

California State University, Sacramento

Therapeutic Recreation Course List

Revised July, 2008

(This list does not include required courses for the major or the 18 units of supportive course work (including anatomy, physiology, abnormal psychology and human development)

RLS 106. Inclusive and Therapeutic Recreation. Addresses the etiology and nature of common disabling conditions and examines issues of leisure participation and inclusion for underrepresented populations. Topics include: attitudinal barriers, advocacy, normalization, universal design, activity analysis and modification, and legislation. Emphasis on leadership, supervision and organizational development of inclusive and therapeutic recreation programs. **Prerequisite:** None. RLS 106 is an introductory level therapeutic recreation course and a core requirement for all RLS students. 3 units. (offered both Fall and Spring semesters)

RLS 116. Therapeutic Recreation Principles and Practices. Philosophy, history and principles underlying the work of the recreation therapist; leisure education, individual program planning, charting techniques, interpersonal interaction skill development and activity analysis and modification are studied. Overview of basic theoretical foundations, models, and interventions pertaining to therapeutic recreation are discussed. Basic documentation procedures are discussed. **Prerequisite:** RLS 106 or consent of instructor. RLS 106 may be taken concurrently, but is not recommended. 3 units. (Fall only)

RLS 117. Therapeutic Recreation and Contemporary Aspects of Disability. This course is an in-depth exploration of a variety of disabilities and diseases, including physical disabilities, developmental disabilities, intellectual disabilities, mental health, hearing and vision impairments, and disabilities related to aging. Content will focus on etiology, prognosis, symptomatic conditions, and recreation therapy interventions. Medical terminology will be covered. Documentation including assessment, progress notes, and discharge summary will be discussed. **Prerequisite:** RLS 106 or instructor permission. 3 units. (Spring only)

RLS 118. Facilitation Techniques in Therapeutic Recreation. This course covers basic concepts, methods and techniques associated with the practice of therapeutic recreation. The purpose of this course is to understand and apply the therapeutic recreation process through intervention and facilitation methods that are critical to helping clients in health and human service settings. The goal of the course is to assist students in developing the ability to use recreation, leisure and play and therapeutic recreation programs as intervention in the treatment process. 3 Units. (Fall only)

RLS 119. Therapeutic Recreation Service Systems. Examination of existing recreation programs in clinical settings (acute care hospitals, rehabilitation centers, state hospitals, skills nursing facilities, intermediate care facilities, etc.); review of standards and regulations pertaining to recreation programs, development of therapeutic recreation programs, review of the roles of practitioners in related disciplines. Review of intervention techniques, leisure education programs, program organization, and management and professional ethics. **Prerequisite:** RLS 106 or consent of instructor. RLS 106 may be taken concurrently, but is not recommended. 3 units. (Spring only)

RLS 195D. Internship: Therapeutic Recreation. Supervised full-time therapeutic internship in a recreation, park or leisure service agency, organization or business. Supervision is provided by faculty and also by certified personnel at the host site. Meets the professional certification requirements at the state and national levels. **Note:** Refer to the RLS Internship Manual for procedures and requirements. **Prerequisite:** The completion of all required classes for the TR option. Completion of required administrative paperwork in the semester prior to internship, approval of major advisor. Graded Credit/No Credit. 10-15 units. *Students may apply and take the NCTRC certification exam during the internship.*