

# School of Health Sciences

## Recreational Therapy, B.S. 120 hrs

Freshman	Fall	Term	Grade	Hrs	Milestones
	ENGL 101: Writing and Rhetoric (C1)			3	Join Recreational Therapy Association
	C3-C5			3	
	P3-P6			3	Seek service opportunities with people with disabilities
	P1 other than PSY			3	
	First-Year Seminar - RTH 190 recommended			3	
	Total			15	

**Tips:** Meet with your Academic Advisor before your registration date so you can register on time.  
If choosing a C5, select something other than BIOL.

Sophomore	Fall	Term	Grade	Hrs	Milestones
	ENGL 202: Writing and Critical Inquiry (C1)			3	Application due September 15
	RTH 200: Foundations of Recreational Therapy			3	
	BIOL 291: Human Anatomy & Physiology I/Lab (C5)			4	Complete BIOL 291
	P3-P6			3	
	Elective			3	
Total			16	Complete RTH 200	

**Tip:** If you are admitted to the Program, you will have onboarding paperwork to complete before your classes begin in the spring.

Junior	Fall	Term	Grade	Hrs	Milestones
	RTH 380: Research & Evaluation in RT			3	Continue volunteer & work experience
	HPE 223, 235, OR 365			3	
	RTH 350: RT & People with Physical Disabilities			3	Begin drafting professional resume
	RTH 353: RT & People with Physical Disabilities Lab			1	
	RTH 340: RT for Intellectual & Developmental Disabilities			3	
	RTH 341: RT for Intellectual & Developmental Disabilities Lab			1	
RTH 301-306 (Choice of 1 RT modalities course)			1		
Total			15		

**Tips:** Consider leadership positions in the Recreational Therapy Association or other related organizations.  
Consider attending a recreational therapy or related conference.

Senior	Fall	Term	Grade	Hrs	Milestones
	RTH 496: Research & Evaluation Presentation Seminar			1	Begin credentialing process
	RTH 495: RT Professional Preparation Seminar II			2	
	RTH 417: Administration & Advancement of RT Services			3	Attend NC Recreational Therapy Association conference
	RTH 301-306 (Choice of 1 RT modalities course)			1	
	Electives			7	Apply for graduation
Total			14		

**Tip:**

Note: One course from P1-P6 must be an upper level.

## Catalog Year 2021-2022 Student: \_\_\_\_\_ WCU ID: \_\_\_\_\_

Spring	Term	Grade	Hrs	Milestones	
	MATH 101 or Higher (C2)			3	Actively engage with Recreational Therapy Association
	C3-C5			3	
	C3-C5			3	
	PSY 150: General Psychology (P1)			3	Actively earn service hours with people with disabilities
	P3-P6			3	
	Total			15	

**Tips:** If choosing a C5, select something other than BIOL.  
If you plan to go to graduate school, you should choose MATH 170 for C2.

Spring	Term	Grade	Hrs	Milestones	
	BIOL 292: Human Anatomy & Physiology II/Lab			4	Ask about minors or specialty areas
	P3-P6 (ULP: 300-400 level course)			3	
	COUN 325: Survey of Human Development			3	Join your state Recreational Therapy Association
	RTH 252: Client Assessment in RT			3	
	RTH 352: RT Processes & Techniques			3	
Total			16	Continue volunteer work	

**Tips:** Consider attending a recreational therapy conference this semester.  
Consider paid support positions with people with disabilities, or related jobs like camps for people with disabilities.

Spring	Term	Grade	Hrs	Milestones	
	RTH 395: RT Professional Preparation Seminar I			2	Begin looking at internships
	PSY 470: Abnormal Psychology			3	
	RTH 360: RT Services for Older Adults			3	Connect with potential references & gain permission
	RTH 361: RT for Older Adults Lab			1	
	RTH 405: RT in Behavioral Health			3	
	RTH 406: RT in Behavioral Health Lab			1	Seek summer job/volunteer work with people with disabilities; continue building your resume
RTH 301-306 (Choice of 1 RT modalities course)			1		
Elective			3		
Total			17		

**Tips:** Consider applying for conference scholarships for NCRTA and ATRA; Speak with advisor for deadlines and details.  
Look into leadership positions within the state organization.

Spring	Term	Grade	Hrs	Milestones
	RTH 484: Recreational Therapy Clinical Internship			12
Total			12	

**Tip:**

Last revised 04.26.2021

## Recreational Therapy, B.S.

C1. Writing	Hrs
ENGL 101	3
ENGL 202	3
C2. Mathematics	Hrs
MATH 101 or Higher (If planning to attend graduate school, take MATH 170)	3
C3. Oral Communication	Hrs
COMM 201	3
C4. Wellness	Hrs
HEAL 111, HEAL 123, HSCC 101	3
C5. Physical & Biological Sciences	Hrs
AST 102, AST 103, AST 104, CHEM 101, ENVH 130, ESI 140, GEOL 140, GEOL 150, NRM 140, PHYS 105	3-4
<b>BIOL 291</b>	4
The First-Year Seminar	Hrs
RTH 190 (recommended)	3
P1. Social Sciences	Hrs
<i>Must take PSY 150 and one other. Other course CANNOT be PSY.</i>	
PSY 150	3
ANTH 110, ANTH 414, ASI 250, BA 133, BIOL 334, ECON 231, ECON 232, ENVH 200, ENVH 300, FIN 210, FIN 350, HSCC 307, LAW 105, LAW 406, MKT 409, PSC 101, PSC 323, RTH 300, SOC 103, SOC 235, SOC 414, SOCW 251, SOCW 354, SOCW 402	3
P3. History	Hrs
HIST 107, HIST 131, HIST 132, HIST 210, HIST 211, HIST 212, HIST 213, HIST 218, HIST 220, HIST 221, HIST 222, HIST 233, HIST 234, HIST 235, HIST 236, HIST 237, HIST 238, HIST 250, HIST 303, HIST 308, HIST 311, HIST 312, HIST 313, HIST 315, HIST 317, HIST 330, HIST 335, HIST 337, HIST 341, HIST 351, MATH 301	3
P4. Humanities	Hrs
CS 210, ECON 344, ENGL 206, ENGL 207, ENGL 209, ENGL 210, ENGL 290, ENGL 333, ENGL 350, ENGL 351, ENGL 352, ENGL 353, ENGL 367, ENGL 368, ENGL 390, HIST 271, HIST 281, LAW 201, LAW 306, LAW 412, PAR 101, PAR 102, PAR 146, PAR 201, PAR 250, PAR 304, PAR 306, PAR 307, PAR 309, PAR 312, PAR 313, PAR 315, PAR 320, PAR 330, PAR 332, PAR 333, PAR 365, PAR 366, PAR 404, SM 340	3
P5. Fine & Performing Arts	Hrs
ART 104, DA 259, FPA 101, FTP 340, IDES 250, MUS 101, MUS 102, MUS 103, MUS 300, MUS 302, MUS 304, MUS 410, THEA 104, THEA 310	3
P6. World Cultures	Hrs
ANTH 120, ART 402, BA 304, CHER 101, CHIN 101, CHIN 102, CHIN 231, CHIN 232, CM 365, COMM 415, EDCI 305, ENGL 131, ENGL 363, ENGL 366, ENGR 365, ENVH 210, FREN 101, FREN 102, GEOG 103, GEOG 140, GEOG 440, GER 101, GER 102, GER 110, HSCC 205, HSCC 420, HT 238, JPN 101, JPN 102, MKT 407, MUS 303, ND 310, PAR 145, PAR 251, PAR 260, PAR 323, PAR 342, PAR 353, PAR 354, PAR 356, PAR 357, PAR 367, PRM 322, PSC 169, SM 350, SPAN 101, SPAN 102, SPAN 301	3

Other Major Prerequisite Requirements	Hrs
<b>RTH 200</b>	3
Major Core Requirements	Hrs
BIOL 292	4
COUN 325	3
RTH 252	3
RTH 352	3
RTH 380	3
HPE 223, 235 OR 365	3
RTH 350	3
RTH 353	1
RTH 340	3
RTH 341	1
RTH 301-306 (3 courses from list)*	3
RTH 395	2
PSY 470	3
RTH 360	3
RTH 361	1
RTH 405	3
RTH 406	1
RTH 496	1
RTH 495	2
RTH 417	3
RTH 484	12
* <b>RTH 301-306 topics:</b> Leisure Education, Horticulture, Community Integration, Adventure, Expressive Arts, HeartMath	
Electives	Hrs
ELECTIVES	13

Additional Information
One upper-level course is required in any perspective category outside the discipline (prefix) of the student's major. Students should not enroll in courses numbered above their class rank without permission of the department.

Advisement & Resources
<b>RT.WCU.EDU</b>
<b>Program Director</b> Jennifer Hinton: jlhinton@wcu.edu or 828-227-2715
<b>Student Services Center</b> <b>SSC.WCU.EDU</b>
Kimberlee Yontz: kyontz@wcu.edu or 828-227-3516 Julie Conway: jkconway@wcu.edu or 828-227-2917

## Catalog Year 2021-2022

Program Admission Criteria
The Recreational Therapy (RTH) program is a cohort model. This means that students will apply and be admitted in the fall, and follow an established sequence of courses over the following 5 semesters, graduating as a group in May of the final year.
Each of the following areas will be used to select majors:
<b>1. Pre-Recreational Therapy Major Status</b> a. <b>Required:</b> Applicants must be accepted at Western Carolina University and pre-recreational therapy majors before the application deadline. b. <b>Recommended:</b> Prospective applicants should declare the pre-major as early as possible so that they can take advantage of advising and club activities.
<b>2. Enrollment in RTH 200 and BIOL 291 before applying to the Program.</b> <i>Students can transfer these courses in from another college or university.</i>
<b>3. Grade Point Average</b> a. <b>Required:</b> A 2.5 GPA is required to apply for the major. b. <b>Recommended:</b> Students with higher GPAs will be given more consideration.
<b>4. Experience Working with People with Disabilities</b> a. <b>Required:</b> Students must have a minimum of 10 hours of documented service (paid or unpaid) with individuals with disabilities. b. <b>Recommended:</b> There will be positive consideration made for students who have more hours of experience. Required class experiences for RTH or other majors will be accepted if appropriate to the goal of working in RT. Hours can be counted up to three years prior to the application deadline.
<b>5. Involvement in Recreational Therapy Association</b> a. <b>Recommended:</b> Students should track involvement in the student association. Participation is <i>highly</i> valued. There is not a minimum expectation for consideration. Please do not submit items in this area that have already been submitted for #4: Experience working with people with disabilities.
<b>6. In addition, students will be expected to:</b> a. Submit a character reference. b. Complete essays for the application reflecting on their preparedness for Recreational Therapy.  <i>Applications will be accepted on September 15th each fall. Application information will be sent to all pre-majors at the start of each fall semester.</i>
Application Process
After initial review of applications, RTH faculty will conduct small group interviews with finalists to make decisions about the final candidates for the major. Acceptance letters will be distributed before Advising Day in October. Students will have 3 days to accept or decline admittance to the program. If an opening becomes available, faculty will consult waitlist for the Program.
Recreational Therapy Association
To join, go to <a href="http://wcu.campuslabs.com/engage">wcu.campuslabs.com/engage</a> . Sign in or create an account. Select organizations, then search. Click 'Join'!
Undergraduate Catalog
Additional info located in the catalog at: <a href="http://catalog.wcu.edu">catalog.wcu.edu</a>