

THERAPEUTIC RECREATION

Program: TREC

Credential: Ontario College Graduate Certificate

Delivery: Full-time + Part-time

Work Integrated Learning: 1 Internship

Length: 3 Semesters

Duration: 1 Year

Effective: Fall 2019

Location: Orillia, Orangeville

Description

The Therapeutic Recreation program prepares you to work within recreation, health, or social service delivery systems serving individuals with illness or disabilities. You will acquire the skills to complete client assessments, develop and evaluate group and individualized programs, and use a variety of facilitative techniques to assist individuals to participate in meaningful recreational activities that will enhance health, improve functional ability, and increase quality of life.

The program is based on a firm belief of the inherent benefits of play, recreation and leisure to all individuals. You will learn to adapt recreation activities so individuals with a variety of disabling conditions can participate and to use recreation as a therapeutic tool to improve/restore health and wellness.

Career Opportunities

Graduates of the program should find employment in health or human service organizations such as:

- Acute, chronic care and other specialized hospitals
- Provincial agencies/facilities for individuals with psychiatric or developmental disabilities
- Rehabilitation programs
- Children's treatment centres
- Municipal recreation departments
- Long term care facilities/Adult day programs
- Correctional programs and facilities
- Community/private agencies serving people with illness disability

Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

1. practise Therapeutic Recreation according to current professional standards;
2. develop effective recreation and treatment programs for individuals and groups in a variety of leisure, human service and health care settings;
3. use effective program development and leadership skills to facilitate leisure experiences that enhance quality of life;
4. use a variety of facilitative techniques to promote change, growth, and health/wellness in clients;
5. utilize professional behaviour and work effectively as a member of a team;
6. employ environmentally sustainable practices within the profession;

7. apply basic entrepreneurial strategies to realize social, environmental and/or financial rewards.

The Program Progression

Fall Intake

- **Sem 1:** Fall 2019
- **Sem 2:** Winter 2020
- **Sem 3:** Summer 2020

Admission Requirements

- Post-secondary diploma or degree, with a specialty in health or human services.

Selection Process

Applicants will be asked to submit a current resumé. Academic and experiential learning of all applicants will be assessed.

Additional Information

According to Therapeutic Recreation Ontario, the registration designation (R/TRO) is currently a voluntary credential intended to recognize a level of excellence. It is anticipated that the Government of Ontario will move towards regulation of the profession, however, that is not expected to occur for a number of years. When regulation does occur, the R/TRO designation may represent the minimum criteria necessary. For the present, even though it is not provincially mandated, some employers do require R/TRO designation for hiring; however, many employers do not.

Graduation Requirements

12 Program Courses

1 Internship

Graduation Eligibility

To graduate from this program, a student must attain a minimum of 60% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester. The passing weighted average for promotion through each semester and to graduate is 60%.

Program Tracking

Semester 1		Hours
Program Courses		
TREC 1002	Assessment Processes of Therapeutic Recreation	42
TREC 1003	Foundations of Therapeutic Recreation	42
TREC 1004	Adapted Recreation for Therapeutic Recreation	42
TREC 1005	Recreation Therapy with Selected Populations	42
TREC 1012	Therapeutic Relationships in Recreation Therapy	42
TREC 1014	Biological Sciences in Therapeutic Recreation	42
Hours		252
Semester 2		Hours
Program Courses		
TREC 1007	Leisure Education	42
TREC 1008	Issues and Trends in Therapeutic Recreation	42
TREC 1009	Organizational Leadership: Therapeutic Recreation	42
TREC 1010	Facilitative Techniques in Therapeutic Recreation	42
TREC 1011	Research in Therapeutic Recreation	42
TREC 1015	Nature of Disabilities in Therapeutic Recreation	42
Hours		252

Semester 3

Internship

TREC 1017	Internship	560
	Hours	560
	Total Hours	1064

Graduation Window

Students unable to adhere to the program duration of one year (as stated above) may take a maximum of two years to complete their credential. After this time, students must be re-admitted into the program, and follow the curriculum in place at the time of re-admission.

Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.