### School of Health Sciences

#### Recreational Therapy, B.S. Catalog Year 2023-2024

<table>
<thead>
<tr>
<th>Term</th>
<th>Grade</th>
<th>Hrs</th>
<th>Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGL 101: Writing and Rhetoric (C1)</td>
<td>3</td>
<td>Join Recreational Therapy Association</td>
<td></td>
</tr>
<tr>
<td>C3-C5</td>
<td></td>
<td>3</td>
<td>Seek service opportunities with people with disabilities</td>
</tr>
<tr>
<td>P3-P6</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>P1 other than PSY</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>First-Year Seminar - RTH 180 recommended</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>15</td>
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**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.

### Senior

<table>
<thead>
<tr>
<th>Term</th>
<th>Grade</th>
<th>Hrs</th>
<th>Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>RTH 496: Research &amp; Evaluation Seminar</td>
<td>1</td>
<td>Begin credentialing process</td>
<td></td>
</tr>
<tr>
<td>RTH 495: RT Professional Preparation Seminar II</td>
<td>2</td>
<td>Attend NC Recreational Therapy Association conference</td>
<td></td>
</tr>
<tr>
<td>RTH 417: Administration &amp; Advancement of RT Services</td>
<td>3</td>
<td>Apply for graduation</td>
<td></td>
</tr>
<tr>
<td>RTH 301-306 (Choice of 1 RT modalities course)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electives</td>
<td></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>14</td>
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**Tips:**
- Consider attending a recreational therapy or related conference.
- Consider leadership positions in the Recreational Therapy Association or other related organizations.
- Consider applying for conference scholarships for NCRTA and ATRA; Speak with advisor for deadlines and details.

### Junior

<table>
<thead>
<tr>
<th>Term</th>
<th>Grade</th>
<th>Hrs</th>
<th>Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>RTH 380: Research &amp; Evaluation in RT</td>
<td>3</td>
<td>Continue volunteer &amp; work experience</td>
<td></td>
</tr>
<tr>
<td>HPE 223, 235, OR 365</td>
<td></td>
<td>3</td>
<td>Begin drafting professional resume</td>
</tr>
<tr>
<td>RTH 350: RT &amp; People with Physical Disabilities</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RTH 353: RT &amp; People with Physical Disabilities Lab</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RTH 340: RT for Intellectual &amp; Developmental Disabilities</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RTH 341: RT for Intellectual &amp; Developmental Disabilities Lab</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RTH 301-306 (Choice of 1 RT modalities course)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>15</td>
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</table>

**Tips:**
- Consider attending a recreational therapy or related conference.
- Look into leadership positions within the state organization.

### Sophomore

<table>
<thead>
<tr>
<th>Term</th>
<th>Grade</th>
<th>Hrs</th>
<th>Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 202: Writing and Critical Inquiry (C1)</td>
<td>3</td>
<td>Application due September 15</td>
<td></td>
</tr>
<tr>
<td>RTH 200: Foundations of Recreational Therapy</td>
<td>3</td>
<td>Complete BIOL 291</td>
<td></td>
</tr>
<tr>
<td>BIOL 291: Human Anatomy &amp; Physiology I/Lab (CS)</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P3-P6</td>
<td></td>
<td>3</td>
<td></td>
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<tr>
<td>Elective</td>
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<td>3</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>16</td>
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**Tips:** If you are admitted to the Program, you will have onboarding paperwork to complete before the end of the semester.

### Fall

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

**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.

### Milestones

- **Fall:**
  - ENGL 291: Human Anatomy & Physiology I/Lab (C5)
  - ENGL 101: Writing and Rhetoric (C1)
  - PSY 150: General Psychology (P1)
  - BIOL 291: Human Anatomy & Physiology I/Lab (CS)
  - PSY 470: Abnormal Psychology

- **Spring:**
  - RTH 406: RT in Behavioral Health Lab
  - RTH 395: RT Professional Preparation Seminar I
  - PSY 150: General Psychology (P1)

- **Tip:** If choosing a C5, select something other than BIOL.

### Note:
- One course from P3-P6 must be an upper level.
- Last revised 04.20.2023
Recreational Therapy, B.S.

**C1. Writing**
- ENGL 101: 3
- ENGL 202: 3

**C2. Mathematics**
- MATH 101 or Higher (If planning to attend graduate school, take MATH 170)

**C3. Oral Communication**
- COMM 201: 3

**C4. Wellness**
- HEAL 111, HEAL 231, HSCC 101: 3

**C5. Physical & Biological Sciences**
- AST 102, AST 103, AST 104, CHEM 101, ENVH 130, ESI 140, GEOL 140, GEOL 150, NRM 140, PHYS 105: 3-4

**BIOL 291** (Prerequisite requirement): 4

**The First-Year Seminar**
- RTH 190 (recommended): 3

**P1. Social Sciences**
- Must take PSY 150 and one other. Other course CANNOT be PSY.

**P2. Humanities**
- ANTH 110, ANTH 414, ASI 250, BIOL 334, ECON 231, ECON 232, ENVH 290, ENVI 300, FIN 210, FIN 350, HSCC 307, LAW 105, LAW 406, MGT 409, PSC 101, PSC 323, RTH 300, SOC 103, SOC 235, SOC 414, SOCW 251, SOCW 354, SOCW 402: 3

**P3. History**
- HIST 107, HIST 131, HIST 132, HIST 210, HIST 211, HIST 212, HIST 218, HIST 220, HIST 221, HIST 222, HIST 253, 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 330, HIST 335, HIST 337, HIST 341, HIST 351, MATH 301: 3

**P4. Fine & Performing Arts**
- 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

**P5. World Cultures**
- ANTH 120, ART 402, BA 304, CHER 101, CHIN 101, CHIN 102, CHIN 231, CHIN 232, CM 365, COMM 415, EDCT 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, MGT 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

**Major Core Requirements**
- 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: 3
- RTH 340: 3
- RTH 341: 1
- RTH 301-306 (3 courses from list)*: 3
- RTH 395: 2
- RTH 360: 3
- RTH 317: 1
- RTH 406: 1
- RTH 495: 2
- RTH 417: 3
- RTH 484: 12

* RTH 301-306 topics: Leisure Education, Horticulture, Community Integration, Adventure, Expressive Arts, HeartMath

**Electives**
- ELECTIVES: 13

**Other Major Prerequisite Requirements**
- RTH 200: 3

**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:

1. **Pre-Recreational Therapy Major Status**
   - **Required**: Applicants must be accepted at Western Carolina University and pre-recreational therapy majors before the application deadline.
   - **Recommended**: Prospective applicants should declare the pre-major as early as possible so that they can take advantage of advising and club activities.

2. **Enrollment in RTH 200 and BIOL 291 before applying to the Program**
   - Students can transfer these courses in from another college or university.

3. **Grade Point Average**
   - **Required**: A 2.5 GPA is required to apply for the major.
   - **Recommended**: Students with higher GPAs will be given more consideration.

4. **Experience Working with People with Disabilities**
   - **Required**: Students must have a minimum of 10 hours of documented service (paid or unpaid) with individuals with disabilities.
   - **Recommended**: 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.

5. **Involvement in Recreational Therapy Association**
   - **Recommended**: Students should track involvement in the student association.
   - **Recommended**: 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.

6. **In addition, students will be expected to:**
   - **Submit a character reference**.
   - **Complete essays for the application reflecting on their preparedness for Recreational Therapy.**
   - **Participation is highly 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.

- **Required**: Students must have a minimum of 10 hours of documented service (paid or unpaid) with individuals with disabilities.
- **Recommended**: 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.

- **Recommended**: Students should track involvement in the student association.
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- **Recommended**: Students with higher GPAs will be given more consideration.
- **Required**: Students must have a minimum of 10 hours of documented service (paid or unpaid) with individuals with disabilities.

**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.

- Additional info located in the catalog at: catalog.wcu.edu

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**Advisement & Resources**

**RT.WCU.EDU**

**Program Director**
Paige Dagenhard-Trainer: pcdagenhard@wcu.edu or 828-227-2788

**Student Services Center**
SSC.WCU.EDU

Kimberlee Yontz: kyontz@wcu.edu or 828-227-3516

Julie Conway: jkconway@wcu.edu or 828-227-2917

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**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/November. 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.

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**Recreational Therapy Association**

To join, go to ENGAGE.WCU.EDU. Sign in or create an account. Select organizations, then search. Click Join!

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**Undergraduate Catalog**

Additional info located in the catalog at: catalog.wcu.edu