



## Springfield College Sequencing Guide Therapeutic Recreation Major (TREC) ▼ 2020-2021

*If you entered Springfield College in 2020-2021, 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.*

### GenEd Requirements, Electives, and College Requirements

*In addition to the major requirements listed below, all TREC majors will need to fill the following General Education (GenEd) categories:*

- WLPL 100, Exploring Movement & Wellness (1 cr)
- 200-level Wellness & Physical (1 cr)
- 300-level Wellness & Physical (1 cr)
- Literary Studies (3 cr)
- Quantitative Reasoning (3 cr)
- Spiritual and Ethical (3 cr)
- Aesthetic Expression (3 cr)
- Historical and Social (3 cr)
- Themed Explorations (9 cr)

*The Therapeutic Recreation major typically requires 65 credits to complete. Those students must also complete:*

- **19 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 (GenEd requirement – 3 cr)  
 ENGL 113, College Writing I (GenEd 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 GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

**Spring:**

ENGL 114, College Writing II (GenEd requirement – 3 cr)  
 SMRT 102, Foundations of Therapeutic Recreation (3 cr)  
 SMRT 120, Recreation Program Planning in Modern Society (3 cr)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) 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 Natural Sciences GenEd)  
 BIOL 132, Anatomy & Physiology Concepts I Lab (1 cr – also fills Natural Sciences GenEd)  
 SMRT 272, Inclusive Recreation Services (3 cr)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

**Spring:**

GenEds, major requirements with flexible timing, or electives (as applicable) 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 GenEds, major requirements with flexible timing, or electives (as applicable) 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, GenEds, 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 2<sup>nd</sup> or 3<sup>rd</sup> year)

PSYC 109, Human Development (3 cr – take 1<sup>st</sup> or 2<sup>nd</sup> year)

PSYC 221, Abnormal Psychology (3 cr – take 2<sup>nd</sup> or 3<sup>rd</sup> year)

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

PHED 231, Challenge Course Facilitator (3 cr – take 2<sup>nd</sup> or 3<sup>rd</sup> year)

RHDS 470, Needs of the Aging (3 cr take 3<sup>rd</sup> 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