

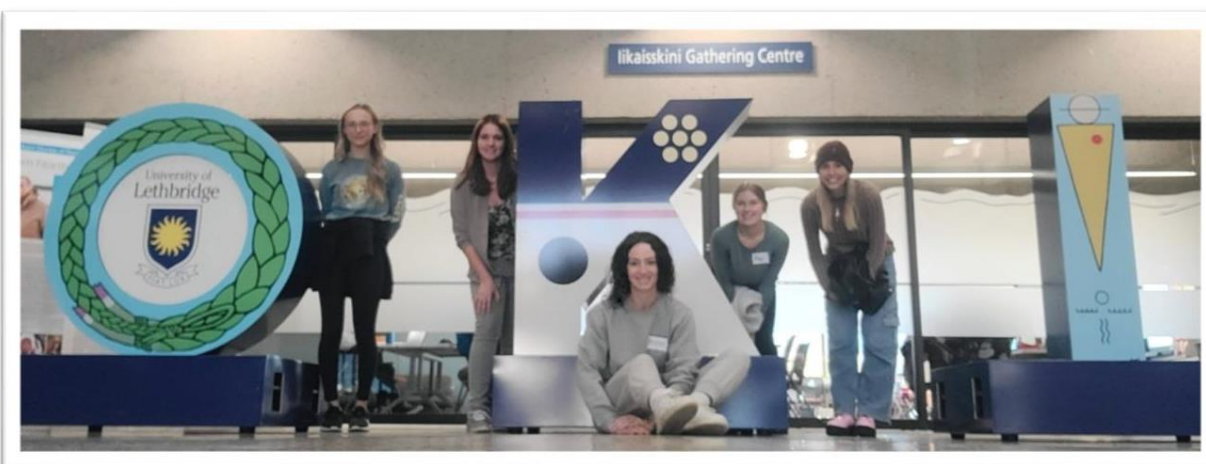
# Handbook

## Bachelor of Therapeutic Recreation

University of  
Lethbridge



Faculty of Health Sciences



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## Welcome Letter

### Welcome from Dr. Sienna Caspar, Program Coordinator of the Therapeutic Recreation Degree – Faculty of Health Sciences

University of Lethbridge

*It is my pleasure to welcome you to the Therapeutic Recreation Program. My colleagues and I are delighted that you have selected this opportunity!*

*We have developed a program that aims to ensure that you enjoy your studies while simultaneously experience professional growth and personal development. We are committed to offering a dynamic and innovative curriculum by encouraging you to think critically about the world around you, expose you to the complexities of clients' and their families' lives, and immerse you in settings that will prepare you to practice in a complex and challenging health care environment.*

*We worked closely with the Alberta Therapeutic Recreation Association, employers, and practitioners to develop our curriculum. You will benefit from working with experienced instructors and researchers who will provide you with a first-rate education. We emphasize a learning culture that supports continuing professional development and lifelong learning.*

*On behalf of all faculty and staff in the Faculty of Health Sciences, I extend best wishes to each of you as you embark upon your educational journey. You are already on the right path to a rewarding career!*

Best,



Sienna Caspar, PhD, CTRS  
Program Coordinator, Faculty of Health Sciences  
University of Lethbridge



## Bachelor of Therapeutic Recreation

Through educational and practical experiences, the Therapeutic Recreation (TR) program prepares graduates to be competent entry-level Therapeutic Recreation Specialists in the cognitive (knowledge), psychomotor (skills), and affective (behaviour) learning domains.

All students enrolled in our TR Program generously receive complementary membership to the Alberta Therapeutic Recreation Association; therefore, they also have access to the [Centre of Excellence for Therapeutic Recreation in Continuing Care](#). We encourage our students to network via this platform and to use it to share their outstanding work!

Graduates of the program will be prepared to successfully meet the requirements to complete the National Council for Therapeutic Recreation Certification (NCTRC) exam and become a Certified Therapeutic Recreation Specialist (CTRS).



### Therapeutic Recreation Definition

Therapeutic Recreation uses a systematic process (assess, plan, implement, evaluate, and documentation) towards making changes in a person's emotional, spiritual, mental, social, and physical well-being in the environment that they reside. Therapeutic Recreation engages people based upon their abilities in planned recreation and related experiences, promotes and educates persons in health and wellness, and reduces or eliminates activity limitations to achieve optimal health and well-being.

### Goals of Graduates of the Therapeutic Recreation Program

- Demonstrate ethical and professional conduct as defined by Therapeutic Recreation professional, certification, and human rights legislative acts.
- Assess and systematically collect comprehensive and accurate information to plan one-on-one and group programs/interventions.
- Collaboratively plan and develop care plans that identify measurable and meaningful goals, modalities, techniques, and interventions specific to the needs of the person.
- Implement program plans using current, evidence-based interventions to encourage meaningful participation, make changes in the person's well-being, and engage in life activities.
- Conduct evaluation to determine changes that occur based on programs implemented.
- Deliver therapeutic recreation programs that respect diversity of the people that they serve.



## Career Opportunities

Graduates pursue careers as Certified Therapeutic Recreation Specialists in a variety of settings including long-term care, acute care, day programs, rehabilitation, youth-at-risk, community centres, and mental health and addictions. The field is growing and there might be opportunities to work in new areas and populations such as private business, school systems, and correctional services.

Job postings related to Therapeutic Recreation and/or Recreation and Leisure (some require membership to view job postings).

- Faculty of Health Sciences – Student Employment, <http://www.uleth.ca/healthsciences/studentjobs>
- Alberta Therapeutic Recreation Association, <https://www.alberta-tr.ca/employment/>
- Canadian Therapeutic Recreation Association, <https://canadian-tr.org/members-only/job-postings-2/>

## Graduate Education

Graduates of the Bachelor of Therapeutic Recreation program may choose to pursue graduate studies in the Health Sciences major in the Master of Science program and the Population Studies in Health major in the Ph.D. program at the University of Lethbridge. For more information, please contact [graduate.health@uleth.ca](mailto:graduate.health@uleth.ca)

Qualified faculty member for graduate supervision:

### Dr. Sienna Caspar

Dr. Caspar's research interests include organizational behaviour, leadership, teamwork, non-pharmacological treatment of disturbing and responsive behaviours in dementia care, recreation therapy, and culture change. Dr. Caspar is an associate professor at the University of Lethbridge in the Faculty of Health Science's -Therapeutic Recreation program.

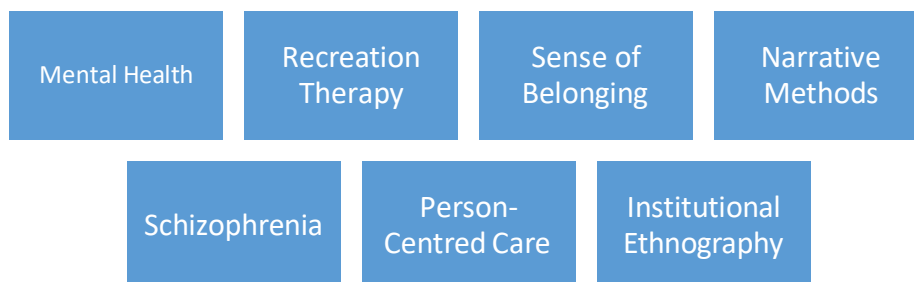
### Research Interests



## Mr. Devan McNeill

Mr. McNeill's research interests include person-centred care, acute and community mental health services, leisure use for people with mental health disorders, and therapeutic recreation. Mr. McNeill is an assistant professor at the University of Lethbridge in the Faculty of Health Science's -Therapeutic Recreation program.

### Research Interests



## Courses Offered

There are ten core Therapeutic Recreation courses offered as well as the internship experience in the final term. Following NCTRC (2020) standards we are offering three supportive courses that are specific to their guidelines. Students also have two electives they may choose from a number of different faculties and interests.

### **TREC 3000 - Foundations of Therapeutic Recreation**

Foundations of therapeutic recreation, including models of service, definitions and benefits of therapeutic recreation, the history and development of the profession and the nature of therapeutic recreation service.

### **TREC 3100 - Program Planning in Therapeutic Recreation**

Overview of development, application and evaluation of therapeutic recreation programming. Development and on-going assessment of programs will be explored through theoretical and practical situations.

### **TREC 3200 - Introduction to Recreation and Leisure: Across the Life Course**

Examination of the characteristics, evolution, and functions of leisure in Canada. Review of relationships between leisure and time, play, work, health, family, education, ethnicity, gender, and the environment. Discussion of recreation and leisure resources explored across the life course.

### **TREC 3300 - Processes and Techniques in Therapeutic Recreation**

Focus on advanced study in the theoretical and practical aspects of procedures necessary for assessment, planning, implementation, management and evaluation specific to therapeutic recreation services. Contemporary research outcomes that influence the application of professional practice will be utilized.

### **TREC 3500 - Therapeutic Recreation for Diverse Populations**

This course introduces the characteristics and needs of individuals with various abilities as they relate to Therapeutic Recreation domains of service delivery.

### **TREC 3700 - Communication and Counselling Techniques in Therapeutic Recreation**

This course provides students with the knowledge and skills required to utilize effective communication and helping behaviours designed to facilitate change in the leisure behaviour of individuals with diverse needs. We will explore communication and counselling techniques that enable TR professionals to build rapport and develop trust with individuals and groups.

*\*Note students enrolled in the online cohort will be required to participate in weekly synchronous classes via ZOOM when taking this course.*

### **TREC 4000 - Issues and Trends in Therapeutic Recreation**

Contemporary issues in the field of therapeutic recreation including such areas as psycho-social, legal and structural, and increasing diversity trends in the field and its regulation will be examined through contemporary research and student-based research projects.

### **TREC 4100 - Research Design in Therapeutic Recreation**

A practical understanding of research methodologies relevant to therapeutic recreation. Advanced application of current assessment and evaluation instruments.

### **TREC 4200 - Administration in Therapeutic Recreation**

Essential management and effective practices of therapeutic recreation in clinical, health care facility, and community-based leisure and/or health care service settings are examined. Students focus on specific administrative functions including Operational Management, Human Services Management, and Client/Consumer Management.

### **TREC 4300 - Modalities, Interventions and Facilitation Techniques in Therapeutic Recreation**

In this course, students will explore a wide variety of modalities and facilitation techniques used by therapeutic recreation professionals in their implementation of evidenced-based therapeutic recreation interventions for individuals and groups.

*\*Note students enrolled in the online cohort will be required to participate in multiple synchronous classes via ZOOM when taking this course.*

### **TREC 4550 - Internship in Therapeutic Recreation**

Students will develop and practice skills under the direct supervision of a Certified Therapeutic Recreation Specialist.



### Online Course Sequencing

The program offers an Online option for those who wish to continue to work, continue to live in their community, and those who wish to take Open Studies courses for upgrading. **While we offer much of the program online, some learning outcomes require in-person evaluations—this is our internship course (TREC 4550).** For more information about the internship, please visit our website <https://www.uleth.ca/healthsciences/tr>. The internship course is on-site and full-time for successfully completing the degree. You can complete the internship anywhere that meets the specific requirements of the NCTRC standards related to the internship. More often than not, students need to relocate to complete their internship due to the availability of CTRs or recreation therapist in your city or town. Most students need to relocate for the duration of the internship, outside of their home city but only for this course (TREC 4550). This course is 15 weeks, placed in the Fall and Spring terms only. More information can be found in the FAQ on Internships.

The courses have been sequenced so that you can complete the program in 2.5, 3.5, or 4.5 years enrolled in the online program. **All students have 6 years to complete all the required courses necessary for graduation.** The courses in the Fall term run from September to December, with all access online via Moodle. The courses in the Spring term run from January to April, with all access online via Moodle.

**TREC 3700 and TREC 4300 are both courses that require online synchronous learning.** This means that you will be required to participate in 'live' classes with your fellow classmates via ZOOM to successfully meet the learning objective for each of these courses. The day and time will be posted in the Bridge when registration opens for TREC 3700. For TREC 4300, the times and days of the week for the synchronous portions of the course will be determined based on the availability of students and the instructor. Other online courses will be asynchronous, which means that the learning is done on your own time.



Online students will follow the course sequencing below:

### 2.5-year Course Sequence Plan

Year	Fall	Spring	Summer
2025/2026	TREC 3000 TREC 3200 HLSC 3150	TREC 3100 TREC 3300 TREC 3500 HLSC 1060	<b>TREC 3700</b>
2026/2027	TREC 4000 TREC 4200 Elective	TREC 4100 <b>TREC 4300</b> HLSC 1170	Elective
2027	TREC 4550		

\*TREC 3700 and TREC 4300 have synchronous sessions

### 3.5-year Course Sequence Plan

Year	Fall	Spring	Summer
2025/2026	TREC 3000 TREC 3200	TREC 3100 TREC 3300 TREC 3500	<b>TREC 3700</b>
2026/2027	TREC 4000 HLSC 3150	TREC 4100 HLSC 1060	Elective
2027/2028	TREC 4200 Elective	HLSC 1170 <b>TREC 4300</b>	
2028	TREC 4550		

\*TREC 3700 and TREC 4300 have synchronous sessions

### 4.5-year Course Sequence Plan

Year	Fall	Spring	Summer
2025/2026	TREC 3000 TREC 3200	TREC 3100 TREC 3300	<b>TREC 3700</b>
2026/2027	HLSC 3150	TREC 3500 HLSC 1060	Elective
2027/2028	TREC 4000 TREC 4200	TREC 4100 HLSC 1170	
2028/2029	Elective	<b>TREC 4300</b>	
2029	TREC 4550		

\*TREC 3700 and TREC 4300 have synchronous sessions

## Frequently Asked Questions – Therapeutic Recreation

**Q: Can I complete the program completely online?**

A: No, although we do offer admission into an online cohort (within which all courses are offered online), the program requires students to complete a full-time internship that must take place at an agency in person. The internship is a full-time (30-40 hours a week), 15-week placement with a CTRS supervisor and must be completed during the degree. Often, students will need to relocate for the internship experience (students are expected to plan accordingly and be prepared to relocate, if needed). Students can complete the online program part-time or full-time (depending on the number of courses taken per semester). Part-time students must complete the program in 6 years.

**Q: Are all online courses asynchronous (that is, can they be done without having to attend classes at a set time via ZOOM)?**

A: No, although most online courses are offered in an asynchronous format, two courses (TREC 3700 and TREC 4300) require students to be present at set times to take part in live, online synchronous classes.

**Q: Can I take the program at the main campus?**

A: Yes, if you attend the main campus, the majority of your classes will be taught in a classroom setting, although students should be prepared to complete a few online courses throughout the program. Students who attend main campus full-time can complete the program in two years.

**Q: I started in the program at the main campus and now I'd like to switch to the online program delivery, can I do that?**

A: No, students who are admitted to the program in-person at the main campus are not able to switch to the online program. The online program has a competitive entry and is consistently fully enrolled. There are no spaces available in that program for on-campus students to move in to.

**Q: I've enrolled in my courses, and I'd like to start planning ahead, when can I see the course syllabuses for my classes?**

A: All course syllabuses will be made available to you on the first day of classes.

**Q: I've enrolled in my courses, where can I find a list of the required textbooks for each of my classes?**

A: The University of Lethbridge Bookstore has the most up to date list of all textbooks required for each class you will be taking. Here is a link where you can find this information: <https://www.ulethbridge.ca/bookstore/get-textbook-list>

**Q: I possess an undergraduate degree in a related field and wish to be a Certified Recreation Therapist Specialist, can I enter the program?**

A: Yes, we have an after-degree option for both our on campus and online formats for those who have an approved undergraduate degree (a minimum of 90.0 credit hours from a recognized degree-granting institution).

**Q: I am currently working in the field and already possess an undergraduate degree; can I take some courses from the program without applying to the program?**

A: Yes, if you are seeking certification through NCTRC and do not need the internship component to meet your certification then you can sign up to take courses through [Open Studies](#). Online and on campus registration through Open Studies is always dependent upon seats available in the course, after admitted students have registered. If you are interested in Open Studies, please email our academic advising office at [health.sciences@uleth.ca](mailto:health.sciences@uleth.ca).

**Q: How long do I have to complete the program?**

A: All degree requirements must be completed within six (6) years of completion of the first Therapeutic Recreation/Health Sciences course used for credit towards the degree.

**Q: I already completed some of the support courses in my diploma or degree program, do I have to retake them?**

A: Yes. Because we are granting students a block transfer of two years towards a four-year degree no additional transfer credit will be granted. Students also need to take these classes at the U of L to ensure that they are meeting NCTRC and CARTE requirements, which are included in our courses. No student will be permitted to substitute a non-required U of L course for a required course completed at another institution.

**Q: What GPA requirements do I need to graduate from the program?**

A: Students must attain a cumulative GPA of 2.5 on all Therapeutic Recreation (TREC) courses taken for credit toward the degree. Students must receive a grade of C or higher in each TREC course. Students who receive a C grade or lower must repeat the course. More information can be found in the [Academic Calendar](#) (Faculty of Health Sciences-Degree Programs).



## Faculty Biographies



**Sienna Caspar**, Associate Professor

Sienna received a B.Sc. in Therapeutic Recreation from the University of South Alabama in 1990. She has worked in long-term care homes in both Canada and the United States for over 20 years as both a certified therapeutic recreation specialist (CTRS) and a consultant. She is the author of the MARRCC (Measurable Assessment in Recreation for Resident-Centred Care). In 2008, she received a MA in Gerontology from Simon Fraser University and in 2014 she completed her PhD in the Interdisciplinary Studies Graduate Program at the University of British Columbia. Sienna is the Founder and Director of the Centre of Excellence for Therapeutic Recreation in Continuing Care:

<https://www.therapeuticrecreation.org/>



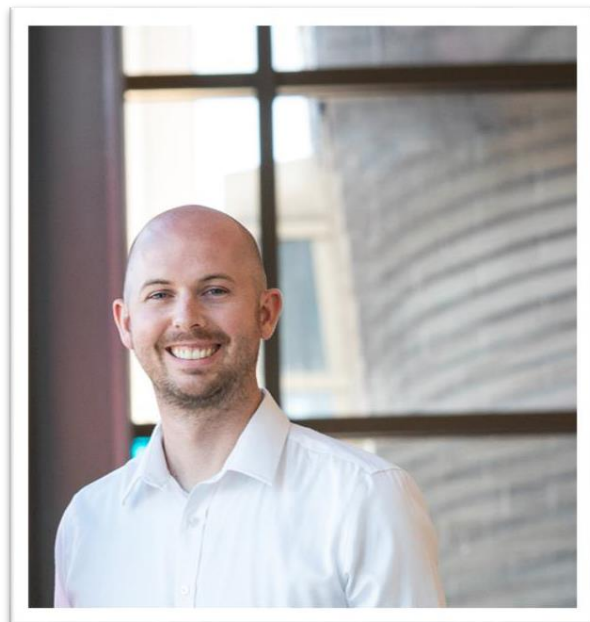
**Aimee Douziech**, Instructor (online)

Aimee completed her undergraduate degree in Therapeutic Recreation from the University of Lethbridge, and shortly thereafter became a Certified Therapeutic Recreation Specialist (CTRS). For several years Aimee worked hands on in the profession, where her focus was primarily in geriatric and mental health settings, largely under the umbrella of long-term care (LTC). Aimee completed her master's degree at the University of Lethbridge where she explored the concept of home in rural Alberta LTC settings. Aimee is passionate about meaningful recreation and how it can build connection within oneself and in communities.



**Zac Crouse**, Instructor (online)

Zac Crouse (M.Ed., CTRS) has worked for over 17 years as a practitioner. He has a M.Ed. from St. Francis Xavier University and a Bachelor of Recreation from Dalhousie University. He has worked extensively with youth who have mental health and substance use issues; and most recently worked as part of an interdisciplinary team on a family therapy program. Zac has an extensive background in adventure therapy and eco-therapy. In 2013, Zac released the film *Paddle To The Ocean* – a documentary film about Zac's use of recreation therapy as part of his treatment for PTSD.



**Devan McNeill**, Assistant Professor

Devan completed his undergraduate degree at Brock University in Inclusive and Therapeutic Recreation. From there he completed his internship in Halifax, Nova Scotia and later became a Certified Therapeutic Recreation Specialist (CTRS). He worked as a Recreation Therapist for a number of years in mental health and addictions, acute care, day programs, and on a stroke unit. He completed his master's degree at the University of Waterloo in Recreation and Leisure studies focusing on concepts of community and identity of persons with schizophrenia through narrative methodology. Devan previously taught at the Nova Scotia Community College, Marconi Campus in the Therapeutic Recreation diploma program before moving to Lethbridge. Devan is a Ph.D. Candidate in the Population Studies in Health program at the University of Lethbridge.





### **Tiffany Morin, Instructor**

Tiffany Morin (MSc, CTRS) has been working in therapeutic recreation for over 25 years, and it has taken her across the globe. She has practiced in New Zealand, Australia, the USA, and Canada. Tiffany has a diploma in therapeutic recreation (gerontology) from Lethbridge College, a therapeutic recreation technician (TRT) certificate from Salt Lake Community College, a bachelor's degree in Community Rehabilitation and Disability Studies (CRDS) from the University of Calgary, and a master's degree in Community Health Sciences from the University of Calgary.

Tiffany has experience with a variety of populations, but most recently she has been working in neuro rehabilitation with Alberta Health Services in Calgary, Alberta. This motivated her to partner with the Stroke Recovery Association of Calgary for her master's degree research project with young stroke survivors and their experiences with the local peer support program. In her free time, you will find Tiffany fully engaged in all sorts of leisure activities: hiking, camping, volunteering for Rocky Mountain Adaptive and folk music festivals, cooking, painting, beading, or travelling.



### **Katelyn Scott, Instructor and Internship Coordinator**

Katelyn is a Certified Therapeutic Recreation Specialist (MSc, CTRS) and dementia care specialist who is a proud alumnus of the University of Lethbridge—Bachelor of Therapeutic Recreation program. She began working in seniors' health and therapeutic recreation in 2011.

Katelyn worked closely with Dr. Sienna Caspar to launch the Relational Care Knowledge Hub and the Therapeutic Recreation Centre of Excellence. She regularly volunteers with Alberta Therapeutic Recreation Association, Canadian Therapeutic Recreation Association, adaptive outdoor sport programs, and other community partners.

As part of her master's thesis, Katelyn completed a mixed-methods case study to explore the organizational contexts which enable or impede the translation of evidence-based practice into direct client care. Katelyn teaches predominantly on-campus courses and is the internship coordinator for the program.

## How to access student email and Moodle

### The University of Lethbridge

#### Getting Started:

This link provided by IT services will get you started on setting up your student email address, accessing the Bridge and Moodle.

<https://www.uleth.ca/information-technology/>

Also, how to configure your email.

<http://www.uleth.ca/information-technology/services/email-students-and-alumni>

Your email is conveniently provided using Gmail interface, which makes use and access easy from both your computer and mobile device.

#### Moodle specific Instructions:

<https://moodle.uleth.ca>

This one stop-shop allows you access to all of your ULeth web tools (email, Moodle, The Bridge)

<http://www.uleth.ca/webtools> or log in to ULink, a centralized portal where you can check your finances, course announcements and even calculate your GPA!

## Frequently Asked Questions

### TREC 4550 – Internship in Therapeutic Recreation

#### Q: Who supports students in preparing for the internship process?

A: *Internship Coordinator* ([katelyn.scott@uleth.ca](mailto:katelyn.scott@uleth.ca)) – Networks and connects with potential supervisors and agencies to build capacity for internships, provides guidance on ensuring alignment with NCTRC, provides guidance to students seeking placement. Primary role is to coordinate and advise student internships. Please reach out to Katelyn if you are looking for general guidance pertaining to the internship process.

*Internship Specialist* ([marina.christman@uleth.ca](mailto:marina.christman@uleth.ca)) – Supports students with pre-internship documentation requirements and internship applications. Works closely with Internship coordinator and agencies. Please reach out to Marina if you have specific questions about the application process, documentation requirements, etc.

If a student is unsure if they should email Katelyn or Marina, please include them both in your email and one of them will get back to you.

There are approximately 4 pre-internship meetings / information sessions that the internship coordinator and internship specialist facilitate where pertinent internship information will be provided to students to assist in this process. It is important that students attend these meetings so the various internship components are understood

by the student. These will start approximately 9 months - 1 year prior to the internship commencing. Specifically, these meetings take place between January – April for students planning to complete their internship in the following Fall or Spring semester.

**Q: Where can I find up to date and detailed information about the internship?**

A: For detailed and up to date information about the internship process please use this link: <https://www.ulethbridge.ca/healthsciences/internship-therapeutic-recreation>.

## Bachelor of Therapeutic Recreation Calendar Year – 2025/2026

### Course Requirements

Health Sciences 1060 - Human Anatomy and Physiology  
 Health Sciences 1170 - Human Development Across the Lifespan  
 Health Sciences 3150 - Abnormal Psychology  
 Therapeutic Recreation 3000 - Foundations of Therapeutic Recreation  
 Therapeutic Recreation 3100 - Program Planning in Therapeutic Recreation  
 Therapeutic Recreation 3200 - Introduction to Rec. and Leisure: Across the Life Course  
 Therapeutic Recreation 3300 - Processes and Techniques in Therapeutic Recreation  
 Therapeutic Recreation 3500 - Therapeutic Recreation for Diverse Populations  
 Therapeutic Recreation 3700 – Communication and Counselling Techniques in Therapeutic Recreation  
 Therapeutic Recreation 4000 - Issues and Trends in Therapeutic Recreation  
 Therapeutic Recreation 4100 - Research Design in Therapeutic Recreation  
 Therapeutic Recreation 4200 - Administration in Therapeutic Recreation  
 Therapeutic Recreation 4300 – Modalities, Interventions and Facilitation Techniques in Therapeutic Recreation  
 Therapeutic Recreation 4550 - Internship in Therapeutic Recreation (15.0 credit hours)

**One** fine arts and humanities elective (3.0 credit hours)

To view a list of eligible fine arts and humanities courses, please visit the [Academic Calendar](#) (School of Liberal Education→Liberal Education Lists→List I: Fine Arts and Humanities Courses).

**One** ABHL/ADCS/HLSC/PUBH/TREC Elective (3.0 credit hours)

\*If you are unable to register for one of the above courses, please reach out to [health.sciences@uleth.ca](mailto:health.sciences@uleth.ca). [mailto:](#)

## Sample Sequencing Plan for On-Campus Students

### 2-year Course on-Campus Sequence Plan

Year	Fall	Spring
2025/2026	HLSC 1170 HLSC 3150 TREC 3000 TREC 3100 TREC 3200	HLSC 1060 TREC 3300 TREC 3500 TREC 3700 TREC 4100
2026/2027	TREC 4000 TREC 4200 TREC 4300 ELECTIVE ELECTIVE	TREC 4550 (15.0 credit hours)

### 3-year Course on-Campus Sequence Plan

Year	Fall	Spring
2025/2026	HLSC 1170 TREC 3000 TREC 3200	HLSC 1060 TREC 3700 TREC 3300
2026/2027	TREC 3100 HLSC 3150 TREC 4000	TREC 3500 TREC 4100 ELECTIVE
2027/2028	TREC 4200 TREC 4300 ELECTIVE	TREC 4550 (15.0 credit hours)

### 4-year Course on-Campus Sequence Plan

Year	Fall	Spring
2025/2026	TREC 3000 TREC 3200	TREC 3300 HLSC 1060
2026/2027	HLSC 1170 TREC 3100	TREC 3700 TREC 3500
2027/2028	HLSC 3150 TREC 4000	TREC 4100 ELECTIVE ELECTIVE
2028/2029	TREC 4200 TREC 4300	TREC 4550 (15.0 credit hours)

## Academic Standing

It is very important to your success in the Therapeutic Recreation program that you achieve minimum standards. To meet degree requirements and graduate from this program, a minimum grade of C is required in all Therapeutic Recreation (TREC) courses, and a cumulative GPA of 2.5 is required on all Therapeutic Recreation (TREC) courses taken for credit toward the degree..

### Academic Probation

All students in this program must retain a cumulative GPA of 2.0 or higher to remain in good standing. If the cumulative GPA falls below 2.0, the student will be placed on academic probation.

### Required Withdraw

A student is required to withdraw from the Faculty of Health Sciences if any of the following occurs:

- The cumulative GPA falls below 2.0 for two or more consecutive terms at the end of the winter term;
- The student fails any internship/practicum/clinical/field experience course; or
- The student fails to meet the Standards of Professional Conduct. The ethical standards expected of students and faculty are found in the Canadian Therapeutic Recreation Association's Code of Ethics and the Alberta Therapeutic Recreation Association's Code of Ethics.

A student dismissed for academic reasons may apply for readmission after a lapse of one full year. Readmission is not guaranteed. Students dismissed for a second time will not be re-admitted to the program.

If you have questions or concerns, please speak to your academic advisor.

## Student Support Services

- **Program Planning** – Consult the Academic Advisor, Erika Roman Vasconez ([health.sciences@uleth.ca](mailto:health.sciences@uleth.ca)) regarding course selection and availability, registration, program planning, academic regulations, and campus referrals. For graduate studies please contact [graduate.health@uleth.ca](mailto:graduate.health@uleth.ca). Students are required to review and track their progress in their Program Planning Guide. To book an academic advising appointment please visit [www.uleth.ca/healthsciences/advising](http://www.uleth.ca/healthsciences/advising)
- **Internship Specialist** – Consult the Internship Specialist, Marina Christman ([marina.christman@uleth.ca](mailto:marina.christman@uleth.ca)) to discuss opportunities to gain experience by completing a 15-week internship placement. Students are encouraged to contact the Internship Specialist 9 months to 1 year prior to the internship placement to begin planning, as a placement application is usually submitted 6/4 months prior to an internship.



- **Counselling Services**- Contact Counselling Services for personal counselling, career counselling, trainings & certifications, advocacy letters, and wellness workshops.
- **Sexual Violence Support & Education** Contact the Sexual Violence Prevention Educator ([sexualviolence.info@uleth.ca](mailto:sexualviolence.info@uleth.ca)) to discuss options for recovery and recourse, discuss reporting options, book a workshop or education session, and request information on Gender Based Violence.

## Student Support Services

The University of Lethbridge maintains a liability insurance program, inclusive of Comprehensive General Liability and Malpractice Insurance that extends coverage to therapeutic recreation students enrolled in the program **while acting within the scope of their academic requirements and duties**. The insurance provides coverage for activities required for completion of the course of studies including home visits, field trips, and contracted affiliations at other agencies. (Note any activities performed outside of the student's academic program or independent of the student's academic requirements are not insured under the University's liability insurance program. Also, the student is responsible for ensuring that they have insurance in place for their health and dental coverage as well as their personal effects as well as any automobile which they may operate).

University of Lethbridge is not responsible for therapeutic recreation students who are working as volunteers (with the exception of service learning or field schools completed as a part of a course requirement) or paid employees in other institutions. Students participating in functions for other agencies do so as private individuals unless there is a contractual agreement between the institutions and the agency.

## Support Services for FNMI Students in Health Sciences

The Faculty of Health Sciences provides personal and academic support services to self-declared First Nations, Inuit and Métis students who are interested in careers in the health sciences. An integrated approach involving incorporation of Elders, mentors and advisors is used. Assistance is also offered to help locate resources such as laptops, tutors, scholarships and bursaries. Social networking opportunities help students successfully adjust to student life and create peer support systems.

## Insurance

For insurance purposes all incidents/accidents occurring in the course of the student's academic initiatives that result in injury and/or property damage to others or that may have the potential to give rise to a claim against, must be reported to Risk & Safety Services. For more information, <https://www.uleth.ca/risk-and-safety-services/>

## Professionalism

A basis for any health care professional, we in TR are obligated to follow the Standard of Practices and Code of Ethics of the professional. This applies to every student, in and out of the classroom. This includes time spent during the practicum/internship. Certain courses in the program will review these in further detail.

### **Standards of Practice** (Canadian Therapeutic Recreation Association, 2006)

STANDARD #1	ASSESSMENT
STANDARD #2	INTERVENTION PLAN DEVELOPMENT
STANDARD #3	INTERVENTION PLAN IMPLEMENTATION
STANDARD #4	DOCUMENTATION
STANDARD #5	EVALUATION
STANDARD #6	INTERDISCIPLINARY COLLABORATION
STANDARD #7	PROFESSIONAL DEVELOPMENT
STANDARD #8	RESEARCH
STANDARD #9	ETHICS
STANDARD #10	SENSITIVITY TO DIVERSITY
STANDARD #11	RISK MANAGEMENT

[https://canadian-tr.org/wp-content/uploads/2015/02/Standards\\_of\\_Practice\\_2006-English.pdf](https://canadian-tr.org/wp-content/uploads/2015/02/Standards_of_Practice_2006-English.pdf)

### **Code of Ethics** (Alberta Therapeutic Recreation Association, 2021)

Respect, Integrity, Competence, and Non-Maleficence

<https://www.alberta-tr.ca/about-atra/code-of-ethics/>

### **Professional Conferences**

Students are encouraged to attend and/or present at conferences related to TR.

- *Provincially* – Alberta Therapeutic Recreation Association, usually held every October. <https://www.alberta-tr.ca/professional-development/>
- *Nationally* – Canadian Therapeutic Recreation Association, usually held in the spring/summer every year. <https://canadian-tr.org/>
- *Internationally* – American Therapeutic Recreation Association, usually held in September/October every year. <https://www.atra-online.com/>

## Awards & Scholarships

There are a number of different scholarships offered through the Faculty of Health Sciences and through the University of Lethbridge in general. Below is a table of key scholarships for which students in the Therapeutic Recreation program are eligible. There is also a link to all of the University of Lethbridge's scholarships across programs. <https://www.uleth.ca/ross/student-finance/awards>

Title and Donor	Value and Number	Eligibility	Criteria	Application
<b>Therapeutic Recreation Entrance Award</b> (Faculty of Health Sciences)	Value: \$500 Number: Up to 10	Full-time students entering the Bachelor of Therapeutic Recreation program	• Regular admission requirements	• Not required • All admitted students are automatically considered
<b>Charlotte Gregory Memorial Scholarship</b> (Dr. Stan Gregory and Mrs. Mathilde Miller)	Value: \$1,000 minimum	• Students enrolled in the Faculty of Health Sciences	• Academic achievement	• May 1
<b>Health Sciences Award of Excellence</b> (UofL alumni and friends)	Value: \$500 minimum	• Continuing students in the Faculty of Health Sciences	• Academic achievement	• Not required
<b>Helen Morgan Community Health Award</b> (Family of the late Helen Morgan)	Value: \$300 minimum	• Students enrolled in the Faculty of Health Sciences	• Academic achievement • Demonstrated interest in Community Health through employment or volunteer work in the field	• Not required
<b>Vincent Menard Memorial Scholarship</b> (Mrs. L.D. Menard)	Value: \$300 minimum	• Preference will be given to a graduate of the UofL Faculty of Health Sciences	• Academic proficiency as measured by the Dhillon School of Business admission average	• Not required
<b>Frank M. and Lila Linn Thompson Prize</b>	Value: \$1,700	• Students graduating from the Faculty of Health Sciences	Highest cumulative GPA among spring or preceding fall graduates of the Faculty of Health Sciences during that academic year.	• May 1

### Alberta Therapeutic Recreation Association (ATRA) Awards

There are many benefits of joining the provincial Therapeutic Recreation association, including being eligible for awards! One award that students are eligible for is the *ATRA Entry to Practice Bursary*. Students are encouraged to fill out the application form and submit it before September 15 of each year. More information can be found at <https://www.alberta-tr.ca/students/tr-student-awards-bursary-program/>

## University of Lethbridge & Community Resources

University of Lethbridge Contacts	Phone	Email	Website
<b>Therapeutic Recreation Professor</b> Devan McNeill (M3053)	403-332-4456	<a href="mailto:devan.mcneill@uleth.ca">devan.mcneill@uleth.ca</a>	<a href="http://ulethbridge.ca/healthsciences/tr">ulethbridge.ca/healthsciences/tr</a>
<b>Therapeutic Recreation Professor and Coordinator</b> Sienna Caspar		<a href="mailto:sienna.caspar@uleth.ca">sienna.caspar@uleth.ca</a>	<a href="http://ulethbridge.ca/healthsciences/tr">ulethbridge.ca/healthsciences/tr</a>
<b>Therapeutic Recreation Instructor</b> Aimee Douziech	403-332-4576	<a href="mailto:aimee.douziech@uleth.ca">aimee.douziech@uleth.ca</a>	<a href="http://ulethbridge.ca/healthsciences/tr">ulethbridge.ca/healthsciences/tr</a>
<b>Therapeutic Recreation Instructor</b> Zac Crouse	902-220-0313	<a href="mailto:zac.crouse@uleth.ca">zac.crouse@uleth.ca</a>	<a href="http://ulethbridge.ca/healthsciences/tr">ulethbridge.ca/healthsciences/tr</a>
<b>Therapeutic Recreation Instructor</b> Tiffany Morin (M3039)	403-329-2583	<a href="mailto:Tiffany.morin@uleth.ca">Tiffany.morin@uleth.ca</a>	<a href="http://ulethbridge.ca/healthsciences/tr">ulethbridge.ca/healthsciences/tr</a>
<b>Therapeutic Recreation Instructor and Internship Coordinator</b> Katelyn Scott (M3045)	403-329-2724	<a href="mailto:Katelyn.scott@uleth.ca">Katelyn.scott@uleth.ca</a>	<a href="http://ulethbridge.ca/healthsciences/tr">ulethbridge.ca/healthsciences/tr</a>
<b>Therapeutic Recreation Student Advisor</b> Erika Roman Vasconez (M3074)	403-382-7118	<a href="mailto:erika.romanvasconez@uleth.ca">erika.romanvasconez@uleth.ca</a>	<a href="http://www.uleth.ca/healthsciences/advising">www.uleth.ca/healthsciences/advising</a>
<b>Internship Specialist</b> Marina Christman (M3080)	403-329-2576	<a href="mailto:Marina.christman@uleth.ca">Marina.christman@uleth.ca</a>	<a href="https://www.uleth.ca/healthsciences/practicum-therapeutic-recreation">https://www.uleth.ca/healthsciences/practicum-therapeutic-recreation</a>
<b>Accommodated Learning Centre (B760)</b>	403-329-2766	<a href="mailto:alc@uleth.ca">alc@uleth.ca</a>	<a href="http://ulethbridge.ca/ross/accommodated-learning-centre">ulethbridge.ca/ross/accommodated-learning-centre</a>
<b>Admissions (SU140)</b>	403-382-7134	<a href="mailto:admissions@uleth.ca">admissions@uleth.ca</a>	<a href="http://ulethbridge.ca/ross/admissions">ulethbridge.ca/ross/admissions</a>
<b>Bookstore (SU210A)</b>	403-329-2611	<a href="mailto:bookstore@uleth.ca">bookstore@uleth.ca</a>	<a href="http://ulethbridge.ca/bookstore">ulethbridge.ca/bookstore</a>
<b>Campus Food Bank (SU180)</b>	403-329-2222	<a href="mailto:foodbank@ulsu.ca">foodbank@ulsu.ca</a>	
<b>Career &amp; Employment Services (AH154)</b>	403-329-2187	<a href="mailto:ces.students@uleth.ca">ces.students@uleth.ca</a>	<a href="http://ulethbridge.ca/ross/ces">ulethbridge.ca/ross/ces</a>
<b>Counselling Services (TH218)</b>	403-317-2845		<a href="http://ulethbridge.ca/counselling">ulethbridge.ca/counselling</a>
<b>Daycare</b>	403-332-4064		<a href="http://ulethbridge.ca/daycare">ulethbridge.ca/daycare</a>
<b>Health &amp; Dental Plans (SU180)</b>	403-329-2039	<a href="mailto:su.health@uleth.ca">su.health@uleth.ca</a>	<a href="http://ulsu.ca/?p=20">ulsu.ca/?p=20</a>
<b>Health Centre (SU020)</b>	403-329-2484	<a href="mailto:health.centre@uleth.ca">health.centre@uleth.ca</a>	<a href="http://ulethbridge.ca/hr/health-centre">ulethbridge.ca/hr/health-centre</a>
<b>Housing Services (C420)</b>	403-329-2584	<a href="mailto:housing@uleth.ca">housing@uleth.ca</a>	<a href="http://ulethbridge.ca/housing">ulethbridge.ca/housing</a>
<b>IT Solutions Centre (E610)</b>	403-329-2490	<a href="mailto:help@uleth.ca">help@uleth.ca</a>	<a href="http://ulethbridge.ca/information-technology">ulethbridge.ca/information-technology</a>
<b>Library</b>	403-329-2265	<a href="mailto:gsd.library@uleth.ca">gsd.library@uleth.ca</a>	<a href="http://ulethbridge.ca/lib/ask_us">ulethbridge.ca/lib/ask_us</a>
<b>Registrar's Office (SU140)</b>	403-320-5700	<a href="mailto:regoffice@uleth.ca">regoffice@uleth.ca</a>	<a href="http://ulethbridge.ca/ross">ulethbridge.ca/ross</a>
<b>Scholarships &amp; Student Finance (AH115)</b>	403-329-2585	<a href="mailto:fin.aid@uleth.ca">fin.aid@uleth.ca</a>	<a href="http://ulethbridge.ca/ross/student-finance">ulethbridge.ca/ross/student-finance</a>
<b>Security &amp; Parking Services (L911)</b>	403-329-2603	<a href="mailto:security.services@uleth.ca">security.services@uleth.ca</a>	<a href="http://ulethbridge.ca/security">ulethbridge.ca/security</a>
<b>Sport &amp; Recreation Services (PE160)</b>	403-329-2706		<a href="http://ulethbridge.ca/sportrec">ulethbridge.ca/sportrec</a>
<b>Students' Union (SU180)</b>	403-329-2222	<a href="mailto:su.adasst@uleth.ca">su.adasst@uleth.ca</a>	<a href="http://ulsu.ca">ulsu.ca</a>
<b>Writing Centre (L1006A)</b>	403-394-3963	<a href="mailto:writing.centre@uleth.ca">writing.centre@uleth.ca</a>	<a href="http://ulethbridge.ca/artsci/academic-writing/writing-centre">ulethbridge.ca/artsci/academic-writing/writing-centre</a>
Community Contacts	Phone	Email	Address
<b>CASA (community art centre)</b>	403-327-2272		230 - 8 <sup>th</sup> Street South
<b>Interfaith Food Bank</b>	403-320-8779	<a href="mailto:info@interfaithfoodbank.ca">info@interfaithfoodbank.ca</a>	1116 - 3 <sup>rd</sup> Avenue North
<b>Lethbridge Food Bank</b>	403-320-1879	<a href="mailto:director@lethbridgefoodbank.ca">director@lethbridgefoodbank.ca</a>	1016 - 2 <sup>nd</sup> Avenue South
<b>Lethbridge Police Services</b>	403-327-2210	<a href="mailto:inquiries@lethbridgepolice.ca">inquiries@lethbridgepolice.ca</a>	135 – 1st Avenue South
<b>Lethbridge Public Library</b>	403-380-7311		810 - 5 <sup>th</sup> Avenue South
<b>Lethbridge Transit</b>	403-320-3885	<a href="mailto:transit@lethbridge.ca">transit@lethbridge.ca</a>	619 – 4 <sup>th</sup> Avenue South
<b>YMCA</b>	403-942-5757	<a href="mailto:admin@lethbridgeymca.org">admin@lethbridgeymca.org</a>	74 Mauretania Rd W
<b>YWCA</b>	403-329-0088	<a href="mailto:inquiries@ywcalethbridge.org">inquiries@ywcalethbridge.org</a>	604 - 8 <sup>th</sup> Street South
Important Contacts	Phone	Email	Website
<b>Alberta Therapeutic Rec. Association</b>		<a href="mailto:atra@alberta-tr.ca">atra@alberta-tr.ca</a>	<a href="http://www.alberta-tr.ca">www.alberta-tr.ca</a>
<b>Canadian Therapeutic Rec. Association</b>		<a href="mailto:CTRA@canadian-tr.org">CTRA@canadian-tr.org</a>	<a href="http://www.canadian-tr.org">www.canadian-tr.org</a>
<b>National Council for TR Certification</b>	845-639-1439	<a href="mailto:NCTRC@nctrc.org">NCTRC@nctrc.org</a>	<a href="http://www.nctrc.org">www.nctrc.org</a>