WHAT IS RECREATION THERAPY?

Recreation therapy (commonly shortened to RT) is an activity-based field of therapy intervention that utilizes a variety of activities including sports, games, animals, dance, music, arts and crafts, and drama to provide therapeutic treatment to individuals of all age groups. Recreation therapists are caring and enthusiastic individuals who work in a wide variety of settings and can help clients with a number of illnesses, disabilities, or needs related to physical and mental well-being.

ADVANCED DEGREES

- Bachelor's Degree in Recreational Therapy (or Therapeutic Recreation)
- Master's Degree in Recreational Therapy (or in Recreation)

UNDERGRADUATE PREREQUISITE COURSEWORK*

- Biology I & II with Lab
- Anatomy with Lab
- Physiology with Lab
- Psychology
- Courses related to behavioral biology

POTENTIAL WORKPLACE SETTINGS TO EXPLORE

- Parks/Playgrounds
- Schools
- Clinics
- Rehabilitation centers
- Residential care facilities
- Government settings
- Industrial settings
- Nursing homes
- Recreation facilities

ADVANCED DEGREE REQUIREMENTS*

- GRE Scores
- Documentation of work experience and/or observation experience in recreational therapy
- References (Academic, Professional)

*Please see individual program websites for exact requirement information.