

THERAPEUTIC RECREATION

Program Outline

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| Major: | TREC |
| Length: | 1 Year |
| Delivery: | 3 Semesters |
| Credential: | Ontario College Graduate Certificate |
| Effective: | 2014-2015 |
| Location: | Orillia |
| Start: | Fall (Orillia) |

Description

The Therapeutic Recreation program prepares you to work within recreation, health, or social service delivery systems serving individuals with illness or disabilities. You will acquire the skills to complete client assessments, develop and evaluate group and individualized programs, and use a variety of facilitative techniques to assist individuals to participate in meaningful recreational activities that will enhance health, improve functional ability, and increase quality of life.

The program is based on a firm belief of the inherent benefits of play, recreation and leisure to all individuals. You will learn to adapt recreation activities so individuals with a variety of disabling conditions can participate and to use recreation as a therapeutic tool to improve/restore health and wellness.

Career Opportunities

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

- Acute, chronic care and other specialized hospitals
- Provincial agencies/facilities for individuals with psychiatric or developmental disabilities
- Rehabilitation programs
- Children's treatment centres
- Municipal recreation departments

- Long term care facilities/Adult day programs
- Correctional programs and facilities
- Community/private agencies serving people with illness disability

Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

- practise Therapeutic Recreation according to current professional standards;
- develop effective recreation and treatment programs for individuals and groups in a variety of leisure, human service and health care settings;
- use effective program development and leadership skills to facilitate leisure experiences that enhance quality of life;
- use a variety of facilitative techniques to promote change, growth, and health/wellness in clients;
- demonstrate professional behaviour and work effectively as a member of a team.

The Program Progression:

Fall Intake - Orillia

| Sem 1 | Sem 2 | Sem 3 |
|-------|--------|--------|
| ----- | | |
| Fall | Winter | Summer |
| 2014 | 2015 | 2015 |

Admission Requirements:

Applicants must meet ONE of the following requirements to be eligible for admission to this program:

- Post-secondary diploma or degree, with a specialty in health or human services.

Selection Process:

Applicants will be asked to submit a current resumé. Academic and experiential learning of all applicants will be assessed.

Additional Information:

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.

Graduation Requirements:

12 Mandatory 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%.

Mandatory Courses

- TREC1002 Assessment Processes of Therapeutic Recreation
- TREC1003 Foundations of Therapeutic Recreation
- TREC1004 Adapted Recreation for Therapeutic Recreation
- TREC1005 Recreation Therapy with Selected Populations
- TREC1007 Leisure Education
- TREC1008 Issues and Trends in Therapeutic Recreation
- TREC1009 Organizational Leadership: Therapeutic Recreation
- TREC1010 Facilitative Techniques in Therapeutic Recreation
- TREC1011 Research in Therapeutic Recreation
- TREC1012 Therapeutic Relationships in Recreation Therapy
- TREC1014 Biological Sciences in Therapeutic Recreation
- TREC1015 Nature of Disabilities in Therapeutic Recreation

Internship

- TREC1017 Internship

Course Descriptions:

TREC1002 Assessment Processes of Therapeutic Recreation 42.0 Hours

This course provides students with the knowledge and skills necessary to design and conduct individualized, systematic Therapeutic Recreation assessments for diverse client groups. The course introduces students to the tools and processes necessary to determine clients' interests, skills, thoughts and feelings related to their leisure life. Students use the information gathered to develop individualized intervention plans.

TREC1003 Foundations of Therapeutic Recreation 42.0 Hours

This course provides an overview of the conceptual foundations of therapeutic recreation. The phenomena of play, recreation and leisure are examined in historic and contemporary contexts; society's attitudes toward individuals with disabilities are explored, and the role of therapeutic recreation specialists is analyzed using a number of contemporary professional practice models. Students are challenged to develop their personal philosophy of therapeutic recreation professional practice.

TREC1004 Adapted Recreation for Therapeutic Recreation 42.0 Hours

The ability to systematically develop and effectively lead recreational activities suitable for individuals and groups with disabilities are integral skills of the Therapeutic Recreation practitioner. This course takes an applied approach in developing students' competence in areas including systematic programming planning, activity analysis, adaptation, activity leadership and creativity. This is accomplished through a variety of classroom and practical experiences where students develop skills by participating and facilitating in a wide range of adapted activities.

TREC1005 Recreation Therapy with Selected Populations 42.0 Hours

Therapeutic recreation professionals provide services to diverse client groups in a broad spectrum of settings. Through classroom discussion and site visits, this course examines the role and nature of therapeutic recreation services offered to a variety of selected populations such as people with mental health conditions; developmental, cognitive and physical impairment; and older adults living with illness, loss of mobility and other functioning. Systemic, psychological and sociological variables that impact therapeutic recreation services are examined.

TREC1007 Leisure Education 42.0 Hours

This course explores the concept of wellness as it relates to leisure and the role of leisure education in helping individuals develop and live enjoyable, healthy and satisfying leisure lifestyles. Students will examine their own values and lifestyles as well as their own learning styles and needs before being introduced to strategies and techniques for enhancing the leisure lifestyle of clients. Values clarification strategies are examined as an integral aspect of the leisure education process.

TREC1008 Issues and Trends in Therapeutic Recreation 42.0 Hours

This course examines a variety of issues and trends presently influencing the therapeutic recreation field. Through lectures, guest speakers and seminars students explore such topics as the professionalization of the field, community development, accessibility, legislation and other current professional issues. The content of this course reflects the trends presently affecting this rapidly evolving profession.

P- TREC1003 Foundations of Therapeutic Recreation

TREC1009 Organizational Leadership: Therapeutic Recreation 42.0 Hours

This course examines the role of the contemporary manager in the delivery of therapeutic recreation services. Although the management functions of planning,

organizing and controlling will be introduced, a special emphasis will be directed toward the human elements of management including, leadership, motivation, communication, empowerment and team development.

TREC1010 Facilitative Techniques in Therapeutic Recreation 42.0 Hours

Therapeutic Recreation is diverse in the populations it serves and in the settings in which it is delivered. Therefore, diversity is demanded in methodology. This course examines a number of facilitative techniques including, but not limited to, positive behavioural interventions, adventure based programming, reminiscence, relaxation, sensory stimulation and the therapeutic use of humour, horticulture, animals and music.

P- TREC1002 Assessment Processes of Therapeutic Recreation and P- TREC1003 Foundations of Therapeutic Recreation

TREC1011 Research in Therapeutic Recreation 42.0 Hours

This course examines both qualitative and quantitative research methods commonly used in therapeutic recreation, issues related to conducting therapeutic recreation research, and the analysis, interpretation, and presentation of data. Knowledge of these topics enables students to engage in reflective practice and systematically conduct basic research in their professional careers. Additionally, this course enhances the students' ability to interpret and apply information in professional journals.

P- TREC1003 Foundations of Therapeutic Recreation

TREC1012 Therapeutic Relationships in Recreation Therapy 42.0 Hours

This course provides an overview of the essential healing elements of therapeutic relationships, as well as the skills required to assist individuals to achieve goals related to wellness, leisure and quality of life. A primary focus is on the development of empathic communication skills including the art of listening, empathic understanding, and the nature of ambivalence as it effects motivation to grow, adapt and change. Through role-playing, students listen to client stories, identify their needs and apply empathic communication skills to convey understanding, to enhance motivation and goal acquisition.

TREC1014 Biological Sciences in Therapeutic Recreation 42.0 Hours

This course prepares students to participate effectively as members of the intradisciplinary team. Students acquire a basic understanding of the human form and function, biomechanics and lifespan development. They are introduced to basic medical terminology and gain an appreciation of the expertise and roles played by various team members.

TREC1015 Nature of Disabilities in Therapeutic Recreation 42.0 Hours

This course examines the consequences of selected illnesses and disabling conditions. An overview of lifestyle limitations imposed by disease, disability and the natural aging process is studied with an emphasis on the implications for leisure and recreation participation. Assistive devices that aid in independence and participation are be

presented. Responsibilities regarding medications and documentation are examined. Maintaining one's personal health through the use of proper body mechanics and standard precautions are also discussed.

TREC1017 Internship 560.0 Hours

Students complete 14 week/40 hour per week internships at approved agencies. In addition to agency expectations, behavioural competencies that reflect coursework from previous semesters guide students' involvement with clients during internship. P- TREC1002 Assessment Processes of Therapeutic Recreation and P- TREC1003 Foundations of Therapeutic Recreation and P- TREC1004 Adapted Recreation for Therapeutic Recreation and P- TREC1005 Recreation Therapy with Selected Populations and P- TREC1009 Organizational Leadership: Therapeutic Recreation and P- TREC1014 Biological Sciences in Therapeutic Recreation and P- TREC1007 Leisure Education and P- TREC1008 Issues and Trends in Therapeutic Recreation and P- TREC1010 Facilitative Techniques in Therapeutic Recreation and P- TREC1011 Research in Therapeutic Recreation and P- TREC1012 Therapeutic Relationships in Recreation Therapy and P- TREC1015 Nature of Disabilities in Therapeutic RecreationC- , TREC1002 Assessment Processes of Therapeutic Recreation

Course Description Legend

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

Information contained in College documents respecting programs 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. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.