

THERAPEUTIC RECREATION

Associate in Science Degree | Joint Degree Program
Department of Health, Physical Education and Recreation

Program Description

The mission of the Therapeutic Recreation program is to prepare students for the workplace, or for further education leading to a baccalaureate degree, by providing the core information and skills necessary to improve leisure time functioning and quality of life for individuals living with a wide range of chronic health conditions or disabilities.

Therapeutic Recreation Specialists are employed in health and human services settings such as hospitals, nursing homes, adult day care facilities, youth agencies, drug treatment centers and homeless shelters. This is a rewarding career for those interested in improving the quality of lives for people with health conditions and disabilities. The Therapeutic Recreation Associate of Science (AS) degree program is a joint degree program with Lehman College's B.S. program in Therapeutic Recreation.

Upon completion of the curriculum at Bronx Community College students will automatically be accepted into Lehman College's Recreation Education Program. At Lehman, students can continue in the specialization of Therapeutic Recreation or Administration. Upon graduation from Lehman College students in Therapeutic Recreation are eligible to take the National Certification Examination for Certified Therapeutic Recreation Specialist (CTRS) administered by the National Council for Therapeutic Recreation Certification. Students in the administration specialization are employed in public parks and recreation agencies, not-for-profit organizations such as P.A.L. and the YMCA, health and fitness centers, camps and sports associations. Upon graduation from Lehman College, students can sit for the national certifying examination for Certified Leisure Professional (CLP) administered by the National Recreation and Park Association.

Learning Outcomes

Upon successful completion of the Therapeutic Recreation degree program requirements, students will be able to:

1. Identify and differentiate the health/Therapeutic Recreation needs of unique and diverse populations.
2. Locate, analyze and evaluate health information for accuracy and reliability.
3. Compare the similarities and differences between Therapeutic Recreation versus leisure and recreation in the US and other countries.

4. Demonstrate the ability to effectively lead group Therapeutic Recreation activities for a variety of populations.
5. Identify the role of the Therapeutic Recreation specialist within an interdisciplinary team.
6. Examine and analyze attitudes towards individuals with disabilities.

THERAPEUTIC RECREATION CURRICULUM (PATHWAYS)

60 Credits required for AS Degree

Curriculum Coordinator: **Dr. Ulana Lysniak (Acting)**

Required Core

- A. English Composition (6 Credits)
- B. Mathematical and Quantitative Reasoning¹ (3 Credits)
- C. Life and Physical Sciences²
 - BIO 23 Human Anatomy and Physiology I (4 Credits)

SUBTOTAL 13

Flexible Core

No more than two courses in any discipline or interdisciplinary field.

- A. World Cultures and Global Issues (3 Credits)
- B. U.S. Experience in its Diversity (3 Credits)
- C. Creative Expression (3 Credits)
- D. Individual and Society (3 Credits)
- E. Scientific World²
 - BIO 24 Human Anatomy and Physiology II
OR any 4 credit science course (4 Credits)

Restricted Elective Select one course from Flexible Core A-E (3 Credits)

SUBTOTAL 19

Specialization Requirements

- CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training (1 Credit)
- Free Electives (2-5 Credits)
- HLT 91 Critical Issues in Health (2 Credits)
- HLT 99 Health of the Nation (2 Credits)
- HCM 11 The U.S. Health Care Delivery System (3 Credits)
- PEA Select any Course (1 Credit)
- PEA 51 Stress Management (2 Credits)

- PSY 11³ Introduction to Psychology (0-3 Credits)
- REC 93 Introduction to Therapeutic Recreation (3 Credits)
- REC 94 Recreation: Historical and Philosophical Perspective (3 Credits)
- REC 95 Program Planning and Leadership in Recreation (3 Credits)
- Restricted Electives⁴ (3 Credits)

SUBTOTAL 28

¹ Students in this curriculum are strongly advised to take MTH 23.

² The curriculum has obtained a waiver to require its students to take BIO 23 and BIO 24 in the required and flexible Common Core Areas C and E. Students planning on continuing their education in Therapeutic Recreation may opt to take any 4 credit Flexible E science course in place of BIO 24.

³ If this course satisfies a flexible core area, free electives may be taken.

⁴ Select from REC 96, any 3 credit HLT, or PEA courses totaling 3 credits.

