

The BARST Degree at the University of Alberta is designed for a wide variety of disciplines in the field of Recreation, Sports and Tourism. The following outlines the recommended pathway of coursework a BARST student would follow when pursuing Professional Membership with ATRA upon graduation. Alternative pathways are possible as long as the degree coursework criteria set out by ATRA are met (please see the [ATRA website](#) for current coursework criteria details), Courses may be taken in a different order than what is shown below.

ATRA Eligibility is ultimately determined by ATRA upon time of application for Professional Membership. Students should communicate with ATRA to determine which courses are most appropriate.

NCTRC Eligibility is ultimately determined by NCTRC upon time of application for CTRS designation. NCTRC acceptance is decided on an individual student basis. The previous identified NCTRC eligible courses are based on previous acceptance by individual students. Absolute acceptance to be determined on an individual basis by NCTRC only. To contact the NCTRC please go to their website; <http://nctrc.org>

When planning your course pathway always consult your Program Advisor to ensure you meet the requirements of the BARST Degree while pursuing ATRA Professional membership eligibility.

Institution:	University of Alberta (Faculty of Physical Education and Recreation)
Diploma/Degree Title:	Bachelor of Arts in Recreation, Sport and Tourism (BARST)
Articulation Agreements:	A student with previous post-secondary education (diploma or degree) can apply for transfer credit. Applications are considered on a case-by-case basis. A PER student has the option of applying to switch to the BARST degree if they discover Therapeutic Recreation while in another PER degree program. Students must apply to change their degree by the application deadline and meet admission requirements – see your Academic Advisor for information.
Degree website:	https://www.ualberta.ca/physical-education-recreation/programs/undergraduate-programs/bachelor-of-arts-in-recreation-sport-and-tourism
Course Calendar link:	http://calendar.ualberta.ca/preview_program.php?catoid=6&poid=3387&returnto=3632

Faculty of Physical Education and Recreation Contact information:

3-134 University Hall, Van Vliet Complex
University of Alberta
Edmonton , Alberta Canada T6G 2H9
Tel: 780-492-5604
Fax: 780-492-6548

infoden@ualberta.ca

<https://www.ualberta.ca/physical-education-recreation>

To enquire regarding the Program in General please contact:

Tyson Lazaruk, Recruitment Coordinator and Advisor

tyson.lazaruk@ualberta.ca

780 492-5604

To enquire regarding the Admission Process please contact:

Per.info@ualberta.ca

Year 1 of BARST Degree Program	Course Number & Title Credits	Available Face to Face (F) Online (O) and or Blended Learning (BL)	ATRA Eligibility (Therapeutic Recreation Course, General Recreation Course, Supporting Course)	NCTRC Eligibility	
	HE ED 110 Introduction to Personal Health and Well-Being 3 credits	F	Supporting Course – clinically related area of <u>Health</u>	Unknown	
	PERLS 104 Introduction to Sociocultural Aspects of Leisure and Sport 3 credits	F	General Recreation Course OR Supporting Course – clinically related area of <u>Sociology</u>	Unknown	
	PERLS 105 Introduction to the Management of Sport, Physical Activity and Recreation Programs 3 credits	F	General Recreation Course	Unknown	
	RLS 100 Life, Leisure, and the Pursuit of Happiness 3 credits	F	General Recreation Course	Unknown	
	RLS 122 Leadership in Recreation and Leisure Organizations 3 credits	F	General Recreation Course	Unknown	
	RLS 130 Collaborative Skills and Processes for Community Recreation and Leisure 3 credits	F	General Recreation Course		
	6 credits (2 courses) junior (100-level) English OR 3 credits of junior English and 3 credits WRS (Writing Studies)	English courses are not evaluated as part of Professional membership eligibility.			
	6 credits in Humanities, Social Sciences or Fine Arts/Languages	ATRA Recommended Courses & Credit value			
		PSYCO 104 Basic Psychological Processes 3 Credits	F	Supporting Course – clinically related area of <u>Psychology</u>	

		PSYCO 105 Individual and Social Behavior 3 Credits	F	Supporting Course – clinically related area of <u>Psychology</u>	
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Year 2 of BARST Degree Program	Course Number & Title Credits		Available Face to Face (F) Online (O) and or Blended Learning (BL)	ATRA Eligibility (Therapeutic Recreation Course, General Recreation Course, Supporting Course)	NCTRC Eligibility
	PERLS 204 Canadian History of Leisure, Sport, and Health 3 credits		F	General Recreation Course	Unknown
	PERLS 207 Adapted Physical Activity and Leisure for Diverse Populations 3 credits		F	Therapeutic Recreation Course	Unknown
	RLS 210 Recreation and Leisure Scholarship 3 credits		F	General Recreation Course OR Supporting Course – clinically related area of <u>Research</u>	Unknown
	RLS 225 Program Planning for Leisure 3 credits		F	General Recreation Course	Unknown
	RLS 223 Leisure and Human Behavior 3 credits		F	General Recreation Course	Unknown
	RLS 232 Marketing for Recreation, Sport and Tourism 3 credits		F	General Recreation Course	Unknown
	RLS 263 Principles of Tourism 3 credits		This course is required by the U of A to complete the BARST Degree but is not evaluated by ATRA as part of Professional membership eligibility.		
	6 Credits in Humanities, Social Sciences, or Fine		ATRA Recommended Courses & Credit value		
		PSYCO 239 Abnormal Psychology	F	Supporting Course – clinically	Unknown

	Arts/Languages (see below)	3 credits		related area of <u>Psychology</u>	
		PSYCO 223 Lifespan Developmental Psychology 3 Credits	F	Supporting Course – clinically related area of <u>Psychology</u>	Unknown
		PSYCO 258 – Cognitive Psychology 3 Credits	F	Supporting Course – clinically related area of <u>Psychology</u>	Unknown
	Note: If PSYCO 104 and 105 are taken in Year 1, additional PSYCO courses will not fit under the Liberal Arts component. Only *6 of Social Sciences courses can be used towards the Liberal Arts component, but additional PSYCO courses can be taken under other option categories (Senior out of Faculty options or Open Options). See Table 2 below and consult your Program Advisor for other courses.				
	3 Open Options	See Table 2 below and consult your Program Advisor for other courses.			

Year 3 of BARST Degree Program	Course Number & Title Credits	Available Face to Face (F) Online (O) and or Blended Learning (BL)	ATRA Eligibility (Therapeutic Recreation Course, General Recreation Course, Supporting Course)	NCTRC Eligibility
	PERLS 304 Advanced Sociology of Sport and Leisure 3 credits	F	General Recreation Course OR Supporting Course – clinically related area of <u>Sociology</u>	Unknown
	PERLS 305 Financial Management in Recreation, Sport and Tourism 3 credits	F	General Recreation Course	Unknown
	RLS 325 Public Policy in Recreation, Sport and Tourism 3 credits	F	General Recreation Course	Unknown
	RLS 335 (formerly PERLS 335) Human Resources Management in Recreation, Sport and Tourism 3 credits	F	General Recreation Course	Unknown
18 Credits from; Senior Faculty Options Senior Out-of-Faculty Options	ATRA Recommended Courses & Credit value			
	KIN 391 (formerly PEDS 391) Introduction to Human Anatomy and Physiology 3 credits	F	Supporting Course – clinically related area of <u>Medical</u>	Unknown
	PERLS 370 Assessment and Service Delivery in Adapted Physical Activity and Therapeutic Recreation 3 credits	F	Therapeutic Recreation Course	Unknown
	RLS 331 – Leisure Education 3 credits	F	General Recreation Course or Supporting Course – clinically related area of <u>Education</u>	Unknown
	INT D 410 Interprofessional Health Team Development 3 Credits	F	Supporting Course – clinically related area of <u>Therapies</u>	Unknown

	or Open Options	Note: INT D 410 can currently be used as either an “in-Faculty” option or an “Out-of-Faculty” option in the BARST degree.			
See Table 2 below and consult your Program Advisor for other courses.					

Year 4 of BARST Degree Program	Course Number & Title Credits	Delivery Options: Face to Face (F) Online (O) and or Blended Learning (BL)	ATRA Eligibility (Therapeutic Recreation Course, General Recreation Course, Supporting Course)	NCTRC Eligibility	
	RLS 400 Philosophies of Leisure 3 credits	F	General Recreation Course	Unknown	
	RLS 447 Professional Practicum BARST students may wish to complete a non-Recreation Therapy practicum placement to complete their degree. To meet ATRA eligibility for Professional membership, a practicum which meets ATRA Professional membership criteria may be completed through <u>any</u> accredited post-secondary institution. Please contact ATRA for further information.	F	Meets ATRA Professional Membership eligibility when the student is placed in a Recreation Therapy <i>clinical</i> setting under the supervision of a Recreation Therapist with current ATRA Professional Membership in good standing.		
	12 Credits from; Senior Faculty Options	ATRA Recommended Courses & Credit value			
		RLS 473 Principles and Processes in Therapeutic Recreation 3 credits	F	Therapeutic Recreation Course	Unknown
		PERLS 420 - Play: The Foundation of Recreation, Sport and Physical Activity	F	General Recreation Course	Unknown
		PERLS 421 – Play Leadership	F	General Recreation Course	Unknown
		PERLS 451 (formerly PERLS 351 – Cultural Studies of Sport & Leisure) Sport, Leisure and Social Theory 3 Credits	F	General Recreation Course	Unknown
	Senior Out-of-Faculty Options	See Table 2 below and consult your Program Advisor for other courses.			
	Open Options	See Table 2 below and consult your Program Advisor for other courses.			

Practicum Information	Course Number & Title	Credits	Length	Where can practicums be located?	Available as Open Studies	ATRA Eligibility (Meets, does not meet ATRA Professional Membership eligibility)	Additional Notes
	RLS 447 (see above, listed in year 4)	15	490 hours minimum (14 weeks)	Any location	No	Meets ATRA Professional Membership eligibility when the student is placed in a Recreation Therapy <i>clinical</i> setting under the supervision of a Recreation Therapist with current ATRA Professional Membership in good standing.	BARST students may wish to complete a non-Recreation Therapy practicum placement to complete their degree. To meet ATRA eligibility for Professional membership, a practicum which meets ATRA Professional membership criteria may be completed through <u>any</u> accredited post-secondary institution. Please contact ATRA for further information.

Table 2 – Additional Courses	
The following is a list of courses that are available to BARST students (provided space is available) and meet coursework eligibility criteria for ATRA Professional Membership. Students may query eligibility of other courses by contacting the ATRA head office.	
Course Number & Title * = Indicates ATRA recommended courses	ATRA Eligibility (Therapeutic Recreation Course, General Recreation Course, Supporting Course)
- any course with a PSYCO designation e.g. PSYCO 104, 105, etc. Others: *HE ED 321 – Psychological Dimensions of Health Promotion - KIN 303 – Psychology of Sport and Physical Activity - KIN 403 – The Application of Psychological Skills to Sport and Physical Activity	Supporting Course – clinically related area of <u>Psychology</u>
- any course with a SOC designation e.g. SOC 100, etc.	Supporting Course – clinically related area of <u>Sociology</u>
CHRTF 321 – Art Therapy Fundamentals CHRTF 400 (Special Topics courses) – Intro to Music Therapy & Intro to Drama Therapy	Supporting Course – clinically related area of <u>Therapies</u>
- Any HE ED course (HE ED 110, 220, 221, 320, 321) *SOC 382 – Sociology of Health & Illness SOC 452 – Mortality and Population Health *SOC 486 – Sociology of Mental Illness	Supporting Course – clinically related area of <u>Health</u>
*KIN 385 – Physical Activity & the Aging Adult *SOC 375 – Sociology of Aging SOC 473 – Sociology of Death & Dying SOC 475 – Advanced Sociology of Aging HECOL 212 – Later Life Families HECOL 414 – Seniors and Their Environments *PSYCO 329 – Adult Development and Aging	Supporting Course – clinically related area of <u>Aging</u>
*KIN 100 – Human Anatomy *KIN 101 – Introduction to Human Physiology KIN 103 – Integrative Human Physiology KIN 200 – Physiology of Exercise ANAT 200 – Human Morphology *PTHER 350 – Structural Human Anatomy MMI 133 – Medical Microbiology for Health Care Professionals	Supporting Course – clinically related area of <u>Medical</u>
KIN 109 (formerly PEDS 309)– Statistics, Measurement, & Evaluation KIN 209 – Research Methods in Kinesiology *STAT 141 or 151 – Introduction to Statistics *SOC 210 – Introduction to Social Statistics	Supporting Course – clinically related area of <u>Research</u>