2014 - 2015 Course Selection Guidelines for U of A Students electing a Career as a Recreation Therapist

This guide is designed to provide prospective students and faculty advisors a reference to courses required by the two Therapeutic Recreation (TR) registering and regulatory agencies recognized in the province of Alberta. These two agencies are the Alberta Therapeutic Recreation Association (ATRA) and the National Council for Therapeutic Recreation Certification (NCTRC). A majority of employers require their Recreation Therapists to retain an active Professional Membership with ATRA. The NCTRC Certified Therapeutic Recreation Specialist (CTRS) while optional is becoming a qualification with growing preference by employers.

A total of six components are required with varying conditions by the two agencies. These components are identified and compared in Table 1:

1. Degree Title
2. Therapeutic Recreation Courses
3. General Recreation Courses
4. Supportive Courses
5. Fieldwork Placement
6. Exam

At present the University of Alberta provides course work and clinical practicums acceptable for professional membership with ATRA. Eligibility for NCTRC certification will require three additional TR specific courses that the student must obtain from another formal educational institution. The student is strongly advised to consult their U of A Faculty Advisor to identify those educational institutions that have reciprocal credit transfer agreements prior to registration.

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Table 1 Comparison of Membership and Certification Requirements and applicable University of Alberta courses.

Alberta Therapeutic Recreation Association (ATRA)	National Council for Therapeutic Recreation Certification (NCTRC)	University of Alberta Courses
ATRA Professional Membership	Certified Therapeutic Recreation Specialist (CTRS) **Academic Path (Option of Equivalency Path A & B)**	Bachelor of Arts in Recreation Sports and Tourism Bachelor of Physical Education – Adapted Physical Activity Major (Must *graduate* no later than November 2015)
1. Diploma / Degree Title		
Diploma or Degree in Therapeutic Recreation or Recreation / Leisure Studies accepted	Degree with TR courses be offered within an academic major entitled TR, RT, Recreation, etc.	**Local condition:** Graduates of the Adapted Physical Education academic major (Years 2011 – November 2015 Graduating Class) from the University of Alberta may be granted professional membership provided the qualifications of clinical practicum and specified coursework are met. [September 18, 2014, ATRA Letter to U of A].
2. Therapeutic Recreation Courses		
Three Therapeutic Recreation Courses – These course titles must contain the words "Therapeutic Recreation" or "Recreation Therapy" or Recreation and/or Leisure for Special Populations. Please list three courses (course number and name) from your transcript that meet this requirement. Professional Practicum courses cannot be used to fulfill these course requirements.	A minimum of **five (5) courses** in therapeutic recreation is required and each course must be a minimum of three (3) credit hours. Content specific Therapeutic Recreation coursework is required as part of the NCTRC professional eligibility requirements. The specific course content includes the following areas: a) Assessment; b) TR Process; and c) Advancement of the Profession.	• PERLS 207 Physical Activity and Leisure for Special Populations **(This course is accepted by ATRA as a TR course. PERLS 207 is not accepted by NCTRC as a TR course)** • PERLS 370 Assessment and Service Delivery in Adapted Physical Activity and Therapeutic Recreation • RLS 473 Principles and Processes in Therapeutic Recreation

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3. General Recreation Courses

Alberta Therapeutic Recreation Association (ATRA)	National Council for Therapeutic Recreation Certification (NCTRC)	University of Alberta Courses
Three General Recreation Courses – These course titles must contain one of the following words: recreation, leisure, play, or leadership. .	**Minimum of One General Recreation Course –**	• PERLS 104 - Introduction to Socio-cultural Aspects of Leisure and Sport • PERLS 105 - Introduction to the Management of Sport, Physical Activity and Recreation Programs • PERLS 204 - Leisure and Sport in Canadian Society: Historical Perspective • PERLS 304 - Sport and Leisure in Canadian Society: Sociological Perspectives • PERLS 335 - Volunteers Management in Recreation, Sport and Physical Activity • PERLS 351 – Cultural Studies of Sport & Leisure • RLS 100 - Life, Leisure, and the Pursuit of Happiness • RLS 122 - Leadership in Recreation and Leisure Organizations • RLS 130 - Collaborative Skills and Processes for Community Recreation and Leisure. • RLS 210 - Recreation and Leisure Scholarship • RLS 225 - Program Planning for Leisure • RLS 223 - Leisure and Human Behavior • RLS 232 - Marketing for Recreation, Sport and Tourism • RLS 331 – Leisure Education • RLS 400 - Philosophies of Leisure • RLS 210 - Recreation and Leisure Scholarship • PERLS 420 Play: The Foundation of Recreation, Sport and Physical Activity • PERLS 421 – Play Leadership • PERLS 440 – Play Around the World: Program Preparation • PERLS 441 – Play Around the World: Field Placement

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4. Supporting Courses

Alberta Therapeutic Recreation Association (ATRA)	National Council for Therapeutic Recreation Certification (NCTRC)	University of Alberta Courses
Six Supporting Courses - These must be from at least three clinically related areas. Areas accepted are: 1. Psychology (General, Abnormal, Educational, Counseling); 2. Sociology (Group Dynamics, Leadership, Volunteerism); 3. Education (Special, Physical, Early Childhood); 4. Therapies (Music, Art, Dance, Drama); 5. Health (Health Promotion, Wellness, Health Trends, Community Health, Rehabilitation); 6. Aging (Gerontology, Aging, Aging Disorders); 7. Medical (Anatomy, Biology, Physiology, Medical Terminology, Pharmacology); 8. Research (Statistics, Evaluation, Research Methods)	**Six supportive courses:** Minimum of one course each in the content areas of: ▪ Anatomy and physiology. ▪ Abnormal psychology. ▪ Human growth and development across the lifespan. The remaining three courses must be fulfilled in the content areas of social sciences and humanities. NCTRC does not offer an official endorsement of academic programs. All students are encouraged to review the NCTRC Standards directly from www.NCTRC.org The NCTRC Standards do change over time and the most accurate information is posted on the NCTRC website. Please also recognize that the NCTRC Standards require that TR courses be offered within an academic major entitled TR, RT, Recreation, etc. Please consult the NCTRC Standards to be certain that the TR coursework offered within your program meet this requirement.	**1. Psychology:** - any course with a PSYCO designation e.g. PSYCO 104, 105, etc. Specifically: *PSYCO 223 – Lifespan Developmental Psychology - PSYCO 239 – Abnormal Psychology - PSYCO 258 – Cognitive Psychology Others: *HE ED 321 – Psychological Dimensions of Health Promotion - PEDS 303 – Psychology of Sport and Physical Activity - PEDS 403 – The Application of Psychological Skills to Sport & Physical Activity - PEDS 497 (Special Topics) – Counseling **2. Sociology** - any course with a SOC designation e.g. SOC 100, etc. *PERLS 104 – Introduction to Socio-cultural Aspects of Leisure and Sport *PERLS 304 – Sport & Leisure in Canadian Society: Sociological Perspectives *RLS 122 – Leadership in Recreation & Leisure Organizations *RLS 123 – Leisure & Human Behaviour PERLS 335 – Volunteers Management in Recreation, Sport & Physical Activity **3. Education** (*) Recommended Course Options

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		Cont'd… **4. Therapies** CHRTP 321 – Art Therapy Fundamentals CHRTP 400 (Special Topics courses) – Intro to Music Therapy & Intro to Drama Therapy *INT D 410 - Interprofessional Health Team Development **5. Health** - Any HE ED course (HE ED 110, 220, 221, 311, 320, 321) *SOC 382 – Sociology of Health & Illness SOC 452 – Mortality and Population Health *SOC 486 – Sociology of Mental Illness **6. Aging** *PEDS 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 **7. Medical** *PEDS 100 – Structural Anatomy *PEDS 101 – Introduction to Human Physiology PEDS 103 – Integrative Human Physiology PEDS 200 – Physiology of Exercise PEDS 391 – Introduction to the Scientific Basis of Human Movement ANAT 200 – Human Morphology *REHAB 350 – Structural Human Anatomy MMI 133 – Medical Microbiology for Health Care Professionals **8. Research** *RLS 210 – Recreation & Leisure Scholarship PEDS 309 – Statistics, Measurement, & Evaluation PEDS 409 – Research Methods in Kinesiology *STAT 141 or 151 – Introduction to Statistics *SOC 210 – Introduction to Social Statistics

(*) Recommended Course Options

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5. Field Placement		
Completion of a minimum of 320 hours of internship placement/practicum. A minimum of 250 hours of this placement must have a clinical component and be completed under the supervision of a recreation therapist who is currently registered as a Professional Member of ATRA. **Local Conditions:** Currently the U of A students complete 542.5 hours of practicum within AHS. 7.75 hour work day X 5 days / week X 14 weeks. This is an easy to adjust formula to attain the 560 hours.	A minimum 560-hour, (40 hours / week for fourteen (14) consecutive weeks) field placement experience in therapeutic recreation services that uses the therapeutic recreation process as defined by the current NCTRC Job Analysis Study under the supervision of both academic and agency field placement supervisors who are NCTRC CTRS certified.	RLS 441 – Practicum Seminar RLS 449 – Professional Practicum PEDS 491 – Professional Practicum (for BPE Adapted Major Students only)
6. Certification Exam		
Alberta Therapeutic Recreation Association (ATRA)	National Council for Therapeutic Recreation Certification (NCTRC)	University of Alberta Courses
Not required	Successful completion the NCTRC exam.	Not applicable

(*) Recommended Course Options