

Proposal to UEPCC: Inclusive Recreation Minor within the Department of Health and Human Physiology

Emily Mozena, MA, CCLS, CTRS, RWWP (she/her/hers)

Associate Professor of Instruction

Director of Undergraduate Studies, B.S. Therapeutic Recreation

Director of Graduate Studies, M.S. Child Life ACLP Graduate Endorsed Program

Registered Wonders and Worries Provider

Dept. of Health & Human Physiology

E202 Field House, Iowa City, Iowa 52242

Office: 319-335-3822; Email: emily-mozena@uiowa.edu

Background: This proposal seeks to explain an Inclusive Recreation Minor within the Therapeutic Recreation program of study at The University of Iowa. Currently, we offer a Bachelor of Science degree with two tracks, an Inclusive Recreation Track and an NCTRC Certification Track under the Department of Health and Human Physiology in the College of Liberal Arts and Sciences. To accommodate a growing interest in this field we are proposing a new Inclusive Recreation Minor. Inclusive recreation in community-based settings is the fastest growing area of practice in therapeutic recreation and the most diverse. Community-based inclusive recreation specialists may be affiliated with community recreation departments, adaptive sports programs, school systems, independent living support services, special recreation associations, and community mental health agencies. The goals of inclusive recreation in community-based settings are equally diverse, for example enhancing quality of life, health protection and health promotion, and integration and inclusion of persons with disabilities in recreation programs.

Potential Audience and Enrollment: A Qualtrics Survey was administered in Sept. 2022 with the following results: n=410 students (Students within the Department of Health and Human Physiology-enrolled in introductory Therapeutic Recreation Courses, Health and Human Physiology Courses, and Sport Recreation Management Courses)

Survey Prompt: The faculty in the Department of Health and Human Physiology are developing a minor in Inclusive Recreation. Inclusive Recreation, otherwise known as adaptive or accessible recreation, involves the inclusion of all individuals, regardless of ability, socioeconomic status, religion, culture, etc., in recreation and leisure opportunities. The general requirements will be 15 hours in Therapeutic Recreation. Foundational coursework includes Introduction to Therapeutic Recreation, Perspectives on Leisure and Play, and Inclusive Recreation. The remaining hours would be selected from a pool of electives. **Students who major in Therapeutic Recreation are not eligible to complete an Inclusive Recreation minor. If this minor were offered, how likely would be you to declare it?

Response: **Definitely 6.1 % n=25, Probably 27.32% n=112, Probably Not 54.15% n=222, Definitely Not 12.44% n=51**

We feel the results of the potential of 137 students interested (indicating “Definitely” or “Probably”, is a successful one. Some of the Probably Not/Definitely Not were results of those already majoring in Therapeutic Recreation, or graduating and not interested at this time.

We asked for open-ended responses for why they responded the way they did.

For those interested here are some common responses:

- “I think it is important for many of us students who are going into healthcare professions to know how to help others improve or maintain the physical, emotional, mental, and social functioning. If this had been a minor option earlier on in my career here at Iowa I would have declared it.”

- “Sports and the inclusion of others are the two things I am most passionate about.”
- “I want to work with youth sports and this will help me be able to include everyone regardless of their circumstances.”
- “Therapeutic recreation is an area that I am extremely interested in but I do want to go more in the direction of medicine. If there was a minor offered I would definitely consider it”
- “This seems like a minor that would go well with my desired career”
- “I think it would be very applicable for a physical therapist. To have an extra background compared to other PTs would allow me to serve patients better. Having an understanding of how to incorporate different therapy ideas into my care would be great.”
- “I think this could be beneficial for my major and may possibly give me more option further in life and I know I want to be around kids and I want to help children growing up.”
- “Sounds interesting and relates well to HHP major.”

For those not interested:

- “While I think the major has merit, this is not the direction I care to go in my career.”
- “It wouldn’t fit my graduation plans.”
- “I am getting ready to graduate so I wouldn’t be able to. However if I was a freshman/sophomore I would consider adding it!”
- “This doesn’t really sound like something that I would be interested in but I am sure that there are a large amount of other people who would find this minor very intriguing.”
- “I definitely would need to learn more about this minor in order to see if it's something I'd be interested in.”
- “I'm not interested in a minor”
- “I am majoring in TR”
- “I am already taking too many credit hours. I would be more interested if I had the space and time.”
- “Unfortunately, I’m graduating in the Spring, so by the time it’s likely offered I won’t be a student at the university anymore. That being said, I believe this is a great minor for students who want to examine how inclusivity should play a role in recreation.”
- “This interests me, however I don't think it would benefit me in my field, and I am already pursuing a disability studies certificate which is similar”

We also asked if students were already in the Disabilities Certificate Program: **Response Rate “yes” n=15, “no” n=121**

Within the n=15 responses, we asked “Would you add the Inclusive Recreation Minor instead of the Disabilities Studies Certificate?”: **Response Rate “yes” n=2, “try and complete both” n=6, “unsure” n=7**

Overview:

The minor in inclusive recreation within the therapeutic recreation program in the Department of Health & Human Physiology is designed to introduce students to concepts and resources to work with a variety of children and adults to promote inclusive participation with recreation and leisure activities. This minor is a group of courses with concepts related to play, recreation, and recognition of diversity and how to plan and implement programming to promote resiliency and independence. Students who earn the minor will be prepared to apply their knowledge in diverse settings with a theme of inclusion and equitable service.

Requirements:

The undergraduate minor in inclusive recreation requires a minimum of 15 s.h., including at least 12 s.h. in courses taken at the University of Iowa in courses offered by the Department of Health and Human Physiology. Students must maintain a g.p.a. of at least 2.00 in all courses for the minor and in all UI courses for the minor. Coursework in the minor may not be taken pass/non-pass.

Students who earn a Bachelor of Science degree with a major in therapeutic recreation, either the inclusive recreation track or NCTRC track, may not earn the minor in inclusive recreation. No more than 6 s.h. of courses counting toward this minor may also count toward another major, minor, or certificate.

For the minor, students complete required courses that focus on various populations and interventions to promote inclusive recreation and participation in leisure.

The minor in inclusive recreation requires the following coursework.

Code	Title	Hours
All these foundational courses:		
TR:1070	Perspectives on Leisure and Play	3
TR:3160	Introduction to Therapeutic Recreation	3
TR:3261	Inclusive Recreation	3
Two (6 s.h.) of these electives from the courses listed below:		
Diverse Populations Electives		
TR:1077	Introduction to Child Life	3
DST:1101	Introduction to Disability Studies	3
TR:1800	Aging Matters: Intro to Gerontology	3
HHP:2130	Human Development through the Lifespan	3
TR:3162	Therapeutic Recreation: Clientele	3
Recreation Electives		
TR:2061	Recreation Leadership and Programming	3
TR:3262	Therapeutic Recreation Administration	3
TR:4197	Practicum in Therapeutic Recreation	1-3