



# PARKS, RECREATION & TOURISM

WITH AN EMPHASIS IN THERAPUETIC RECREATION

REBECCA ALLEY APRIL 4<sup>TH</sup>, 2016

# Our Mission

“We create, share, and apply knowledge about parks, recreation, and tourism to inspire students, inform policy, serve social needs, encourage sustainability and economic vitality, and advocate for the health of people, communities, and the environment of which we are part”.



UNIVERSITY OF UTAH  
COLLEGE OF HEALTH



# 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 well-being” (ATRA, 2015).

[Therapeutic Recreation Commercial](#)

# Important figures of the Profession

- Philippe Pinel
- Benjamin Rush
- Florence Nightingale
- Dorothea Dix

# Brief History

Health Care Perspective	Leisure and Recreation Perspective
Disease/treatment	One is free of having to choose
Prevention	Intrinsic motivation
Well-being	Quality of life

# What Clients do we serve?

Recreational Therapists work with a wide range of individuals that require or are seeking health services;

- Mental health
- Addictions
- Physical medicine
- General medicine
- Rehabilitation
- Pediatric clients
- Developmental disabilities

## POPULATIONS

Children

Adolescents

Adults

Geriatrics

## Nationwide

Must be nationally certified as a Certified Therapeutic Recreation Specialist (CTRS)

## Utah

Is one of four states that requires licensure to practice Recreation Therapy

**EDUCATION, QUALIFICATION & CREDENTIALS**

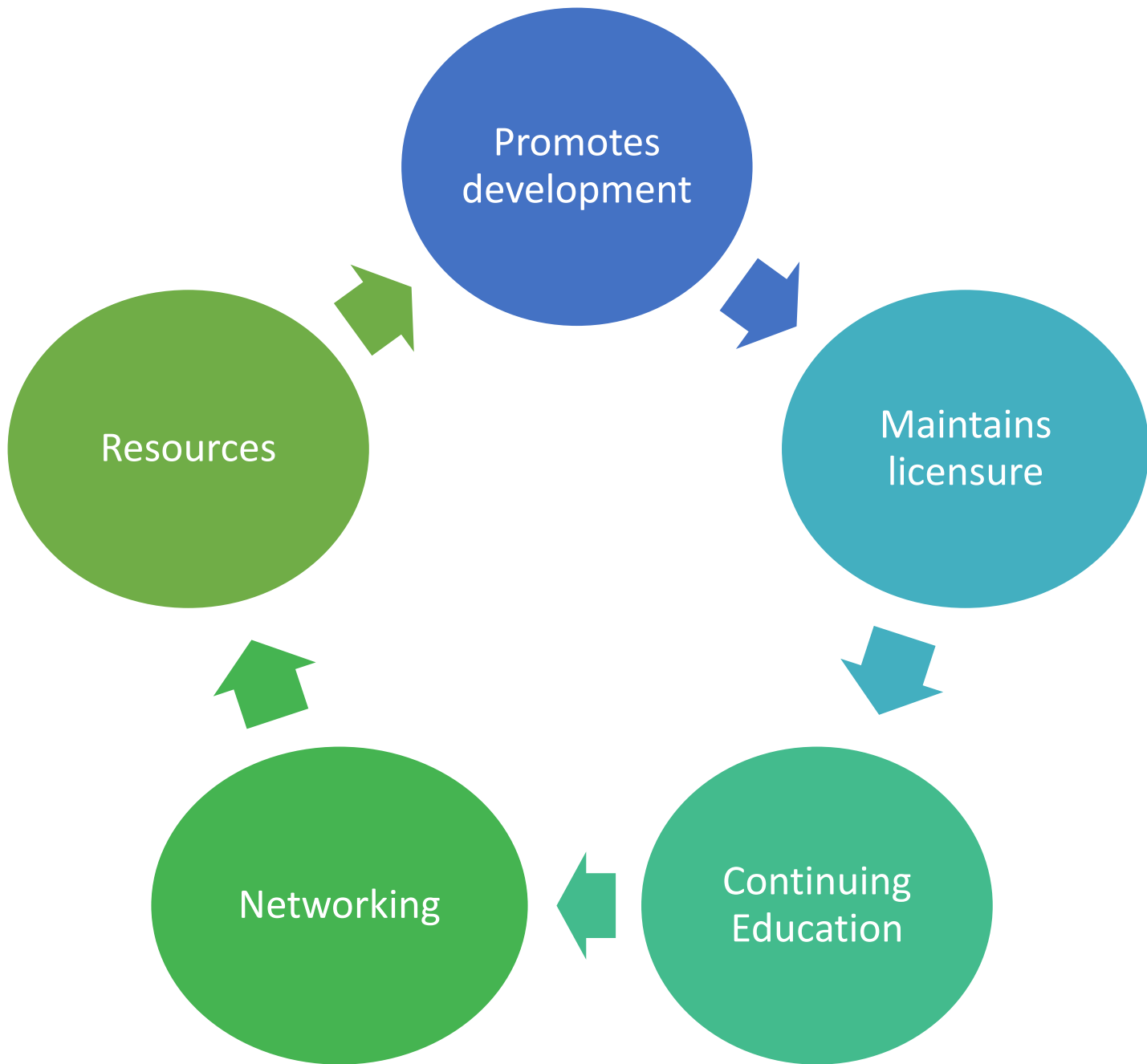
# Professional Representation

**To advance the professional growth and development of their respective members - benefits to joining - networking, influence public policy, professional development, and to make a difference.**

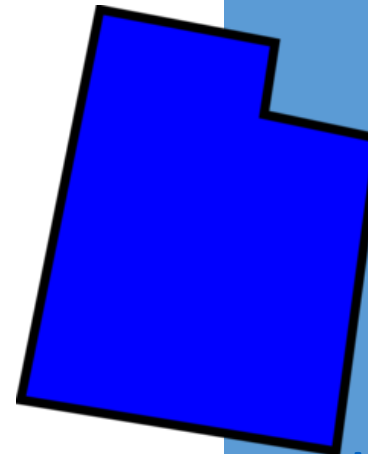
[ATRA-Professional Association Website](#)

ATRA  
American Therapeutic  
Recreation Association





URTA  
Utah Recreational  
Therapy  
Association



[Utahrectherapy.org](http://Utahrectherapy.org)



# ADAPTIVE SPORTS

 Archery	 Cycling	 Handcycling	 Rafting	 Skateboarding	 Surfing	 Triathlon
 Baseball	 Cross-Country Skiing	 Hiking	 Rock Climbing	 Sled Hockey	 Swimming	 Volleyball
 Basketball	 Curling	 Hunting	 Rowing	 Snowboarding	 Table Tennis	 Waterskiing
 Biathlon	 Downhill Skiing	 Kayaking	 Running	 Snowshoeing	 Tai Chi	 Wheelchair Racing
 Boccia	 Equestrian	 Martial Arts	 Sailing	 Soccer	 Tennis	 Windsurfing
 Bowling	 Fishing	 Mountain Biking	 Scuba	 Strength Training	 Track and Field	 Yoga
 Canoeing	 Golf	 Paddling	 Shooting			

- Splore- Adaptive
- Snowbird Ski
- National Ability Center
- Superior Adaptive
- Crestview Recovery center

# CREDITS

ADAPTIVE SPORTS. (N.D.). RETRIEVED APRIL 08, 2016, FROM [HTTP://WWW.DISABLEDSPORTSUSA.ORG/RESOURCES/ADAPTIVE-SPORTS/](http://www.disabledsportsusa.org/resources/adaptive-sports/)

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