

University of  
Lethbridge



## Program Planning Guide

Name: \_\_\_\_\_

ID: \_\_\_\_\_

Calendar Year: 2023/2024

**Major in Therapeutic Recreation:**

[www.ulethbridge.ca/healthsciences/tr](http://www.ulethbridge.ca/healthsciences/tr)

**Academic Calendar:**

[www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar)

**High School Admission Requirements:**

[www.ulethbridge.ca/ross/admissions/undergrad/high-school](http://www.ulethbridge.ca/ross/admissions/undergrad/high-school)

**Current and Past Program Planning Guides:**

[www.ulethbridge.ca/ross/ppgs](http://www.ulethbridge.ca/ross/ppgs)

**Faculty of Health Sciences Advising:**

[www.ulethbridge.ca/healthsciences/advising](http://www.ulethbridge.ca/healthsciences/advising)

**Bachelor of Therapeutic Recreation**

This is a planning guide and not a graduation check or guarantee of course offerings. You should have a program check done in your final year of studies. Students are responsible for the accuracy of their own programs. The guide should be used in conjunction with the University of Lethbridge Calendar, which is the final authority on all questions regarding program requirements and academic regulations.

Contact an Academic Advisor ([www.ulethbridge.ca/ross/academic-advising](http://www.ulethbridge.ca/ross/academic-advising)) for advising information.

Name : \_\_\_\_\_

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## Program Requirements

Completion of at least 20 course equivalents (60.0 credit hours) with a cumulative GPA of at least 2.50 on all TREC courses taken for credit towards the degree.

## Major Requirements

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

### One of:

- \_\_\_\_\_ ABHL 3300 - Traditional Aboriginal Health Concepts
  - \_\_\_\_\_ HLSC 2450/HIST 2450 - Evolution of Health and Illness Care
  - \_\_\_\_\_ HLSC 4500/FA 4500 - Global Health, Fine Arts, and Social Change
  - \_\_\_\_\_ HLSC 3560/HIST 3560 - History of Nursing: Women and the Care of the Sick
  - \_\_\_\_\_ KNES 2130 - Humanities Perspectives
  - \_\_\_\_\_ PHIL 2001 - Introduction to Ethics
  - \_\_\_\_\_ One Elective (3.0 credit hours) from the Faculty of Health Sciences (ABHL, ADCS, HLSC, PUBH, TREC)
1. \_\_\_\_\_

## Sequencing Plan for Lethbridge Campus Students

### Year 1, Fall

Health Sciences 1170  
 Health Sciences 3150  
 Therapeutic Recreation 3000  
 Therapeutic Recreation 3100  
 Therapeutic Recreation 3200

### Year 1, Spring

Health Sciences 1060  
 Therapeutic Recreation 3300  
 Therapeutic Recreation 3500  
 Therapeutic Recreation 3700  
 Therapeutic Recreation 4100

### Year 2, Fall

Therapeutic Recreation 4000  
 Therapeutic Recreation 4200  
 Therapeutic Recreation 4300  
 "One of" List course  
 Elective

### Year 2, Spring

Therapeutic Recreation 4550 (15.0 credit hours)

## Sequencing Plan for Online Campus Students

### Year 1, Fall

Health Sciences 3150  
 Therapeutic Recreation 3000  
 Therapeutic Recreation 3200

### Year 1, Spring

Health Sciences 1060  
 Therapeutic Recreation 3100  
 Therapeutic Recreation 3300  
 Therapeutic Recreation 3500

### Year 1, Summer

Therapeutic Recreation 3700

### Year 2, Fall

Therapeutic Recreation 4000  
 Therapeutic Recreation 4200  
 "One of" List course

### Year 2, Spring

Health Sciences 1170  
 Therapeutic Recreation 4100  
 Therapeutic Recreation 4300  
 Elective

### Year 3, Fall

Therapeutic Recreation 4550 (15.0 credit hours)

## Notes

The Bachelor of Therapeutic Recreation program is accredited through the Committee on Accreditation for Recreational Therapy Education (CARTE). As per CARTE requirements, students must take all major requirements required for the program at the University of Lethbridge.

Students are strongly encouraged to follow the sequencing plan outlined here. Not following the sequencing plan may result in extending the length of your program beyond 2 years.

Due to the structured nature of the B.T.R. program, students are strongly discouraged from declaring a minor. Completing a minor will require taking courses above the minimum degree requirements and could lengthen the duration of your program. Consult your Academic Advisor prior to declaring a minor.

**Minimum Grade Requirement:** A minimum grade of 'C' is required in all Therapeutic Recreation (TREC) courses. Any student who receives a grade of 'C-' or lower is required to repeat the course and achieve a grade of 'C' or higher.