



Springfield College Sequencing Guide Therapeutic Recreation Major (TREC) ▼ 2021-2022

If you entered Springfield College in 2021-2022, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.

Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, all TREC majors will need to fill the following Core Curriculum categories:

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|--|---------------------------------|--------------------------------|------------------------------|
| • 100-level Wellness & Physical (1 cr) | • Literature (3 cr) | • Aesthetic Expression (3 cr) | • Themed Explorations (9 cr) |
| • 200-level Wellness & Physical (1 cr) | • Quantitative Reasoning (3 cr) | • Historical and Social (3 cr) | ➢ 3 prefixes |
| • 300-level Wellness & Physical (1 cr) | • Spiritual and Ethical (3 cr) | | ➢ 1 Global course |

The Therapeutic Recreation major typically requires 68 credits to complete. Those students must also complete:

- **16 elective credits or more** to total at least 120 credits
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

TREC Major Requirements – Typical First-Year Schedule

Fall:

SCSM 101, Springfield College Seminar (Core requirement – 3 cr)
 ENGL 113, College Writing I (Core requirement – 3 cr)
 SMRT 103, Introduction to the Global Recreation Industry (3 cr – also fills half of WAC requirement)
 SMRT 106, Dynamics of Leadership (3 cr)
 Plus other Core and major requirements or electives to total approximately 15 credits

Spring:

ENGL 114, College Writing II (Core requirement – 3 cr)
 SMRT 102, Foundations of Therapeutic Recreation (3 cr)
 SMRT 120, Recreation Program Planning in Modern Society (3 cr)
 Plus other Core and major requirements or electives to total approximately 15 credits

Fall or Spring:

PEAC 108, Adapted Sport I (.5 cr)
 PEAC 109, Adapted Sport II (.5 cr)
 PSYC 101, Introduction to Psychology (3 cr)

TREC Major Requirements – Typical Second-Year Schedule

Fall:

BIOL 130, Anatomy & Physiology Concepts I (3 cr – also fills Scientific Reasoning Core)
 BIOL 132, Anatomy & Physiology Concepts I Lab (1 cr – also fills Scientific Reasoning Core)
 SMRT 253, Processes in Therapeutic Recreation (3 cr)
 SMRT 272, Inclusive Recreation Services (3 cr)
 Plus other Core and major requirements or electives to total approximately 15 credits

Spring:

Core and major requirements or electives to total 30 credits for the year

TREC Major Requirements – Typical Third-Year Schedule

Fall or Spring:

SMRT 411, Therapeutic Recreation Management Practices (3 cr)
 SMRT 473, Therapeutic Recreation Programming (3 cr)
 TREC 384, Practicum in Therapeutic Recreation (3 cr)
 Plus other Core and major requirements or electives to total 30 credits for the year

TREC Major Requirements – Typical Fourth-Year Schedule

Fall or Spring:

TREC 485, Internship in Therapeutic Recreation (12 cr)
 SMRT 560, Professional Trends and Issues in Therapeutic Recreation (3 cr)
 Plus any outstanding major requirements, Core or electives to total a minimum of 120 credits

Additional TREC Major Requirements – Flexible Timing

HSCI 260, Human Disease and Chronic Illness (3 cr – take 2nd or 3rd year)
PSYC 109, Human Development (3 cr – take 1st or 2nd year)
PSYC 221, Abnormal Psychology (3 cr – take 2nd or 3rd year)

Select **one course** (3 credits) from the following:

PHED 231, Challenge Course Facilitator (3 cr – take 2nd or 3rd year)
RHDS 470, Needs of the Aging (3 cr take 3rd year)

Select **two courses** (6 credits) from the following:

ARTS 118, Introduction to Community Arts (3 cr)
HSCI 201, Introduction to Health Care Ethics (3 cr)
RHDS 230, Psychology of Disability and Illness (3 cr)
SMRT 114, Leisure in Modern Society (3 cr)

TREC Major - Program Standards

Program standards for the TREC major include, but are not limited to:

- A minimum cumulative GPA of 2.500

Academic Advising Center
1/21/22