



BACHELOR OF SCIENCE DEGREE

# Study Recreation Management and Policy: Therapeutic Recreation at UNH



University of  
New Hampshire

**YOUR STORY STARTS**

# HERE

## WHAT IS THERAPEUTIC RECREATION?

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Therapeutic recreation is rooted in the belief that purposeful activities can improve the well-being of people of all ages who are facing physical, mental, cognitive or emotional challenges. Working in this rewarding field, you may find yourself helping others through activities as varied as outdoor excursions, sports, arts and craft projects, dance or community events. The therapeutic recreation degree program at UNH will prepare you for work in hospitals, rehabilitation centers, assisted living facilities, schools, mental health programs, and community-based recreation programs that serve children and adults with disabilities.

## WHY STUDY THERAPEUTIC RECREATION AT UNH?

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You'll have unique opportunities for fieldwork and research in the therapeutic recreation program at UNH. Our faculty is nationally recognized and the curriculum places an emphasis on observation and applied experiences, including a full-time clinical internship. You'll also have opportunities to work with Northeast Passage, UNH's therapeutic recreation program. After completing the program, you'll be prepared to take the National Council for Therapeutic Recreation Certification examination to become a Certified Therapeutic Recreation Specialist. The therapeutic recreation program is accredited by the Committee on Accreditation of Recreational Therapy Education and received the 2017 American Therapeutic Recreation Association Excellence in Education award.

## POTENTIAL CAREERS

- Recreational therapist
  - Physical rehabilitation
  - Mental and behavioral health
  - Schools
  - Skilled nursing facilities
  - Public parks and recreation
- Assisted living activities coordinator
- Morale, welfare and recreation (MWR) director
- Adaptive sports specialist
- Veteran services provider
- Youth program coordinator

## PROGRAM HIGHLIGHTS

- Minors in adolescent and youth development, gerontology and disabilities studies
- Students have opportunities to participate in service and research through Northeast Passage's adaptive sports program
- Hands-on learning opportunities through partnerships with disability and health promotion programs including Krempels Center, Carriage Hill Assisted Living, Community Partners and the Northeast Passage TREK Program

## EXAMPLES OF WHERE OUR GRADUATES WORK

- Spaulding Rehabilitation Hospital
- Boston Children's Hospital
- Northeast Passage
- Crotched Mountain School
- Burlington Parks and Recreation
- Veterans Affairs
- Genesis HealthCare

## EXAMPLES OF FURTHER EDUCATION

### *Graduate Programs*

- Therapeutic recreation administration
- Adaptive sport

**UNH labs are research powerhouses and our scientists are among the nation's best. The Carnegie Classification of Institutions of Higher Education recently designated UNH one of the top research institutions in the country. Research at UNH attracts more than \$110 million in competitive external funding each year.**

# Degree Plan

## Sample Courses

### SAMPLE COURSES

RMP 500	<b>Therapeutic Recreation Methods in Physical Rehabilitation Settings</b> This course introduces students to a variety of assistive techniques, devices and equipment used in Therapeutic Recreation settings.	1
RMP 502	<b>Foundations of Therapeutic Recreation</b> History and professional concepts of therapeutic recreation and the roles and functions of the therapeutic recreation specialist.	4
RMP 503	<b>Therapeutic Recreation Rehabilitation Principles &amp; Interventions</b> Introduces the rehabilitation principles and recreational therapy interventions used by therapeutic recreation specialists to improve functioning for people with physical and cognitive impairments.	4
RMP 504	<b>Therapeutic Recreation Mental Health Principles and Interventions</b> Introduces mental health principles and recreational therapy interventions to improve functioning for people with emotional, social, and behavioral impairments.	4
RMP 505	<b>Therapeutic Recreation: Aging Services Principles &amp; Interventions</b> This course is designated to introduce the student to the field of therapeutic recreation and its nexus with the older adult population.	4
RMP 612	<b>Therapeutic Communication and Facilitation Techniques in Therapeutic Recreation</b> Addresses specific clinical knowledge and skills essential to therapeutic recreation service delivery including clinical interviewing, group process, leisure education, treatment approaches, and intervention techniques.	4
RMP 613	<b>Interventions and Documentation in Therapeutic Recreation</b> This course emphasizes theory and concepts in clinical intervention within therapeutic recreation settings.	3
RMP 614	<b>Assessment and Treatment Planning in Therapeutic Recreation</b> Addresses the principles of activity analysis, client assessment, documentation, individualized program planning, selection of interventions, and collaboration with a treatment team.	4
RMP 615	<b>Clinical Lab in Therapeutic Recreation</b> A clinical lab that provides students with the opportunity to apply principles central to the effective delivery of therapeutic recreation individualized treatment planning, client assessment, documentation, and activity analysis with members of one of two community sites located in the Seacoast region.	2
RMP 705	<b>Management and Policy in Therapeutic Recreation</b> Addresses National Council for Therapeutic Recreation Certification knowledge areas concerning management competency.	4



"In my time at UNH I've gained the necessary skills to work with children and adults in almost any sector of therapeutic recreation you can imagine. The hands-on learning built into the curriculum, the amazing faculty, and connections with programs like Northeast Passage and the Krempels Center have all given me an incredible head start in my field."

— Kyla Madden '18 '19G



Learn more at [chhs.unh.edu](https://chhs.unh.edu)

**99%**

Percent Recreation Management and Policy graduates employed in their field or pursuing further education

**300,000**

Hours of service to community agencies provided by CHHS students each year

**95%**

CHHS students who participate in at least one internship



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learn more

