

THERAPEUTIC RECREATION

Program: TREC

Credential: Ontario College Graduate Certificate

Delivery: Full-time + Part-time

Work Integrated Learning: 1 Internship

Length: 3 Semesters

Duration: 1 Year

Effective: Fall 2023

Location: Orillia

Description

Students learn to provide client centered, strength-based therapeutic recreation services using the therapeutic recreation process. Students acquire the skills to complete client assessments and to develop, implement and evaluate group and individual therapeutic recreation programs. A variety of facilitative techniques are explored in order to assist individuals to participate in meaningful recreation and leisure experiences that will achieve health related goals, improve functional ability, and increase quality of life.

Career Opportunities

Graduates of the program may find employment in health or human service organizations such as:

- Acute, chronic care, and other specialized hospitals
- Provincial agencies or facilities for individuals with psychiatric or developmental disabilities
- Rehabilitation programs
- Children's treatment centers
- Municipal recreation departments
- Long term care facilities/adult day programs
- Correctional programs and facilities
- Community or private agencies serving people with illness disability
- Private practice

Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

1. conduct oneself professionally in a variety of settings according to professional standards, legislation, and organizational policies and procedures;
2. implement positive behavioural strategies in compliance with applicable legislation, regulations and ethical standards of practice to modify behaviour and ensure the safety of all individuals;
3. apply effective program development, leadership and facilitative techniques in assessing, planning, implementing and evaluating individual, group and community programs that meet the needs, strengths, challenges and interests of people experiencing barriers to healthy leisure;
4. develop and apply strategies for personal, career and professional development to enhance work performance and maintain currency with professional standards;
5. communicate and collaborate effectively with clients, key stakeholders and interprofessional teams to coordinate functional

intervention, leisure education and counselling, and therapeutic recreation services;

6. maintain accurate documentation in accordance with current ministry guidelines, professional standards of practice and organizational policies and procedures;
7. research, analyze and evaluate therapeutic recreation activities using evidence based practices;
8. employ environmentally sustainable practices within the profession;
9. apply basic entrepreneurial strategies to realize social, environmental and/or financial rewards;
10. apply knowledge of indigenous culture and traditions in the promotion of recreational and leisure activities;
11. apply cultural and internationalization awareness in the planning and implementation of recreational and leisure activities.

External Recognition

According to Therapeutic Recreation Ontario, the registration designation (R/TRO) is currently a voluntary credential intended to recognize a level of excellence. It is anticipated that the Government of Ontario will move towards regulation of the profession; however, that is not expected to occur for a number of years. When regulation does occur, the R/TRO designation may represent the minimum criteria necessary. For the present, even though it is not provincially mandated, some employers do require R/TRO designation for hiring; however, many employers do not.

Program Progression

The following reflects the planned progression for full-time offerings of the program.

Fall Intake

- **Sem 1:** Fall 2023
- **Sem 2:** Winter 2024
- **Sem 3:** Summer 2024

Admission Requirements

- Ontario college diploma, advanced diploma, degree, or equivalent, with a specialty in health or human services.

Graduation Requirements

12 Program Courses

1 Internship

Graduation Eligibility

To graduate from this program, a student must attain a minimum of 60% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester. The passing weighted average for promotion through each semester and to graduate is 60%.

Program Tracking

The following reflects the planned course sequence for full-time offerings of the Fall intake of the program. Where more than one intake is offered contact the program co-ordinator for the program tracking.

Semester 1		Hours
Program Courses		
TREC 1002	Assessment Processes of Therapeutic Recreation	42
TREC 1003	Foundations of Therapeutic Recreation	42

TREC 1004	Adapted Recreation for Therapeutic Recreation	42
TREC 1005	Recreation Therapy with Selected Populations	42
TREC 1012	Therapeutic Relationships in Recreation Therapy	42
TREC 1014	Biological Sciences in Therapeutic Recreation	42
Hours		252
Semester 2		
Program Courses		
TREC 1007	Leisure Education	42
TREC 1008	Issues and Trends in Therapeutic Recreation	42
TREC 1009	Organizational Leadership: Therapeutic Recreation	42
TREC 1010	Facilitative Techniques in Therapeutic Recreation	42
TREC 1011	Research in Therapeutic Recreation	42
TREC 1015	Nature of Disabilities in Therapeutic Recreation	42
Hours		252
Semester 3		
Internship		
TREC 1017	Internship	560
Hours		560
Total Hours		1064

Graduation Window

Students unable to adhere to the program duration of one year (as stated above) may take a maximum of two years to complete their credential. After this time, students must be re-admitted into the program, and follow the curriculum in place at the time of re-admission.

Disclaimer: *The information in this document is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs.*

Program outlines may be subject to change in response to emerging situations, in order to facilitate student achievement of the learning outcomes required for graduation. Components such as courses, progression, coop work terms, placements, internships and other requirements may be delivered differently than published.