

**DOUGLAS**

FACULTY OF CHILD, FAMILY, AND COMMUNITY STUDIES  
**THERAPEUTIC RECREATION**

Degree and Diploma Programs

**DOUGLASCOLLEGE**



**PROSPECTIVE STUDENT GUIDE**

“In terms of moving into a truly gratifying field, if you have a passion for people and a joy of life and play, this is a field you’re going to really grow in.”

- 1994 TR Diploma Graduate

## Welcome to the **Therapeutic Recreation** Department at Douglas College.

The Therapeutic Recreation diploma and degree programs are a unique offering in British Columbia. The traditional approach to therapeutic recreation focuses on using planned and purposeful leisure activities to help people with disabilities and illnesses break down barriers which impede their chances of having a fulfilling life. In recent years, therapeutic recreation has expanded its application and also includes helping any person who faces obstacles to having a rewarding quality of life.

In the Therapeutic Recreation program, you will become familiar with concepts about leisure activities and how they can be used to promote health, increase self-esteem, increase enjoyment and life satisfaction and develop personal independence.

You’ll also get a chance to do hands-on work to apply the theories taught in class through community projects and practicum or internship placements. If you see all people as people first and believe everyone has a right to leisure in their lives, as well as enjoy helping people succeed and break down walls, a career in therapeutic recreation may be for you.

We thank you for your interest in the Therapeutic Recreation programs. We look forward to meeting you, and embarking on this unique and exciting learning experience together.

Tricia Rachfall  
Therapeutic Recreation  
Coordinator and Faculty

Geri Paterson  
Therapeutic Recreation  
Coordinator and Faculty

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### Connect with Douglas College



**Check out our website**  
[www.douglascollege.ca](http://www.douglascollege.ca)



**Join us for an information session**  
[www.douglascollege.ca/info](http://www.douglascollege.ca/info)



**Contact our office**  
[TR@douglascollege.ca](mailto:TR@douglascollege.ca)



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Therapeutic Recreation- Douglas College



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[DouglasCollegeVideo](https://www.youtube.com/DouglasCollegeVideo)

# Therapeutic Recreation

The underlying philosophy of the Therapeutic Recreation program is the belief that leisure and recreation are essential parts of a healthy life. Further, we believe that health is promoted and enabled when recreation and leisure experiences are incorporated into one's lifestyle. We see all people as a person first and having a right to leisure and recreation in their life.

Research has clearly shown that physical activity, stress reduction, good nutrition, mental stimulation, and friendships are necessary to good health.

## Career Prospects

Unique in British Columbia, the Therapeutic Recreation program enjoys an excellent reputation with employers. Many even host students in supervised work site placements.

The result? Demand for grads is comparably high. Employers choose Douglas grads because they **possess job-ready skills**. Grads often get jobs with employers through contacts in work site placements.

Graduates will be ready for work in a variety of health, social service, and recreation settings, including hospitals, long-term care facilities, mental health agencies, adult day centres, rehabilitation settings, correctional facilities, or community programs. Some examples of job titles include:

Diploma	Degree
Recreation Aide/Assistant	Recreation Therapist
Program Planner	Clinical Practice Resource Leader
Recreation Leader	Department Director/Manager
Activity Worker	Employee/Workplace Wellness Coordinator
Activity Programmer	Therapeutic Recreation Specialist

Graduates are supported with the transition from classroom to career through networking opportunities, exposure to agencies in the community, professional development, and the Student Employment Centre.

# Bachelor of Therapeutic Recreation (BTR)

## Diploma in Therapeutic Recreation (DIP-TR)

The Therapeutic Recreation department offers both the **Bachelor of Therapeutic Recreation** (four years full-time) and a **Diploma in Therapeutic Recreation** (two years full-time).

### Years 1 and 2 - Degree and Diploma

*\*Courses are typically offered in the semester shown however, they are open to change.*

#### 1st Year- Fall

THRT 1101: Therapeutic Recreation Foundations  
THRT 1102: Leisure & Recreation Foundations  
BIOL 1105: Anatomy & Physiology I  
ENGL 1130: Academic Writing  
PSYC 1130: Lifespan Human Development

#### 1st Year- Winter

THRT 1201: Recreation Program Planning  
THRT 1203: Leisure, Recreation & Health  
THRT 1204: Principles and Practices of Health  
THRT 1205: Communication Skills  
BIOL 1205: Anatomy & Physiology II

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#### 2nd Year- Fall

THRT 2301: Assessment & Program Planning  
THRT 2306: Inclusive Leisure Practice  
THRT 2307: TR and Mental Health  
THRT 2309: Physical Fitness (Effective Fall 2017)  
THRT 2333: Practicum (Diploma only)  
Elective (Degree only)

#### 2nd Year- Winter

THRT 2308: Older Adulthood (Effective Winter 2018)  
THRT 2406: Recreation Leadership in Groups  
THRT 2407: TR and Disabling Conditions  
THRT 2408: Chronic Health Conditions and TR  
THRT 2444: Practicum (Diploma only)  
THRT 2455: Practicum (Degree only)

For more information about courses, program requirements, and registration, please review the **Douglas College Course Calendar** [www.douglascollege.ca/calendar](http://www.douglascollege.ca/calendar).

# Bachelor of Therapeutic Recreation (BTR)

Students will work with TR advisors to choose electives from at least two support areas, which include:

- Gerontology
- Physical Rehabilitation
- Mental Health
- Corrections/Criminology
- Children and Youth
- Adapted and Adventure Programming
- Entrepreneurship/Business Management
- Employee/Workplace Wellness

## Years 3 and 4 - Degree

### 3rd Year- Fall

THRT 3505: Counselling: Theory and Practice

THRT 3601: Community Development

THRT 3710: Community Based Research

Elective

Elective

### 3rd Year- Winter

THRT 3504: Managing Stress (Effective Winter 2018)

THRT 3506: Group Processes and Practice

THRT 4704: Leisure, Health, and Well-being

Elective

Elective

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### 4th Year- Fall

THRT 4701: Management in TR

PHIL 4706: Ethics in Recreation

THRT 4901: Advanced Assessment in TR

Elective

Elective

### 4th Year- Winter

THRT 4802: Current Issues and Trends in TR

THRT 4855: Internship

For more information about courses, program requirements, and registration, please review the **Douglas College Course Calendar** [www.douglascollege.ca/calendar](http://www.douglascollege.ca/calendar).

A photograph of a modern, multi-story building with large windows and a curved facade. The words "DOUGLAS COLLEGE" are visible on the upper part of the building. The building is surrounded by green trees and a clear sky.

# Your Studies

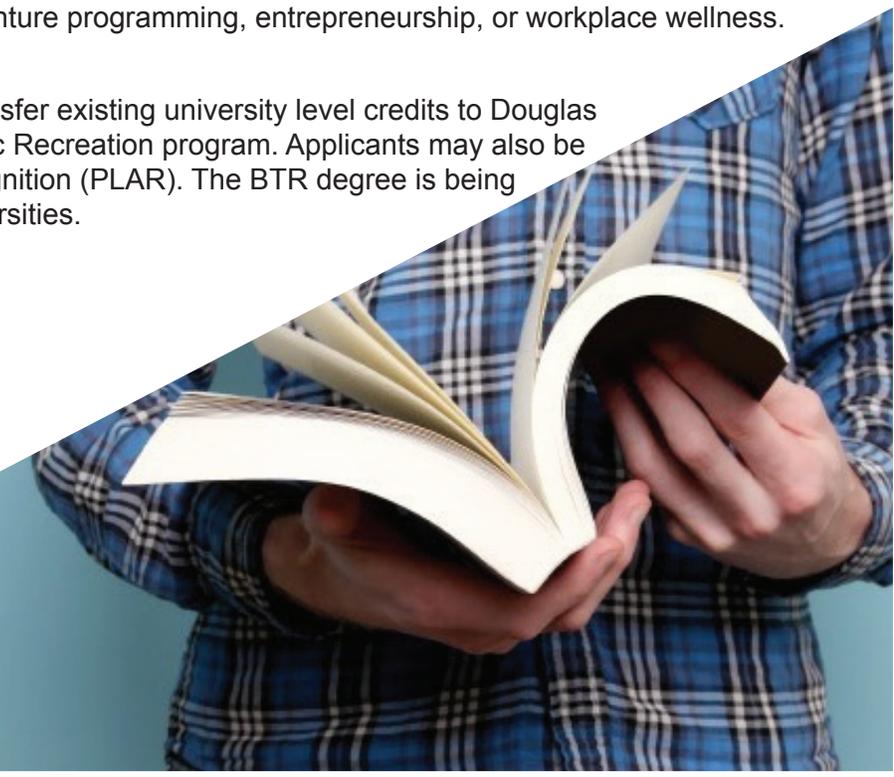
**Campus culture.** The Therapeutic Recreation program holds classes at the David Lam Campus in Coquitlam, BC. Campus services include a Learning Centre, Employment Centre, library, bookstore, Student Union, Women's Centre, full service cafeteria, day care, and easy access to transit.

**Immersive studies.** Approximately 30 students are admitted to the Therapeutic Recreation program each year. A small number of part-time students may also be admitted each year. Both diploma and degree students complete the first two years of courses together, forming a cohort of students who share challenges and successes. Full-time students follow the same schedule, with 5 courses each semester. Students participate in engaging classes and independent studies and assignments. Both the diploma and the degree include practical experience in the form of practicums or internship.

**The power of practice.** Diploma students will complete two practicum placements during their second year; degree students will complete a practicum at the end of their second year and a semester-long internship at the end of fourth year. Practicums are arranged by the Therapeutic Recreation department with partner social service, health, and recreation agencies. Internships involve an application process; students are selected for placement by the site. Both practicum and internship placements include supervision by an experienced practitioner on site and support from a Douglas College faculty member. These placements provide students with the opportunity to strengthen theoretical knowledge, practice acquired skills in real-world settings, gain valuable hands-on experience, and learn more about the field of therapeutic recreation.

**Choose your support areas.** Degree students will choose at least two support areas and then take elective courses to increase depth of knowledge in these areas. The final internship will provide practical experience in a support area. Possible support areas include gerontology, physical rehabilitation, mental health, corrections, children/youth, adapted/adventure programming, entrepreneurship, or workplace wellness.

**Get credit.** Applicants may be eligible to transfer existing university level credits to Douglas College, and apply these towards the Therapeutic Recreation program. Applicants may also be eligible for Prior Learning Assessment and Recognition (PLAR). The BTR degree is being accepted towards graduate studies at most universities.

A close-up photograph of a person's hands holding an open book. The person is wearing a blue and white plaid shirt. The book is open to a page with text, and the person's fingers are visible as they hold the pages.

“One of the things that really amazed me about the program is how it allowed me to grow as an individual.” - Therapeutic Recreation Graduate

# Application Overview

The Therapeutic Recreation department is looking for students who endeavor to improve the lives of people in their community. Applicants should have an interest in using purposeful leisure and recreation to improve the quality of life for adults, children, adolescents, and older adults. Applicants should be ready to commit to a demanding professional program with excellent career prospects.

## Before you apply

- Review the Therapeutic Recreation department web page for information about the program, at [douglascollege.ca/programs-courses/faculties/child-family-community-studies](http://douglascollege.ca/programs-courses/faculties/child-family-community-studies)
- Review the Douglas College website for information about admission to the college, student expectations, and available support services.
- Attend a Therapeutic Recreation **information session**. Scheduled dates are posted at [douglascollege.ca/study-at-douglas/information-sessions](http://douglascollege.ca/study-at-douglas/information-sessions)

If the Therapeutic Recreation program sounds like a great fit for you, please ensure you complete the following steps.

## First apply to Douglas College.

Applicants must meet general Douglas College entry requirements. These include English Language proficiency. The application deadline is April 1, but we encourage early applications even if all of your requirements aren't complete. More information about these requirements and applying to Douglas College can be found at [www.douglascollege.ca/study-at-douglas/apply](http://www.douglascollege.ca/study-at-douglas/apply)

## Therapeutic Recreation Program specific admission requirements

- Completion of **45 hours** of paid/volunteer work in a therapeutic recreation setting (see page 10)
- Letter of intent - 1-2 pages that describes your reason for applying, long and short term goals, and strengths and limitations as a candidate
- Resume and eligibility form
- Informed medical suitability declaration
- Preferential admission evidence (see pages 8-9)
- An interview may be required

If you are offered a seat in the program, you will be asked to submit:

- Criminal record check
- \$350.00 tuition deposit (full-time students only)

**A negative TB test and proof of current vaccinations will be required for most practical experiences.**

# Preferential Admission

The Therapeutic Recreation program is competitive, which means that every year we get more applications to the program than we have seats available. The program uses a preferential admissions process to determine who gets offered a seat in the program. Students with the highest number of preferential admission points will be offered a seat in the program first. If two applicants have the same number of points, the applicant with the earlier application date will be offered a seat first. Applicants can earn points under each of the following categories:

## Formal Education Studies

To earn points in this category, students must submit an official transcript indicating completion of courses or credentials.

**Applicants who have a credential will earn points under category A.**

# A

Completed credentials from a recognized and accredited institution:

Bachelor's degree or graduate degree - 10 points

Associate degree or diploma - 8 points

Certificate or citation - 6 points

**Applicants who do not have a credential may earn up to five points from courses under categories B and C combined.**

# B

Any university transferable courses with a minimum grade of "C" will earn 1 point for each course, to a maximum of 5 points

High school courses with a minimum grade of "C" in the following subject areas will receive 1 point per course to a maximum of 5 points.

The list below is not exhaustive; students may earn points for other courses at the discretion of the selection committee.

# C

Biology 11 or 12

Drama 11 or 12

English 12 (minimum grade of "A")

Fine Arts or Music 11 or 12

Human Services 11 or 12

Leadership 11 or 12

Psychology 11 or 12

Science 12 (other than Biology)

Visual Arts 11 or 12

Math 12

Peer Tutoring 11 or 12

Physical Education 11 or 12

## Continuing Education Studies

Students who have taken workshops or CE courses in recreation, social service, or health related areas can receive up to 5 points. Copies of certificates or tickets must be provided as proof.

Examples include:

- Standard First Aid - 1 point
- Emergency First Aid - 1/2 point
- CPR Level C - 1/2 point
- FoodSafe - 1 point
- Serve it Right - 1/2 point
- CE courses offered through professional associations or advocacy groups - 1 point each
- Class 4 driver's license - 1 point

## Volunteer and/or Related Work Experience

Students who have volunteer and/or work experience beyond the required 45 hours in a recreation or human services field will receive the following points:

- 100-249 hours - 1 point
- 250-499 hours - 2 points
- 500-749 hours - 3 points
- 750-999 hours - 4 points
- 1000+ hours - 5 points

A completed Supervised Volunteer/Work Reference form is required.

## Accomplishments

Points in this category may be awarded for demonstrated leadership, work in groups, personal achievements, or being a member of a team or school organization. Only accomplishments completed within the last ten years will be considered. Examples include:

- Event coordination
- Volunteer or work experience in an executive position
- Participation in team sports
- Peer tutoring
- Peer counselling

In order for points to be awarded evidence must be provided. This could include a letter from a coach, teacher, principal, or volunteer coordinator. Letters from family and friends are not suitable. Copies of certificates and letters of recognition, where applicable, should also be included.

# Therapeutic Recreation Experience

Every student who applies to the Therapeutic Recreation program must complete a minimum of **45 hours** of paid or volunteer work in a recreation or leisure-related setting. The purpose of this work is to help you determine whether therapeutic recreation is the right field for you. This work must align with the following conditions:

## Conditions for work experience (must meet all conditions)

- All 45 hours must be supervised, preferably by someone with a therapeutic recreation background
- Work with older adults **or** people with a disability of any age
- Work must involve directly or indirectly providing recreation services (leading recreation programs or assisting the leader of a recreation program)
- All 45 hours must be completed within the year prior to the April 1 deadline for admission

## Possible Volunteer Experience Settings

Hospitals	Long term care facilities for older adults
Youth assessment centres	Rehabilitation settings
Group homes	Mental health settings
Adult day centres	Correctional facilities
Municipal recreation centres	Agencies working with people with developmental disabilities

If you are unsure whether your work qualifies, please contact the Instructional Facilitator at **TR@douglascollege.ca**. We encourage applicants to begin work as soon as possible, as the application to volunteer may take time and most volunteers are on site limited hours per week.

## Volunteer/Work Experience Forms

Once you have completed your hours, please arrange for your supervisor to complete the volunteer/work reference form. The Registrar's Office will send you this form once you have applied to the program. This form must be completed confidentially by the supervisor and mailed directly to the college in the envelope provided.

**Unsealed reference forms submitted by applicants will not be accepted.**

# Third-Year Access

Douglas College Therapeutic Recreation diploma grads and applicants who already have a diploma or degree in Recreation, Human Kinetics, Psychology, or another related field may qualify for advanced access to the Bachelor of Therapeutic Recreation program. Third-year access students are granted permission to take third-year courses; however, most are required to take additional first and second-year courses to meet graduation requirements.

Admission requirements for the third-year access program include:

- Transcript indicating graduation from a recognized program and a minimum grade of “C” (60%) in individual courses (Douglas College grads do not need to submit a transcript)
- Letter of intent
- Informed medical suitability declaration form
- Participation in an interview (may be required)
- Applicants that have graduated more than five years previously must submit a work reference form
- Criminal record check (if offered a seat in the program)

Applicants who want more information on the credentials accepted for this program should contact [TR@douglascollege.ca](mailto:TR@douglascollege.ca).

## Certificate in Academic Foundations

Douglas College offers a certificate program (Certificate in Academic Foundations - Pathway into the Bachelor of Therapeutic Recreation) is for applicants who want to sample some courses in Therapeutic Recreation and other disciplines before applying to the program. Completion of this certificate does not guarantee acceptance into the BTR program.

Course requirements for the Certificate in Academic Foundations- Pathway to BTR include:

- |   |  |
|---|--|
| <input type="checkbox"/> BIOL 1109 or BIOL 1105                   | And three courses from the following:                        |
| <input type="checkbox"/> THRT 1102                                | <input type="checkbox"/> BIOL 1209 or BIOL 1205              |
| <input type="checkbox"/> THRT 1204                                | <input type="checkbox"/> ENGL or CMNS course                 |
| <input type="checkbox"/> THRT 1203                                | <input type="checkbox"/> PSYC 1130                           |
| <input type="checkbox"/> 3.0 credits of English                   | <input type="checkbox"/> SPSC 1195 or SPSC 1164 or SPSC 1151 |
| <input type="checkbox"/> 3.0 credits of Statistics, Math, or CSIS | <input type="checkbox"/> CRIM 1100 or CRIM 1150 or CRIM 1170 |
| <input type="checkbox"/> 3.0 credits of Psychology                |  |

# Program at a Glance

<b>Department Location</b>	David Lam Campus 1250 Pinetree Way Coquitlam, BC V3B 7X3
<b>Official Credentials</b>	Bachelor of Therapeutic Recreation and Diploma in Therapeutic Recreation
<b>Schedule</b>	Full-time or part-time. Courses may be scheduled M-F, between 8am and 5pm. Occasional evening courses may be offered. Practicum schedule will align with agency operation. May include evenings or weekends.
<b>Length of Program</b>	4 years full-time (degree); 2 years full-time (diploma). Part-time schedules will vary depending on course and student availability.
<b>Program Start</b>	September
<b>Program End</b>	June
<b>Program Breaks</b>	Summer semester break, winter break, one week reading break in the Winter semester.
<b>Fees</b>	<b>Please see the Douglas College Tuition Fees web page for accurate tuition information.</b>
<b>Number of students accepted each year</b>	30 full-time, 2-4 part-time
<b>Classroom Structure</b>	Lecture method/Lab Collaborative Learning Style
<b>Practicum</b>	Diploma students complete two practicums during their second year. Degree students complete a practicum during their second year and an internship in their final semester. A satisfactory Criminal Record Check is required.
<b>Attendance Policy</b>	Students are expected to attend all classes.

Please be advised. This booklet captures information listed in other Douglas College documents. It is not intended to replace these documents, and may not remain accurate. Please review the Douglas College Calendar and website for up-to-date and detailed information.

