

Get Involved!

Recreational Therapy under the department of Parks, Recreation, and Tourism offers various opportunities for you to get involved and explore the major!

Come experience greatness, become immersed in a major you'll love, and explore endless possibilities.

Visit:

<http://www.health.utah.edu/parks-recreation-tourism/>

“You can discover more about a person in a hour of play than a year of conversation.”

— Plato



PRT Department Recreational Therapy

1901 E. South Campus Drive
Annex C, Rm 1085
Salt Lake City, UT 84112
(801) 581-8542



Follow us: uofuprt



U of U: Parks recreation & Tourism

Parks, Recreation & Tourism



Emphasis in Recreational Therapy

"If you find it in your heart to care for somebody else, you will have succeeded."

-Maya Angelou

What is TR/RT

“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 wellbeing” (ATRA, 2015).

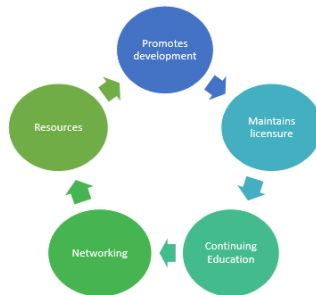
Why the University of Utah?

- Utah is one of four states that has licensure to practice as a Therapeutic Recreational Specialist.

At the University of Utah we offer an amazing program for RT. Our program is directed under a incredible staff who care about **YOU** succeeding within your education as well as in your life. In fact, one of our professors is a pioneer of the degree itself.

Professional Representation:

Utah is unique in that it has it's own State organization. Utah recreational Therapy Association (URTA) keeps us involved and progressing within our profession.



What populations do we work with?

One of the greatest thing about Recreational Therapy is that it is found in various settings ages across the lifespan. Populations can range from children into late adulthood.

We work with individuals that require or are seeking health services some of which are;

- Mental health
- Addictions
- Physical medicine
- General Medicine
- Rehabilitation/Recovery
- Pediatric Clients
- Geriatric Clients
- Developmental Disabilities



*“Tell me and I forget.
Teach me and I remember.
Involve me and I learn.”
-Chinese proverb*

What do RT's do?

We plan and implement activity interventions in both clinical and community settings. We focus on the four domains to sustain or improve human development through leisure/recreation. physical, emotional, social, and cognitive.

Why is RT a perfect match for you?

If you enjoy any of the following RT may be the major for you...

- Leisure & Recreation is your passion
- Job Satisfaction through changing lives
- Creating Recreational programs for you patients
- The outdoors
- Interactive & hands-on learning
- Close networking and engaged professors
- Involved professors and small classroom sizes
- Working with diversity