

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	TRC702	Application of Therapeutic Recreation Interventions I	3
LSP320	Interpersonal Communications	3	WTP200	Work Term Preparation	1
TRC201	Assessment and Program Planning for TR	3	Work-Integrated Learning Term		
TRC302	Adaptive Recreation and Leisure Activities	3	DTR881	Therapeutic Recreation, Work Term	35
plus: Liberal Studies Course (1)			Semester 8		
Semester 3			FTR807	Therapeutic Recreation, Field Placement	7
HCM305	Principles of Health Conditions and Management I	3	RSC885	Research Project	3
LLS304	Leadership and Life Skills	3	TRC802	Application of Therapeutic Recreation Interventions II	3
PHY301	Exercise Physiology	3	TRC803	Business Management	3
SWO202	Lifespan Development	3	plus: Liberal Studies Course (1)		
TRC203	Leisure Education in Therapeutic Recreation	3	1 These courses will not fulfil a Liberal Studies requirement.		
Semester 4			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.		
FTR407	Therapeutic Recreation, Field Placement Preparation	3	Program Learning Outcomes		
HCM405	Principles of Health Conditions and Management II	3	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.		
LSL404	Abnormal Psychology	3	As a graduate, you will be prepared to reliably demonstrate the ability to:		
LSO403	Group Dynamics	3	<ul style="list-style-type: none"> • 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. 		
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)					
Semester 7					
FTR707	Therapeutic Recreation, Field Placement	7			
RSC875	Research Methods	3			
SWO400	Theories of Counselling	3			
TRC700	Leisure Counselling in Therapeutic Recreation	1			

- 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.