

Recreational Therapy, B.S. 120 hrs

School of Health Sciences
Catalog Year 2024-2025

Freshman	Fall	Term	Grade	Hrs	Milestones
	ENGL 101: Writing and Rhetoric (C1)			3	Join Recreational Therapy Association
	C3-C5			3	Seek service opportunities with people with disabilities
	P3-P6			3	
	P1 other than PSY			3	
	First-Year Seminar - RTH 190 recommended			3	
Total				15	
Tips: Meet with your Academic Advisor before your registration date so you can register on time. If choosing a C5, select something other than BIOL.					

	Spring	Term	Grade	Hrs	Milestones
	MATH 101 or Higher (C2)			3	Actively engage with Recreational Therapy Association
	C3-C5			3	Actively earn service hours with people with disabilities
	C3-C5			3	
	PSY 150: General Psychology (P1)			3	
	P3-P6			3	
Total				15	
Tips: If choosing a C5, select something other than BIOL. If you plan to go to graduate school, you should choose MATH 170 for C2.					

Sophomore	Fall	Term	Grade	Hrs	Milestones
	ENGL 202: Writing and Critical Inquiry (C1)			3	Complete BIOL 291
	BIOL 291: Human Anatomy & Physiology I/Lab (C5)			4	Continue engaging with Recreational Therapy Association
	P3-P6			3	
	Electives			6	
Total				16	Continue earning service hours with people with disabilities
Tip: While a minimum of 10hrs of documented services (paid or unpaid) with individuals with disabilities is required to apply to the program, positive consideration is made for students who have more hours of experience.					

	Spring	Term	Grade	Hrs	Milestones
	RTH 200: Foundations of Recreational Therapy			3	Application due January 22
	BIOL 292: Human Anatomy & Physiology II/Lab			4	Complete RTH 200
	PSY 319: Developmental Psychology: Lifespan			3	
	RTH 252: Client Assessment in RT			3	Ask about minors or specialty areas
P3-P6 (ULP: 300-400 level course)			3		
Total				16	
Tip: If you are admitted to the Program, you will have onboarding paperwork to complete.					

Junior	Fall	Term	Grade	Hrs	Milestones
	RTH 380: Research & Evaluation in RT			3	Continue volunteer & work experience
	Guided Elective			2-4	Begin drafting professional resume
	RTH 376: RT for Intellectual & Developmental Disabilities			3	
	RTH 386: RT for Intellectual & Developmental Disabilities Clinical			1	Join your state Recreational Therapy Association
	RTH 352: RT Processes & Techniques			3	
Elective			3		
Total				15-17	
Tips: Consider attending a recreational therapy conference this semester. Consider paid support positions with people with disabilities, or related jobs like camps for people with disabilities.					

	Spring	Term	Grade	Hrs	Milestones
	RTH 395: RT Professional Preparation Seminar I			2	Begin looking at internships
	PSY 470: Abnormal Psychology			3	Connect with potential references & gain permission
	RTH 377: RT Services for Older Adults			3	
	RTH 387: RT for Older Adults Clinical			1	
	RTH 477: RT in Behavioral Health			3	Seek summer job/volunteer work with people with disabilities; continue building your resume
RTH 487: RT in Behavioral Health Clinical			1		
RTH 301-306 (Choice of 1 RT modalities course)			1		
RTH 496: Research & Evaluation Presentation Seminar			1		
Total				15	
Tips: Consider applying for conference scholarships for ATRA; Speak with advisor for deadlines and details. Consider leadership positions in the Recreational Therapy Association or other related organizations.					

Senior	Fall	Term	Grade	Hrs	Milestones
	RTH 495: RT Professional Preparation Seminar II			2	Begin credentialing process
	RTH 417: Administration & Advancement of RT Services			3	Apply for graduation
	RTH 476: RT & People with Physical Disabilities			3	
	RTH 486: RT & People with Physical Disabilities Clinical			1	
	RTH 301-306 (Choice of 2 RT modalities courses)			2	
Electives			3-5		
Total				14-16	
Tips: Look into leadership positions within the state organization. Consider attending a recreational therapy or related conference.					

	Spring	Term	Grade	Hrs	Milestones
	RTH 484: Recreational Therapy Clinical Internship			12	Graduate!
Total				12	
Tip: Consider taking NCTRC exam.					

Note: One course from P1-P6 must be an upper level.

Last revised 04.03.2024

Recreational Therapy, B.S.

Catalog Year 2024-2025

C1. Writing	Hrs
ENGL 101	3
ENGL 202	3
C2. Mathematics	Hrs
MATH 101 or Higher (If planning to attend graduate school, take MATH 170)	3
C3. Oral Communication	Hrs
COMM 201	3
C4. Wellness	Hrs
HEAL 111, HEAL 123, HSCC 101	3
C5. Physical & Biological Sciences	Hrs
AST 102, AST 103, AST 104, CHEM 101, ENVH 130, ESI 140, GEOL 140, GEOL 141, GEOL 145, GEOL 151, GEOL 250, NRM 140, PHYS 105	3-4
BIOL 291 (Prerequisite requirement)	4
The First-Year Seminar	Hrs
RTH 190 (recommended)	3
P1. Social Sciences	Hrs
<i>Must take PSY 150 and one other. Other course CANNOT be PSY.</i>	
PSY 150	3
ANTH 110, ANTH 115, ANTH 432, ASI 250, BA 133, ECON 231, ECON 232, ENVH 200, ENVH 300, FIN 210, FIN 350, LAW 105, LAW 406, MKT 409, PSC 101, PSC 323, RTH 300, SOC 103, SOC 235, SOC 414, SOCW 251, SOCW 354, SOCW 402	3
P3. History	Hrs
HIST 107, HIST 131, HIST 132, HIST 210, HIST 211, HIST 212, HIST 213, HIST 218, HIST 220, HIST 221, HIST 222, HIST 233, HIST 234, HIST 235, HIST 236, HIST 237, HIST 238, HIST 239, HIST 240, HIST 250, HIST 303, HIST 308, HIST 311, HIST 315, HIST 317, HIST 330, HIST 335, HIST 337, HIST 341, HIST 351, MATH 301	3
P4. Humanities	Hrs
CS 210, ECON 344, ENGL 203, ENGL 206, ENGL 207, ENGL 208, ENGL 209, ENGL 210, ENGL 333, ENGL 350, ENGL 351, ENGL 352, ENGL 353, ENGL 367, ENGL 368, ENGL 390, GBS 200, HIST 271, HIST 281, LAW 201, LAW 306, LAW 412, PAR 101, PAR 102, PAR 121, PAR 146, PAR 201, PAR 250, PAR 304, PAR 306, PAR 307, PAR 309, PAR 310, PAR 312, PAR 313, PAR 315, PAR 317, PAR 319, PAR 320, PAR 330, PAR 332, PAR 333, PAR 365, PAR 366, PRM 365, SM 340	3
P5. Fine & Performing Arts	Hrs
ART 104, DA 259, FPA 101, FTP 340, IDES 250, MUS 101, MUS 102, MUS 103, MUS 300, MUS 302, MUS 304, THEA 104	3
P6. World Cultures	Hrs
ANTH 120, BA 304, CHER 101, CHIN 101, CHIN 102, CHIN 231, CHIN 232, CM 365, COMM 415, EDCI 305, ENGL 363, ENGL 366, ENGR 365, ENVH 210, FREN 101, FREN 102, FREN 231, GEOG 103, GEOG 140, GEOG 440, GER 101, GER 102, GER 140, HSCC 205, HSCC 420, HT 238, JPN 101, JPN 102, JPN 140, LATX 220, MKT 407, MUS 303, ND 310, PAR 145, PAR 251, PAR 260, PAR 323, PAR 342, PAR 353, PAR 354, PAR 356, PAR 357, PAR 367, PRM 322, PSC 169, SM 350, SOC 160, SPAN 101, SPAN 102, SPAN 140, SPAN 301	3

Additional Liberal Studies Information

One upper-level course is required in any perspective category outside the discipline (prefix) of the student's major. Students should not enroll in courses numbered above their class rank.

Other Major Prerequisite Requirements	Hrs
RTH 200 (Prerequisite requirement)	3
Major Core Requirements	Hrs
BIOL 292	4
PSY 319	3
RTH 252	3
RTH 352	3
RTH 380	3
RTH 376	3
RTH 386	1
RTH 395	2
PSY 470	3
RTH 377	3
RTH 387	1
RTH 477	3
RTH 487	1
RTH 496	1
RTH 495	2
RTH 417	3
RTH 476	3
RTH 486	1
RTH 484	12

RTH 301-306: Choose 3 RT Modalities	Hrs
Leisure Education, Horticulture, Community Integration, Adventure, Expressive Arts, HeartMath	3

Guided Elective: Choice of 1 class from options below	Hrs
ATTR 377 (fall) or HPE 370 (spring): Exercise Physiology	2-4
HEAL 250: First Aid & Safety Education	
HPE 223: Applied Kinesiology I- Anatomy, Physiology & Biomechanics	
HPE 235: Motor Behavior	
HPE 365: Physical Activity & Aging	
HPE 424: Adapted Movement & Wellness (instructor permission required)	
HSCC 311: Systems and Trends in Health Care Delivery	
HSCC 330: Legal & Legislative Aspects of Health Care	
HSCC 440: Quality Management in Health Care Agencies	
HSCC 450: Financial Management in Health Care	
PRM 252: Wilderness First Aid	
PRM 270: Leadership & Group Dynamics in Recreation	
PRM 275: Diversity & Inclusion in PRM	
PRM 351: Wilderness Therapy	
PRM 365: Nature Rx	
EMC 320: Introduction to Pharmacology (instructor permission required)	

Electives	Hrs
ELECTIVES (see advisor for number of electives needed)	12-14

Program Admission Criteria
The Recreational Therapy (RTH) program is a cohort model. This means that students will apply and be admitted in the spring, and follow an established sequence of courses over the following 4 semesters, graduating as a group in May of the final year.
Each of the following areas will be used to select RT majors:
1. Pre-Recreational Therapy Major Status
a. Required: Applicants must be accepted at Western Carolina University and pre-recreational therapy majors before the application deadline.
b. Recommended: Prospective applicants should declare the pre-major as early as possible so that they can take advantage of advising and club activities.
2. Enrollment in RTH 200 and BIOL 291 before applying to the Program.
<i>Students can transfer these courses in from another college or university.</i>
3. Grade Point Average
a. Required: A 2.5 GPA is required to apply for the major.
b. Recommended: Students with higher GPAs will be given more consideration.
4. Experience Working with People with Disabilities
a. Required: Students must have a minimum of 10 hours of documented service (paid or unpaid) with individuals with disabilities.
b. Recommended: There will be positive consideration made for students who have more hours of experience. Required class experiences for RTH or other majors will be accepted if appropriate to the goal of working in RT. Hours can be counted up to three years prior to the application deadline.
5. Involvement in Recreational Therapy Association
a. Recommended: Students should track involvement in the student association. Participation is <i>highly</i> valued. There is not a minimum expectation for consideration. Please do not submit items in this area that have already been submitted for #4: Experience working with people with disabilities.
6. In addition, students will be expected to:
a. Submit a character reference.
b. Complete essays for the application reflecting on their preparedness for Recreational Therapy.

Application Process
<i>Applications will be accepted on January 22. Application information will be sent to all pre-majors at the end of each fall semester.</i>
After initial review of applications, RTH faculty will conduct small group interviews with finalists to make decisions about the final candidates for the major.
Acceptance letters will be distributed before Advising Day in February.
Students will have 3 days to accept or decline admittance to the program. If an opening becomes available, faculty will consult waitlist for the Program.
Recreational Therapy Association
To join, go to ENGAGE.WCU.EDU . Sign in or create an account. Select organizations, then search. Click 'Join'!

Undergraduate Catalog
Additional info located in the catalog: catalog.wcu.edu

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