td>
<td>Health Equity and Disability Culture *</td>
<td>3</td>
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<tr>
<td>HLSC 335</td>
<td>Population Health *</td>
<td>3</td>
</tr>
<tr>
<td>HLSC 390</td>
<td>The U.S. Healthcare Delivery System *</td>
<td>3</td>
</tr>
<tr>
<td>HLSC 485</td>
<td>Health Informatics *</td>
<td>3</td>
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<tr>
<td>RT 468</td>
<td>Senior Internship **</td>
<td>12</td>
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<tr>
<td>STAT 130M</td>
<td>Elementary Statistics *</td>
<td>3</td>
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</table>

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

- HMSC 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.
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<th>Semester</th>
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<th>Credit Hours</th>
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<td><strong>Summer</strong></td>
<td>RT 368</td>
<td>Junior Internship (Optional Elective)**</td>
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<td><strong>Senior</strong></td>
<td>Fall</td>
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<td>RT 366</td>
<td>Internship Preparation **</td>
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<td>RT 470</td>
<td>Recreational Therapy Program Design and Implementation **</td>
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<td>RT 480W</td>
<td>Evidence-Based Practice and Trends in Recreational Therapy *</td>
<td>3</td>
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<td>PSYC 353 or HMSV 339</td>
<td>The Psychology of Adulthood and Aging (Optional Elective) or Interpersonal Relations</td>
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<td><strong>Spring</strong></td>
<td>RT 468</td>
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