



Therapeutic Recreation Program

Frequently Asked Questions

What is Therapeutic Recreation?

As defined by the American Therapeutic Recreation Therapy Association, Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.

Further, "Recreational Therapy" means a treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.

How can I get certified in therapeutic recreation?

Students who successfully complete all the requirements of the Bachelor of Science in Parks & Recreation Management with a Therapeutic Recreation Concentration or the Bachelor of Science in Recreational Therapy are eligible to take the national CTRS examination. Alternative professional pathways to certification are available for students who complete a degree in another field of study. Such students are encouraged to complete the minor in therapeutic recreation and review the standards available on the [National Council for Therapeutic Recreation Certification](#) website for more information of all required coursework and field experience:

Is the ASU Therapeutic Recreation Program Accredited?

Yes. Our undergraduate major in parks and recreation management with a concentration in therapeutic recreation is accredited by the Council on Accreditation for Parks, Recreation, Tourism, and Related Professions (COAPRT). COAPRT is, in turn, accredited by the Council on Higher Education Accreditation (CHEA).

Does the ASU program prepare me for the National Council for Therapeutic Recreation Certification (NCTRC) Exam?

The Bachelor of Science curriculum includes all requirements outlined by NCTRC for exam eligibility. First time candidates who have graduated from the ASU program have a 100% pass rate compared to the National average of 84%.