



PROGRAM PLANNING GUIDE

Name: _____

ID:

Bachelor of Therapeutic Recreation



Our Bachelor of Therapeutic Recreation will prepare graduates to become certified therapeutic recreation specialists (CTRS). The program is the first of its kind in Alberta and one of only eight degree programs leading to therapeutic recreation certification in Canada. Therapeutic recreation uses functional intervention, education and recreation to help those with cognitive, physical, emotional and social limitations gain independence and reduce barriers to wellness and activity. This career field is emerging as one of the most promising growth professions in health care.

What determines my program requirements?

Please refer to the Academic Calendar (www.ulethbridge.ca/ross/academic-calendar) for complete program information.

Calendar Year: 2025/2026 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

Faculty/School: Faculty of Health Sciences (www.ulethbridge.ca/healthsciences)

Program(s): Bachelor of Therapeutic Recreation

Minor: A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see www.ulethbridge.ca/ross/minors.

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.

Am I admissible to this program?

Admission: www.ulethbridge.ca/ross/admissions/undergrad

Transfer: www.ulethbridge.ca/ross/transfer-resources

When/How do I apply to the University?

Deadlines: www.ulethbridge.ca/ross/admissions/undergrad/deadlines

Step-by-Step: www.ulethbridge.ca/ross/admissions/step-by-step

Where can I find information on courses?

Course Catalogue: www.ulethbridge.ca/ross/courses

Registration Guide: www.ulethbridge.ca/ross/registration-guide

When can I register for classes?

Register early! (March for Summer and Fall; November for Winter)

Registration Dates: www.ulethbridge.ca/ross/registration-dates

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge

Internship: www.ulethbridge.ca/healthsciences/practicum-therapeutic-recreation

Independent Study: www.ulethbridge.ca/healthsciences/independent-study

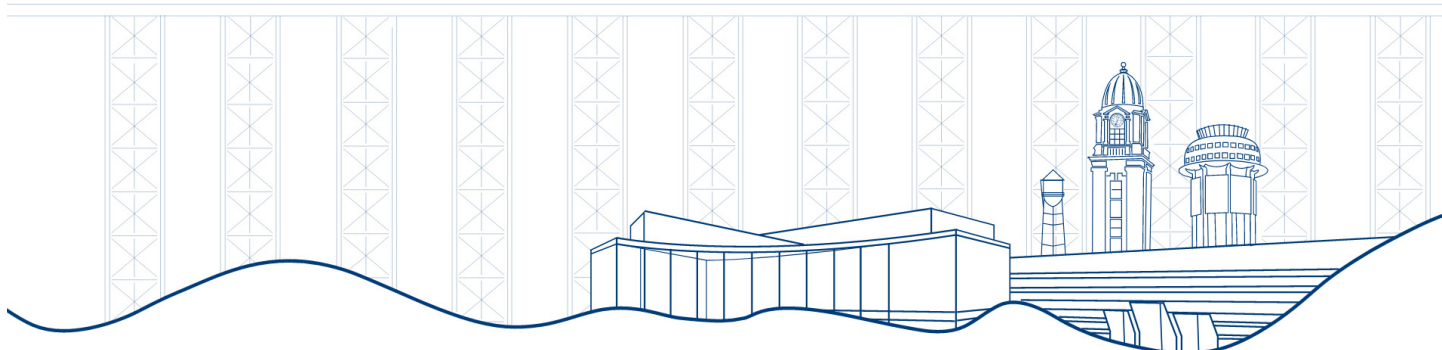
What supports are available to students?

Student Services: www.ulethbridge.ca/campus-life/student-services

Student Success Centre: www.ulethbridge.ca/student-success-centre

Accessible Learning: www.ulethbridge.ca/ross/alc

Counselling Services: www.ulethbridge.ca/counselling





Required courses and notes

Name: _____

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Major Requirements

- _____ 1. Health Sciences 1060 - Human Anatomy and Physiology
- _____ 2. Health Sciences 1170 - Human Development Across the Lifespan
- _____ 3. Health Sciences 3150 - Abnormal Psychology
- _____ 4. Therapeutic Recreation 3000 - Foundations of Therapeutic Recreation
- _____ 5. Therapeutic Recreation 3100 - Program Planning in Therapeutic Recreation
- _____ 6. Therapeutic Recreation 3200 - Introduction to Recreation and Leisure: Across the Life Course
- _____ 7. Therapeutic Recreation 3300 - Processes and Techniques in Therapeutic Recreation
- _____ 8. Therapeutic Recreation 3500 - Therapeutic Recreation for Diverse Populations
- _____ 9. Therapeutic Recreation 3700 - Communication and Counselling Techniques in Therapeutic Recreation
- _____ 10. Therapeutic Recreation 4000 - Issues and Trends in Therapeutic Recreation
- _____ 11. Therapeutic Recreation 4100 - Research Design in Therapeutic Recreation
- _____ 12. Therapeutic Recreation 4200 - Administration in Therapeutic Recreation
- _____ 13. Therapeutic Recreation 4300 - Modalities, Interventions and Facilitation Techniques in Therapeutic Recreation
- _____ 14.-18. Therapeutic Recreation 4550 - Internship in Therapeutic Recreation (15.0 credit hours)
- _____ 19. One Fine Arts and Humanities elective (3.0 credit hours)
- _____ 20. One Elective (3.0 credit hours) from the Faculty of Health Sciences (ADCS, HLSC, INHL, PUBH, TREC)

General Requirements

- _____ Successful completion of at least 20 course equivalents (60.0 credit hours) with a cumulative GPA of at least 2.50 (on the University of Lethbridge 4.0 scale) on all Therapeutic Recreation courses taken for credit towards the degree.
- _____ 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.
- _____ Residence requirement: 20 course equivalents (60.0 credit hours).
- _____ All degree requirements must be completed within six years of the first Therapeutic Recreation course used for credit towards the degree.

Optional Minor:

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.

For information about minors see **Minors** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar.

1.-6. Minor Courses

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____

Note regarding the full-time, 560-hour required internship (final semester):

Students may have to relocate to a different community, city, or province to complete their internship. The location of our students and the location of suitable internship supervisors/sites, requires all students to prepare themselves in advance (financially, emotionally, mentally, etc.) for relocation. Please refer to the Student Handbook for more information.



RECOMMENDED SEQUENCING PLAN (2025/2026)

Recommended Course Sequence

Name: _____

ID:

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Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms). 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. Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.

Sequencing Plan for Lethbridge Campus Students

First Year (Fall)

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

First Year (Winter)

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

Second Year (Fall)

- Therapeutic Recreation 4000
- Therapeutic Recreation 4200
- Therapeutic Recreation 4300
- Fine Arts and Humanities Elective
- Elective

Second Year (Winter)

- Therapeutic Recreation 4550 (15.0 credit hours)

Sequencing Plan for Online Campus Students

First Year (Fall)

- Health Sciences 3150
- Therapeutic Recreation 3000
- Therapeutic Recreation 3200

First Year (Winter)

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

First Year (Summer)

- Therapeutic Recreation 3700

Second Year (Fall)

- Therapeutic Recreation 4000
- Therapeutic Recreation 4200
- Fine Arts and Humanities Elective

Second Year (Winter)

- Health Sciences 1170
- Therapeutic Recreation 4100
- Therapeutic Recreation 4300
- Elective

Third Year (Fall)

- Therapeutic Recreation 4550 (15.0 credit hours)

Final Program Check

Request a Final Program Check at www.ulethbridge.ca/healthsciences/forms by December 1 (April completers) or by April 1 (June, August, & December completers) and after registering in your final term.

Program requirements with _____ (majors, minors, concentrations)

will be met upon successful completion of _____ currently enrolled courses

have been met

Health Sciences GPA: _____

Grad GPA: _____

Advisor: _____ Date: _____

Advisor: _____ Date: _____



Name: _____

ID:

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An empty program space is available below should you wish or need to create a customized program sequence. Ensure you are following the program requirements laid out on the previous pages of this guide to ensure you are meeting all program, degree, and institutional requirements. **Consult with an Academic Advisor in your faculty if you wish to customize your sequence of courses.**

First Year (Fall)

First Year (Winter)

Second Year (Fall)

Second Year (Winter)

Third Year (Fall)

Third Year (Winter)

Fourth Year (Fall)

Fourth Year (Winter)

Fifth Year (Fall)

Fifth Year (Winter)

Notes

