

# Bachelor of Science in Health Sciences

## Health Sciences with a Major in Recreational Therapy (BSHS)

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The Recreational Therapy (RT) program at Old Dominion University strives to prepare competent, entry-level recreational therapists in the cognitive (knowledge), psychomotor (skill), and affective (behavior) learning domains. The RT program implements high-impact educational practices, such as community-engaged learning, interprofessional collaborative projects, and internships, to provide disciplinary-specific education and experiences across practice settings and diagnostic groups. Students gain necessary job task skills in the areas of assessment, planning, implementation, evaluation, documentation, administration, and professionalism, as outlined by the National Council for Therapeutic Recreation Certification (NCTRC). Upon graduation students will be eligible to sit for the NCTRC national certification exam to enter the profession as a qualified provider of recreational therapy services.

A minimum of 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, is required for the Recreational Therapy major.

**National Council for Therapeutic Recreation Certification (NCTRC)** is the credentialing organization for the profession of Therapeutic Recreation. <https://www.nctrc.org>

**American Therapeutic Recreation Association (ATRA)** is the national professional organization representing the interests and needs of recreational therapists. <https://www.atra-online.com> (<https://www.atra-online.com/>)

\* *The recreational therapy curriculum includes prerequisite coursework required for admission into ODU's Doctor of Occupational Therapy (OTD) program. Completing the recreational therapy program does not guarantee admission into the OTD program.*

### Admission into the Recreational Therapy Major

To officially declare a major in Recreational Therapy, requirements are as follows:

1. Students must have an overall grade point average of 2.00.
2. Students must have completed the following courses: ENGL 110C (C or higher), PSYC 203S, BIOL 240 or BIOL 250, BIOL 241 or BIOL 251, and RT 261 (C- or higher).
3. Students who have met all Recreational Therapy major admission requirements will be referred by their advisor in the Health Sciences Advising Center to the Recreational Therapy Undergraduate Program Director for major declaration and assignment to a faculty advisor.
4. Students must pass a background check.
5. Students must be admitted to the Recreational Therapy major before enrolling in RT 300- or 400- level required courses.
6. Students must comply with all policies and procedures outlined in the Recreational Therapy Student Handbook.

For additional information on the curriculum or major declaration requirements, please contact: Program Director (sbeaver@odu.edu) (sbeaver@odu.edu) or the Virginia Health Sciences Advising Center (vhsadvising@odu.edu) (vhsadvising@odu.edu).

### Continuance and Readmission Policy

In addition to Old Dominion University's continuance policies, the following policies are specific to all declared Recreational Therapy majors in the BSHS degree. All continuance policies for the Recreational Therapy major can be found in detail in the Recreational Therapy Student Handbook.

1. A cumulative grade point average of 2.00 or better is required to continue in the major.
2. Students placed on academic suspension by the University will not be considered in good academic standing and will be dismissed from the major. At the request of the student, their status may be changed to an intended major.
3. Students may apply for readmission to the major once they have completed the academic suspension period, have been readmitted to the University, and have met all the entrance to major requirements.
4. Students may be readmitted to the BSHS Recreational Therapy major only once.
5. A student who leaves the major and is readmitted may be required to take additional course work prior to or concurrent with readmission.

### Senior Internship

The senior internship, RT 468 is a capstone course and requires a 560-hour and 14-week internship experience at an approved health and human service agency practicing recreational therapy. Students will apply academic learning and will demonstrate competencies associated with entry-level practice in recreational therapy. The student's academic and agency direct supervisors must be Certified Therapeutic Recreation Specialists (CTRS). The senior internship is a planned, supervised, and evaluated culminating experience for students. The senior internship must adhere to all NCTRC internship standards for national certification. All coursework must be completed prior to a student beginning the senior internship experience.

### Requirements

#### Lower-Division General Education

Written Communication ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#written">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#written</a> )	6
Oral Communication ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#oral">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#oral</a> )	3
Mathematics ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#math">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#math</a> )	3
Language and Culture ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#language">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#language</a> )	0-6
Information Literacy and Research ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#information">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#information</a> )	3
Human Behavior ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior</a> )	3
Human Creativity ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity</a> )	3
Interpreting the Past ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret</a> )	3
Literature ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature</a> )	3
Philosophy and Ethics ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy</a> )	3
The Nature of Science ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#nature">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#nature</a> )	8
Impact of Technology ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#impact">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#impact</a> )	3

Written Communication Skills: Grade of C or better required in both courses.

Human Behavior: PSYC 201S is required with a C or better.

Lower-division general education requirements met in the major:

- Mathematics: STAT 130M is a core requirement and met in the major, with a required grade of C- or better.
- Impact of Technology: HLSC 485 is met in the major, with a required grade of C- or better
- Oral Communication: met in the major with HMSV 339, with a required grade of C- or better

Lower-division general education requirements preferred courses:

- Information Literacy and Research: HLTH 120G is preferred
- Philosophy and Ethics: PHIL 345E is preferred

## Upper-Division General Education

- Option A: Disciplinary Minor (a minimum of 12 hours determined by the department) or Second Major or Second Degree
- Option B: Interdisciplinary Minor (specifically 12 hours, 3 of which may be in the major)
- Option C: An approved Certification Program such as teaching licensure
- Option D: Six hours of elective upper-division courses from outside the College of Health Sciences and not required by the student's major.

## Requirements for Graduation

Requirements for graduation include the following:

- Minimum of 120 credit hours.
- Minimum of 30 credit hours overall and 12 credit hours of upper-level courses in the major program from Old Dominion University.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken toward the major.
- Minimum overall cumulative grade point average of C (2.00) in all courses taken toward a minor.
- Completion of ENGL 110C, ENGL 211C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better. The W course must be taken at Old Dominion University.
- Completion of Senior Assessment.

## Recreational Therapy Prerequisite Courses

BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I Human Anatomy and Physiology I	4
BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II Human Anatomy and Physiology II	4
PSYC 203S	Lifespan Development	3
RT 261	Foundations of Recreational Therapy Practice **	3

**Total Credit Hours** **14**

## Recreational Therapy Major

### General Education

Complete lower-division requirements	32-38
Complete upper-division requirements (minimum of 6 credit hours)	6

### Prerequisite Courses

Complete prerequisite courses	14
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### Core Courses BSHS

HLSC 320	Health Equity and Disability Culture **	3
HMSV 339	Interpersonal Relations **	3
HLSC 390	The U.S. Healthcare Delivery System **	3
HLSC 483 or HLSC 485	Artificial Intelligence Applications in Health (or AI 483) ** Health Informatics	3
RT 468	Senior Internship *	12

STAT 130M	Elementary Statistics **	3
<b>Recreational Therapy</b>		
RT 210	Leisure, Health, and Wellness **	3
RT 290	Professional Preparation in Recreational Therapy **	3
RT 366	Internship Preparation **	1
RT 420	Intervention Techniques in Recreational Therapy **	4
RT 430	Assessment, Documentation, and Evaluation in Recreational Therapy **	3
RT 450	Diagnostic Groups in Recreational Therapy **	3
RT 460	Administration of Recreational Therapy Services **	3
RT 470	Recreational Therapy Program Design and Implementation **	3
RT 480W	Evidence-Based Practice and Trends in Recreational Therapy *	3
NMED 300	Medical Terminology	3
PSYC 405	Psychopathology	3
<b>Electives</b>		<b>6</b>
CSD 465	Sign Language and Deaf Culture I	
PSYC 353	The Psychology of Adulthood and Aging	
RT 368	Junior Internship **	
<b>Total Credit Hours</b>		<b>117-123</b>

\* Grade of C or better required.

\*\* Grade of C- or better required

## Electives

Additional elective credit may be needed to meet the minimum of 120 credit hours required for the degree.

## Degree Program Guide

The Degree Program Guide is a suggested curriculum to complete this degree program in four years. It is just one of several plans that will work and is presented only as broad guidance to students. Each student is strongly encouraged to develop a customized plan in consultation with their academic advisor. Additional information can also be found in Degree Works.

Course	Title	Credit Hours
<b>Freshman</b>		
<b>Fall</b>		
ENGL 110C	English Composition *	3
	Human Creativity	3
	Interpreting the Past	3
	The Nature of Science I	4
		<b>Credit Hours</b>
		<b>13</b>
<b>Spring</b>		
ENGL 211C or ENGL 231C	Writing, Rhetoric, and Research * or Writing, Rhetoric, and Research: Special Topics	3
STAT 130M	Elementary Statistics **	3
RT 261	Foundations of Recreational Therapy Practice **	3
	The Nature of Science II	4
	General Elective	3
		<b>Credit Hours</b>
		<b>16</b>

**Summer**

Elective or Foreign Language (if required)	0-3
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**Credit Hours 0-3**

**Sophomore****Fall**

Literature	3
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BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I or Human Anatomy and Physiology I	4
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HLSC 320	Health Equity and Disability Culture **	3
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PSYC 203S	Lifespan Development	3
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RT 210	Leisure, Health, and Wellness	3
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**Credit Hours 16**

**Spring**

HLTH 120G	Information Literacy for Health Professions (Preferred)	3
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BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II or Human Anatomy and Physiology II	4
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PSYC 201S	Introduction to Psychology *	3
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PHIL 345E	Bioethics (Preferred)	3
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RT 290	Professional Preparation in Recreational Therapy	3
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**Credit Hours 16**

**Summer**

Elective or Foreign Language (if required)	0-3
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**Credit Hours 0-3**

**Junior****Fall**

HMSV 339	Interpersonal Relations **	3
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NMED 300	Medical Terminology	3
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PSYC 405	Psychopathology	3
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RT 420	Intervention Techniques in Recreational Therapy **	4
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Minor or Upper-Division General Education	3
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**Credit Hours 16**

**Spring**

HLSC 390	The U.S. Healthcare Delivery System **	3
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RT 430	Assessment, Documentation, and Evaluation in Recreational Therapy **	3
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RT 450	Diagnostic Groups in Recreational Therapy **	3
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RT 460	Administration of Recreational Therapy Services **	3
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Minor or Upper-Division General Education	3
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**Credit Hours 15**

**Summer**

RT 368	Junior Internship (Optional Elective) **	3
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**Credit Hours 3**

**Senior****Fall**

HLSC 483 or HLSC 485	Artificial Intelligence Applications in Health (or AI 483) ** or Health Informatics	3
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RT 366	Internship Preparation **	1
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RT 470	Recreational Therapy Program Design and Implementation **	3
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RT 480W	Evidence-Based Practice and Trends in Recreational Therapy *	3
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CSD 465 or PSYC 353	Sign Language and Deaf Culture I (Optional Elective) or The Psychology of Adulthood and Aging	3
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**Credit Hours 13**

**Spring**

RT 468	Senior Internship *	12
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**Credit Hours 12**

**Total Credit Hours 120-126**

\* Grade of C or better required  
\*\* Grade of C- or better required