

# RECREATIONAL THERAPY (RCTH)

## **RCTH 120 - Disability, Community Inclusion, and Diversity**

This course is designed to introduce the student to inclusive leisure services. The course reviews attitudes regarding people with disabilities, barriers to inclusion, enabling terminology, and legislative initiatives, which promote inclusion. The ADA will be highlighted along with information on various disabling conditions. The goal of this course is to facilitate an increased awareness of people with disabilities and considerations for providing inclusive services.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Thematic Thread(s): Citizenship & Social Problems, Human Diversity & Well-Being, Transfer Thread Completion Course

## **RCTH 139 - Foundations of Academic Discovery**

Foundations of Academic Discovery serves as the entry point to the Rock Integrated Studies Program. With its strong faculty-student interaction, the course promotes intellectual inquiry, critical and creative thinking, and computer skills needed for academic success. Through varied content, the course introduces students to academic discourse and information literacy while exploring topics such as diversity and inclusion and global awareness. This course will set students along the path to becoming engaged with issues and scholarship important to a 21st century education while they learn about themselves and their place in the world.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Enrollment limited to students with a semester level of Freshman 1 or Freshman 2.

Enrollment limited to students with the ROCK STUDIES 2 STUDENT or ROCK STUDIES STUDENT attributes.

## **RCTH 190 - Experimental**

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

## **RCTH 195 - Workshop**

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

## **RCTH 198 - Selected Topics**

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

## **RCTH 220 - Recreational Therapy Services**

Introduces students to the general field of recreational therapy and provides an introduction to various disabilities and how the RT process applies.

Prerequisites: PREE 120<sup>D</sup> or RCTH 120<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

## **RCTH 232 - Recreational Therapy for People with Physical Disabilities**

This course will provide information on various physical disabilities and the potential application of Recreational Therapy services with individuals with physical disabilities. The incidence, prevalence, etiology and treatment for each disability will be presented along with implications for RT practice.

Prerequisites: PREE 120<sup>D</sup> or RCTH 120<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

## **RCTH 233 - Recreational Therapy for People with Psychosocial and Mental Disorders**

This course will provide information on various mental health impairments and addictive and social disorders. The incidence, prevalence, etiology and treatment for each condition will be presented along with implications for Recreational Therapy practice.

Prerequisites: PREE 120<sup>D</sup> or RCTH 120<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

## **RCTH 252 - Equine Assisted Activities and Therapies**

An introduction to equine assisted activities including basic safety skills, lesson preparation, benefits for individuals with disabilities, tack/equine selection, and certification procedures. Students will gain practical experience through riding horses and assisting individuals with disabilities during lessons.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

## **RCTH 290 - Experimental**

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

## **RCTH 295 - Workshop**

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

## **RCTH 298 - Selected Topics**

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

**RCTH 305 - Animal-Assisted Therapy for Diverse Populations & Settings**

This course is designed to provide students with an overview of the various populations that can potentially benefit from Animal-Assisted Interventions (AAI) and Animal-Assisted Therapy (AAT). The focus will be on how these potential benefits of AAT can be incorporated into various settings of service. Students will learn the different approaches to using animals as a partner in facilitating therapeutic outcomes. Students will be exposed to research evidence that supports AAT with populations generally served by health and human services areas. The design of program/treatment plans to facilitate outcomes will be incorporated into the course as well as practical application of AAT.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Animal-Assisted Interventions.

**RCTH 314 - Clinical Aspects of Recreational Therapy**

This course provides a more in-depth look at Recreational Therapy including professional standards of practice, health care accreditation, documentation methods and application of activity analysis in treatment planning. Lab experiences are incorporated into the course.

Prerequisites: PREE 220<sup>D</sup> or RCTH 220<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 316 - Applied Research and Evidenced-Based Practice**

Applied Research and Evidenced-Based Practice will focus on reading research from various methodologies (randomized control trial, experimental, quasi-experimental, single case design, qualitative) to help students become educated consumers of research. Students will gain an understanding of the factors (grading categories) that determine quality research for health care professionals and learn the process for using research results to design evidenced-based interventions. The course will emphasize health professions' research focused on health outcomes. Students will become educated consumers of research for preparation of evidenced-based intervention. Students will also gain skills in understanding and applying APA guidelines to writing research papers.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 317 - Organization and Management of Recreational Therapy Practice**

This course is designed to provide recreational therapy (RT) majors with the knowledge and skills required to effectively supervise and manage resources within various health and human service settings. Emphasis is placed on accreditation standards, legislative and regulatory requirements, public relations and marketing, strategic planning and decision making, quality improvement and risk management practices, fiscal planning and budgeting and human resource management.

Prerequisites: PREE 220<sup>C</sup> or RCTH 220<sup>C</sup>

<sup>C</sup> Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Therapeutic Recreation Serv, Recreational Therapy or Therapeutic Recreation.

**RCTH 319 - Client Assessment in Recreational Therapy**

This course designed to facilitate the development of student knowledge and skills related to the RT assessment process. The course will expose students to information and activities to enhance understanding of the importance of assessment, the various domains of assessment and the various techniques used in the assessment process. Skills will be developed in the areas of selecting and designing assessments, interviewing clients, observing behaviors and documenting assessment results.

Prerequisites: (PREE 220<sup>D</sup> or RCTH 220<sup>D</sup>) and (PREE 229<sup>D</sup> or PREE 314<sup>D</sup> or RCTH 314<sup>D</sup>)

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 320 - Recreational Therapy Program Design**

This course focuses on techniques of recreational therapy program planning including assessment, treatment planning, implementation and evaluation. Students will implement interventions using various leadership strategies to meet the needs of persons with disabilities and disorders and the document results. A lab experience is included in this course.

Prerequisites: (PREE 220<sup>D</sup> or RCTH 220<sup>D</sup>) and (PREE 229<sup>D</sup> or PREE 314<sup>D</sup> or RCTH 314<sup>D</sup>) and (PREE 319<sup>D</sup> or RCTH 319<sup>D</sup>)

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 351 - Recreational Therapy Practicum**

This is a 120-hour field work placement which gives students the opportunity to work hands-on with clients and/or participants receiving healthcare services or community-based treatment.

Credits: 3

Term(s) Typically Offered: Offered Fall & Summer Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 364 - Biomechanics of Individuals with Disabilities**

A study of human movement patterns with emphasis on the development of efficient movement for special populations. Efficient movement patterns will be based on anatomical, mechanical, and physiological principles.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Thematic Thread(s): Cultural Literacy & Community Building, Conservation, Technology & Imagination, Institutions & Human Innovations, Transfer Thread Completion Course

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 390 - Experimental**

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 395 - Workshop**

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 398 - Selected Topics**

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 415 - Challenges and Trends in Recreational Therapy**

An integrative course for detailed study of current issues in health care and human services with emphasis on unique and imaginative solutions to the challenges facing the recreational therapy profession. Must be a senior to enroll.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Enrollment limited to students with a semester level of Senior 1 or Senior 2.

**RCTH 420 - Recreational Therapy for Older Adults**

An overview of the aging process as it relates to recreational therapy service provision and leisure participation. Focus is on the developmental issues, including psychosocial, biological and economic issues in later life. The course reviews the various settings of service and care continuums available to serve the older adult populations. Legislative and regulatory influences regarding the provision of services to older adults will be discussed.

Prerequisites: (PREE 220<sup>D</sup> or RCTH 220<sup>D</sup>) and (PREE 120<sup>D</sup> or RCTH 120<sup>D</sup>)  
<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 422 - Leisure Education and Counseling**

An investigation of the historical, philosophical, psychological and educational foundations of leisure education and stress management at RT treatment modalities. The functions of leisure education, including a variety of instruments and techniques appropriate for a variety of publics, are examined. The functions of stress management treatments, as well as a variety of techniques appropriate for a variety of publics, is also examined.

Prerequisites: (PREE 220<sup>D</sup> or RCTH 220<sup>D</sup>) and (PREE 229<sup>D</sup> or PREE 314<sup>D</sup> or RCTH 314<sup>D</sup>) and (PREE 319<sup>D</sup> or RCTH 319<sup>D</sup>) and (PREE 320<sup>D</sup> or RCTH 320<sup>D</sup>)  
<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 423 - Facilitation of RT Interventions**

This course will offer an overview of several different Recreational Therapy interventions and techniques, with emphasis on evidence-based practice specific to the areas of community reintegration and its many components, including areas such as social skills, mobility training, and money management (as examples).

Prerequisites: (PREE 220<sup>D</sup> or RCTH 220<sup>D</sup>) and (PREE 229<sup>D</sup> or PREE 314<sup>D</sup> or RCTH 314<sup>D</sup>) and (PREE 232<sup>D</sup> or RCTH 232<sup>D</sup>) and (PREE 233<sup>D</sup> or RCTH 233<sup>D</sup>) and (PREE 319<sup>D</sup> or RCTH 319<sup>D</sup>) and (PREE 320<sup>D</sup> or RCTH 320<sup>D</sup>)  
<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 450 - Internship**

A supervised off-campus work experience in an appropriate aspect of recreational therapy work. Open only to RCTH majors with advanced standing.

Credits: 1-12

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 490 - Independent Study**

A special study opportunity for students to investigate in-depth, approved topics in recreation or environmental studies. Topic and credit established by student and supervising instructor. Independent Study courses give students the opportunity to pursue research and/or studies that are not part of the university's traditional course offerings. Students work one on one or in small groups with faculty guidance and are typically required to submit a final paper or project as determined by the supervising professor.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 491 - Professional Seminar**

This course is designed to assist students in preparing for entry into the environmental education profession. Topics will include career planning, employment opportunities, employment seeking skills, and discussions centering on areas of interest to the student.

Credits: 1

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 495 - Workshop**

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**RCTH 498 - Selected Topics**

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.