

HONOURS BACHELOR OF THERAPEUTIC RECREATION (DTR)

About the Program

In this four-year degree program, you will learn to assess, plan, implement and evaluate therapeutic recreation (<http://www.trontario.org/about/about-therapeutic-recreation/>) interventions to work with future clients in a strength-based approach. The purpose of therapeutic recreation is to help clients achieve their highest quality of life and to live life as fully and independently as possible. Therapeutic recreation interventions are leisure activities that have been designed to achieve goals and outcomes within the physical, psychological, social, cognitive, spiritual and/or environmental domains. As a student of this program, you will gain essential knowledge and expertise in the core foundational theories and concepts within therapeutic recreation, as well as various related areas such as health sciences, recreation and leisure, psychology and research methods. Within the final years of the program, you will explore application-based learning to increase your understanding in program delivery and adaptations, which will be an added advantage in working with diverse populations and settings.

In Canada, the health care system has moved towards an interdisciplinary team approach. As a graduate of this program, you will be working collaboratively with other health care professionals in the workforce.

This program is the only GTA-located Therapeutic Recreation degree available in Ontario. It is both an academic and professional degree. An academic or research degree focuses on a specific field of study and is often more research-oriented. Courses build on the technical knowledge that is learned throughout the program. A professional degree helps students prepare for careers in specific fields, such as therapeutic recreation. Professional degrees focus on real-world applications.

Students will have the opportunity to apply their knowledge in four placements and one full work term throughout the degree program. This provides students with hands-on experience and network connections to leverage upon graduation.

Credential Awarded

Honours Bachelor Degree

Duration

8 Semesters (4 Years)

Starts

January, September

Program and Course Delivery

This program is offered in Seneca's hybrid delivery format with some courses available in Seneca's flexible delivery format. Some coursework is online and some must be completed in person. Students will need to come on campus to complete in-person learning requirements. For courses offered in the flexible delivery format, professors use innovative learning spaces and technology to teach students in a classroom or lab and broadcast in real time to students attending remotely. In flexible courses, students have the choice of coming on campus or learning online.

Skills

Throughout this program you will develop the following skills:

- Create and conduct client assessments
- Develop therapeutic recreation program plans and goals
- Implement various therapeutic recreation interventions
- Evaluate and document therapeutic recreation programs and client progress
- Research

Work Experience

Mandatory Degree Work Term

A work experience that includes at least one term in a formal work environment. The work term(s) may be a paid or unpaid position that is completed between two academic semesters and requires a minimum of 420 hours of work. Students must be in good standing and meet all identified requirements prior to participating in the work experience. The successful completion of the work term(s) is required for graduation. Eligibility for participation does not guarantee that a work position will be secured. Additional fees are required for the mandatory degree work term regardless of success in securing a work position.

Your Career

When you graduate from this program, these are the types of career options you can explore:

- Hospitals
- Rehabilitation programs
- Long-term care and retirement homes
- Day programs
- Mental health centres
- Children's treatment centres
- Disability programs
- Private practice
- Schools and camps
- Correctional facilities

Professional Accreditation

Upon completing your degree and required Professional Contribution Credits (PCCs), you may qualify to apply for the R/TRO professional accreditation offered by Therapeutic Recreation Ontario (TRO) (<http://www.trontario.org/>). Students can also apply to the International TR credential CTRS offered by the National Council for Therapeutic Recreation certification (NCTRC) (<http://www.nctrc.org/>).

Program of Study

| Course Code | Course Name | Weekly Hours |
|-------------------|---|--------------|
| Semester 1 | | |
| ENG106 | Writing Strategies | 3 |
| HSC103 | Anatomy and Physiology | 4 |
| LSO260 | Principles of Psychology ¹ | 3 |
| REC105 | Recreation and Leisure Studies | 3 |
| TRC101 | The Role of TR in Wellness and Health Promotion | 3 |
| Semester 2 | | |

| | | |
|----------------------------------|--|---|
| HSC205 | Clinical Biomechanics and Kinesiology | 3 |
| LSP320 | Interpersonal Communications | 3 |
| TRC201 | Assessment and Program Planning for TR | 3 |
| TRC302 | Adaptive Recreation and Leisure Activities | 3 |
| plus: Liberal Studies Course (1) | | 3 |
| Semester 3 | | |
| HCM305 | Principles of Health Conditions and Management I | 3 |
| LLS304 | Leadership and Life Skills | 3 |
| PHY301 | Exercise Physiology | 3 |
| SWO202 | Lifespan Development | 3 |
| TRC203 | Leisure Education in Therapeutic Recreation | 3 |
| Semester 4 | | |
| FTR407 | Therapeutic Recreation, Field Placement Preparation | 3 |
| HCM405 | Principles of Health Conditions and Management II | 3 |
| LSL404 | Abnormal Psychology | 3 |
| LSO403 | Group Dynamics | 3 |
| TRC103 | Professional Ethics for TR Practitioners | 3 |
| TRC402 | Assessment and Therapeutic Recreation Interventions I | 3 |
| Semester 5 | | |
| FTR507 | Therapeutic Recreation, Field Placement | 7 |
| LSO120 | Introduction to Sociology ¹ | 3 |
| SCO501 | Cognitive and Developmental Disorders | 3 |
| SWO504 | Understanding Addiction | 3 |
| TRC502 | Assessment and Therapeutic Recreation Interventions II | 3 |
| Semester 6 | | |
| FTR607 | Therapeutic Recreation, Field Placement | 7 |
| HUM709 | Analysis of Canadian Health and Social Programs | 3 |
| STA863 | Statistics for Applied Research | 3 |
| TRC650 | Leisure and Aging in Therapeutic Recreation | 3 |
| TRC655 | Leisure and Mental Health in Therapeutic Recreation | 3 |
| plus: Liberal Studies Course (1) | | 3 |
| Semester 7 | | |
| FTR707 | Therapeutic Recreation, Field Placement | 7 |
| RSC875 | Research Methods | 3 |
| SWO400 | Theories of Counselling | 3 |
| TRC700 | Leisure Counselling in Therapeutic Recreation | 2 |

| | | |
|--------------------------------------|--|----|
| TRC702 | Application of Therapeutic Recreation Interventions I | 3 |
| WTP200 | Work Term Preparation | 1 |
| Work-Integrated Learning Term | | |
| DTR881 | Therapeutic Recreation, Work Term | 35 |
| Semester 8 | | |
| FTR807 | Therapeutic Recreation, Field Placement | 7 |
| RSC885 | Research Project | 3 |
| TRC802 | Application of Therapeutic Recreation Interventions II | 3 |
| TRC803 | Business Management | 3 |
| plus: Liberal Studies Course (1) | | 3 |

¹ These courses will not fulfil a Liberal Studies requirement.

Seneca has been granted a consent by the Minister of Colleges and Universities to offer this degree for a five-year term starting Dec. 9, 2022. In conformity with the Minister's criteria and requirements, Seneca will submit an application for the renewal of the consent for this program 12 months prior to the expiration of the consent. Seneca shall ensure that all students admitted to the above-named program during the period of consent will have the opportunity to complete the program within a reasonable time frame.

Program Learning Outcomes

This Seneca program has been validated by the Credential Validation Service as an Ontario College Credential as required by the Ministry of Colleges and Universities.

As a graduate, you will be prepared to reliably demonstrate the ability to:

- Synthesize knowledge from therapeutic recreation and related health disciplines to enhance the health and well-being of clients.
- Use a variety of therapeutic recreation assessments and tools to assess clients' needs from within culturally sensitive and ecological frameworks.
- Develop a set of therapeutic recreation goals in alignment with evidence-based best practices, client strengths, and needs.
- Design an outcome-oriented, client-centred, and evidence-based therapeutic recreation intervention plan that utilizes community resources, supports client goals, and mitigates risk.
- Create a therapeutic recreation program protocol that could be used to implement intervention strategies to promote quality of life and wellness.
- Evaluate therapeutic recreation interventions and client outcomes to support modification of program plans.
- Analyze client data using therapeutic recreation standards of practice to document client information and inform interdisciplinary team decision-making.
- Practice therapeutic recreation in a safe and ethical manner by adhering to legislative, professional, and institutional codes of conduct and standards of practice.
- Disseminate therapeutic recreation information for advocacy, promotion and inclusive- community building to a variety of audiences, using verbal, written and digital communication strategies.
- Create a therapeutic recreation portfolio to advance professional development.

- Engage in regular self-reflective practice to promote ongoing relationship-building with self, clients, teams, and the community.

Admission Requirements

- Ontario Secondary School Diploma (OSSD) or equivalent, including six Grade 12 U or M courses with a minimum overall average of 65%, or a mature applicant (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/mature-applicants.html>).
- Required courses with minimum final grade of 65% in each:
 - English: Grade 12 ENG4U

Learn about Seneca's free English upgrading course (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/upgrading-options/english-12u-equivalency.html>) and math upgrading course (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/upgrading-options/math-12u-equivalency.html>) for applicants who don't meet the high school requirements, as well as recommended upgrading for applicants who don't meet their academic subject requirements. (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/upgrading-options.html>)

Additional Information

After admission but prior to field placement, you must obtain a Police Vulnerable Sector Check.

International Student Information

International admissions requirements vary by program and in addition to English requirements (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/english-requirements.html>), programs may require credits in mathematics, biology, and chemistry at a level equivalent to Ontario's curriculum, or a postsecondary degree or diploma, equivalent to an Ontario university or college. Program-specific pre-requisite courses and credentials are listed with the admission requirements on each program page. To review the academic requirements please visit: Academic Requirements - Seneca, Toronto, Canada ([senecapolytechnic.ca](https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/academic-requirements.html)) (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/academic-requirements.html>).

Pathways

As a leader in academic pathways, we offer a range of options that will allow you to take your credential further in another Seneca program or a program at a partner institution.

To learn more about your eligibility, visit the Academic Pathways (<https://www.senecapolytechnic.ca/pathways.html>) web page.