

Therapeutic Recreation

Professional and Continuing Education

EWU's Department of Wellness and Movement Sciences offers distance and extended learning courses to help practicing and aspiring professionals who wish to pursue or maintain NCTRC certification or state licensure. Elevate your credentials with high quality online courses designed to help you reach your career goals.

Six upper-division courses are available which are theory-based and deal exclusively with Therapeutic Recreation content. For those pursuing the equivalency path to certification an additional pre-requisite course is required.

Overview of Therapeutic Recreation Services (Pre-requisite course)

Therapeutic Recreation for Individuals with Disabilities

Program Planning and Evaluation in Therapeutic Recreation

Professional Issues in Therapeutic Recreation

Processes and Techniques in Therapeutic Recreation

Assessment Techniques in Therapeutic Recreation

Supervision of Therapeutic Recreation Services

COURSE FORMAT

Online courses are offered in 10-week sessions with weekly modules allowing students to complete classwork on their own schedules. Modules must be completed weekly, and the course completed within the 10-week session. Courses are taught by experience professionals in the field.

COURSE DESCRIPTIONS – Therapeutic Recreation

RCLS 240 Overview of Therapeutic Recreation Services - 4 credits

*(pre-requisite course for equivalency path candidates)

This course provides an in-depth overview to the field of therapeutic recreation. The course covers the historical, conceptual, and philosophical foundations of the profession. Topics include service-delivery models, professional ethics, standards of practice, credentialing, practice settings, populations served and relationships with other allied health care providers. Identification of disabling conditions and illnesses and the therapeutic recreation interventions to address needs. Students participate in a 12-hour field experience and interact with professionals in the field during the course.

Course Learning Objectives:

1. Develop entry-level knowledge of the nature and scope of the therapeutic recreation profession and its associated service delivery systems.

2. Demonstrate knowledge of the philosophical/theoretic concepts, professional organizations, credentialing, and certification related to the therapeutic recreation profession.
3. Demonstrate knowledge of the historical foundations of the therapeutic recreation profession
4. Identify basic medical and disabling conditions, disorders, and impairments and how they impact bio-psycho-social functioning.
5. Understand ways that therapeutic recreation interventions address functional deficits and facilitate leisure involvement.

RCLS 345 Therapeutic Recreation for Individuals with Disabilities - 4 credits

This course introduces the delivery of therapeutic recreation services for persons with illnesses, disabilities and those who are disadvantaged. We will address symptomology, etiology, prognosis, and remediation using therapeutic intervention, with a concentrated focus on recreational therapy diagnostic protocols and evidence-based practice. Students will also learn from individuals living with diverse abilities about their lived experience.

Course Learning Objectives

1. Describe symptomology, etiology, prognosis, and remediation for individuals with illnesses or disabilities.
2. Demonstrate the ability to use the International Classification of Functioning, Disability, and Health (ICF).
3. Identify evidence-based therapeutic recreation interventions for specific diagnostic populations.
4. Identify current therapeutic recreation practices as they relate to different diagnostic populations.
5. Demonstrate the ability to develop a therapeutic recreation diagnostic protocol.

RCLS 420 Program Planning and Evaluation in Therapeutic Recreation - 4 credits

Students will learn systematic program planning for recreational therapy service provision using therapeutic recreation service delivery models. Important components in program planning include assessment, program planning, implementation, evaluation, and documentation. Introduction of activity analysis and modification.

Course Learning Objectives:

1. Describe a systematic and outcome-oriented approach to program planning including the rationale for using this approach.

2. Demonstrate the ability to use a structured and systematic approach to develop and document therapeutic recreation services.
3. Demonstrate the ability to use the process to develop comprehensive and specific programs.
4. Demonstrate the ability to write goals and objectives and/or performance measures.
5. Describe the importance of activity analysis and modification to therapeutic recreation service provision.
6. Identify appropriate research and evaluation designs and methods to conduct formative and summative evaluation and document outcomes.
7. Describe how to use evaluation results to improve programs and services.

RCLS 440 Professional Issues in Therapeutic Recreation – 4 credits

This course provides an examination of contemporary issues and trends impacting the profession of therapeutic recreation. Topics to be covered include standards of practice, ethical guidelines, credentialing, philosophy, training and competency, reimbursement, research initiatives and professional controversies.

Course Learning Objectives:

1. Identify the issues and trends impacting therapeutic recreation.
2. Demonstrate the ability to apply professional and external standards of practice.
3. Identify the agencies and organizations that regulate the practice of therapeutic recreation.
4. Describe the ways that therapeutic recreation professionals demonstrate competency.
5. Develop a personal philosophy of therapeutic recreation and identify an associated practice model.
6. Demonstrate the ability to apply the therapeutic recreation process, and use diverse, structured ways of thinking to solve problems related to professional practice.
7. Develop knowledge of differing levels of advocacy are used to promote leisure opportunities for individuals with disabilities.
8. Identify the benefits of professional involvement.

RCLS 445 Processes and Techniques in Therapeutic Recreation – 4 credits

An introduction to theories and principals of leadership, group dynamics, and facilitation of interventions in recreational therapy. Students will explore evidence-based facilitation techniques and modalities used in recreational therapy practice. Included are experiences of modalities and facilitation techniques. Includes a practical experience in recreational therapy group intervention, including selection of modality and facilitation technique based on assessed needs of a client population.

Course Learning Objectives:

1. Apply individual and group leadership and facilitation skills.
2. Develop the helping relationship skills.
3. Identify interventions, facilitation techniques, activities, and modalities used by therapeutic recreation specialists.
4. Identify and select culturally relevant and evidence-based activities, strategies, modalities, and interventions based on assessed needs to ensure achievement of goals and objectives.
5. Develop a treatment protocol and knowledge translation plan.
6. Describe how to implement the therapeutic recreation process (APIED).
7. Demonstrate the ability to document therapeutic recreation services according to requirements, including assessment results, individualized plans, progress notes, and discharge/transition summaries.

RCLS 450 Assessment Techniques in Therapeutic Recreation – 4 credits

This course provides students with the knowledge and skills to develop competence to individually screen, assess and systematically collect comprehensive and accurate data about patients/clients in an efficient and effective manner and to analyze the data collected to determine the course of action subsequent to an individualized treatment/program plan. Skills are developed in the areas of selecting and designing assessments, interviewing clients, observing behaviors and documenting assessment results.

Course Learning Objectives:

1. Apply entry-level knowledge of medical terminology.
2. Demonstrate the ability to select assessment processes and instruments that provide necessary information for effective therapeutic recreation service provision.
3. Demonstrate the ability to use assessment results to develop person-centered contextualized plans that meet agency and regulatory requirements.
4. Develop an assessment protocol.
5. Document therapeutic recreation services according to requirements including assessment results, individualized plans, progress notes and discharge/transition summaries.

RCLS 460 Supervision of Therapeutic Recreation Services – 4 credits

The course provides information on basic principles of organizing and managing quality therapeutic recreation services. It presents the foundation for understanding the contemporary health care system. It includes an overview to management, supervision, and administrative responsibilities, including continuous quality improvement, evaluation, fiscal management, written plans of operation, policy and procedures, personnel and volunteer management,

internship provision and fundraising. Students will learn about internal and external standards, regulations, and accreditation, including CMS, JCAHO, and CARF, as well as professional standards of practice and peer review processes.

Course Learning Objectives:

1. Demonstrate entry-level knowledge about the management and administration of therapeutic recreation services.
2. Demonstrate the ability to develop mission statements, goals, and objectives for a therapeutic recreation program or agency.
3. Identify issues relating to professional practice including standards of practice, credentialing, and codes of ethics.
4. Learn about the legal requirements of recruiting, hiring, supervising, and evaluating therapeutic recreation employees.
5. Develop the components of a written plan of operation for a therapeutic recreation program or agency.
6. Select evaluation tools and develop a plan to evaluate therapeutic recreation services at the participant and program level.
7. Interpret evaluation information to improve the quality of services.
8. Summarize the regulations and standards that apply to therapeutic recreation service provision.