

LOCK HAVEN UNIVERSITY  
LOCK HAVEN, PENNSYLVANIA

RECREATION MANAGEMENT

THERAPEUTIC RECREATION METHODS AND TECHNIQUES  
RECR365

I. **Introductory Information:**

- |   |  |
|---|--|
| (A) Department Name:                        | Recreation Management  |
| (B) Department Catalog Number:              | RECR365  |
| (C) Course Title:                           | Therapeutic Recreation<br>Methods and Techniques   |
| (D) Semester Hours of Credit:               | 3  |
| (E) Clock Hours Per Week:                   | 3  |
| (F) Overlays:                               | None   |
| (G) Restrictions Upon Student Registration: | RECR275<br>Recreation Services for People with Disabilities or by permission of the<br>instructor. |

II. **Description of the Course:**

An in-depth study of the facilitation techniques, modalities, and activities that a Therapeutic Recreation Specialist (TRS) will utilize when working with clients. A variety of settings and client groups will be discussed along with characteristics, contraindications, and protocols for utilizing Therapeutic Recreation (TR) services.

III. **Exposition:**

A. **Objectives:**

Upon completion of this course, students will be able to do the following:

1. Analyze and modify activities utilizing activity analysis.
2. Break an activity down into smaller steps utilizing a task analysis.

- c. Mental Health
  - d. Mental Retardation
  - e. Substance Abuse
  - f. Pediatrics
  - g. Programming Needs
  - h. Role of Therapeutic Recreation
  - i. Contraindications
3. Selected Medical & Psychological Conditions (11 hours)
- a. Cerebral Vascular Accident
  - b. Dementia
  - c. Alzheimer's
  - d. Seizure Disorders
  - e. Cerebral Palsy
  - f. Multiple Sclerosis
  - g. Spinal Cord Injury
  - h. Traumatic Brain Injury
  - i. Parkinson's Disease
  - j. Visual Impairments
  - k. Hearing Impairments
  - l. Sexual Offender
  - m. Oppositional Defiant Disorder
  - n. Schizophrenia
  - o. Conduct Disorder
4. Activity and Task Analysis (2 hours)
- a. Identification
  - b. Modification
  - c. Implementation
5. Therapeutic Recreation Program Design (2 hours)
- a. Protocols
  - b. Treatment Goals
  - c. Program Implementation
6. Therapeutic Recreation Activities (12 hours)
- a. Social, Discussion
  - b. Crafts
  - c. Arts
  - d. Dance
  - e. Exercise
  - f. Music

- Bourne, E. (2005). *The anxiety and phobia workbook* (4<sup>th</sup> ed.). Ravensdale, WA: Idyll Arbor.
- Cain, J., & Jolliff, B. (1998). *Teamwork and teamplay*. Dubuque, IA: Kendall/Hunt.
- Carter, M. (1995). *Therapeutic recreation: A practical approach* (3<sup>rd</sup> ed.). Prospect Heights, IL: Waveland Press.
- Cautela, J., & Groden, J. (1999). *Relaxation: A comprehensive annual for adults, children, and children with special needs*. Campaign, IL: Research Press.
- Dattilo, J. (2000). *Facilitation techniques in therapeutic recreation*. State College, PA: Venture Publishing.
- Dattilo, J. (2002). *Inclusive leisure services*. State College, PA: Venture Publishing.
- Elliott, J., & Elliott, J. (1999). *Recreation for older adults: Individuals and group activities*. State College, PA: Venture Publishing.
- Faulkner, R. (1991). *Therapeutic recreation protocol for treatment of substance addiction*. State College, PA: Venture Publishing.
- Gilles-Brown, C. (1993). *Practical time*. Bisbee, AZ: Imaginart.
- Kasser, S. (1995). *Inclusive games*. Champaign, IL: Human Kinetics.
- Kelland, J. (1995). *Protocols for recreation therapy programs*. State College, PA: Venture Publishing.
- Klein, J., & Klein, R. (1996). *Ready... set... r.e.l.a.x. a research based program of relaxation, learning and self esteem for children*. Ravensdale, WA: Idyll Arbor.
- Kreidler, B. (2002). *Growing with care: Using greenery, gardens and nature with aging and special populations*. State College, PA: Venture Publishing.
- Miles, J., & Priest, S. (1999). *Adventure programming*. State College, PA: Venture Publishing.
- Miller, D., & Jake, L. (2001). *Eating disorders: Providing effective recreational therapy intervention*. Ravensdale, WA: Idyll Arbor.

**VI. Cost and Staff Analysis:**

- A. There will be no additional costs associated with this course. It will require no additional staffing or costs and it will be offered within the current faculty load.
- B. This course is currently a requirement for the students enrolled in the Therapeutic Recreation Track. This course will be taught one time per year to the students in the TR track.

**VII. Date approved by University president:**

\_\_\_\_\_  
Signature of the President

\_\_\_\_\_  
Date