



St. Lawrence
College

THERAPEUTIC RECREATION



1 year, Graduate Certificate
Kingston (Code 0988)
September Intake

OVERVIEW OF THE PROGRAM

This one-year (three semester) program prepares students with specialized training to work within recreation, health or social service delivery systems serving individuals with illness or disabilities. Graduates will acquire the skills to complete client assessments, develop and evaluate group and individualized programs and use a variety of facilitative techniques to assist individuals to participate in meaningful recreation activities that will enhance health, improve functional ability and increase quality of life. The program is built on the core belief of the inherent benefits of play, recreation and leisure to all people. Students will learn to adapt recreation activities so people with a variety of disabling conditions can participate and to use recreation as a therapeutic tool to improve and/or restore health and wellness.

Our program offers face-to-face classes, off-site living classroom, workshops for additional learning opportunities and community outings. International internships and Canada wide are encouraged. The ability of paid internship opportunities upon approval and need of the agency are supported.

Recognizing the increasing opportunities for private practice, a unique feature of our program is a course in Small Business Development to provide students with the skills in the areas of financial literacy, private practice documentation requirements, relevant business regulations, business planning, etc

PROGRAM HIGHLIGHTS

The St. Lawrence College Therapeutic Recreation curriculum has been successfully reviewed and determined to be in alignment with the Therapeutic Recreation Ontario (TRO) Essential Competency Framework (ECF). As a result, graduates of this program are eligible to apply for Registered Professional designation with Therapeutic Recreation Ontario (TRO). Students in this program also receive a student membership with Therapeutic Recreation Ontario (TRO)

CAREER OPPORTUNITIES

Graduates of the Therapeutic Recreation program may find employment working with individuals of all ages in health, recreation or human service organizations. Specifically, graduates may find work in long term care facilities, adult day programs, hospices, hospitals and health care agencies, rehabilitation centres, residential facilities, mental health agencies, addiction services and community agencies, schools and in private practice.

Graduates have attained work in a variety of community agencies including: Kids Inclusive, Providence Care, City of Ottawa, Girls Inc., Villa Marconi (Ottawa), Helen Henderson, The Royal, Golden Life Management (British Columbia), Spark Life Care, Sienna Senior Living (Toronto), Pathways to Independence, Trillium Care Community and Arbour Heights.



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PROGRAM LENGTH

1 year

ADMISSION REQUIREMENTS

Applicants must have a minimum of a two-year post-secondary diploma or degree, with a specialty in health, or community and social services.

PROGRAM OUTLINE

Semester 1

TREC 1 Therapeutic Recreation
and Selected Populations I

TREC 2 Foundations of Therapeutic Recreation

TREC 3 Therapeutic Recreation Process

TREC 4 Inclusive and Adapted Recreation

TREC 5 Leadership in Therapeutic Recreation

TREC 6 Anatomy and Physiology

Semester 2

TREC 7 Assessment and Documentation

TREC 8 Leisure Education

TREC 9 Therapeutic Recreation

and Selected Populations II

TREC 10 Issues and Trends

TREC 11 Research and Evaluation

TREC 12 Facilitation Techniques

TREC 13 Small Business Development

Semester 3

TREC 14 Therapeutic Recreation Internship

TESTIMONIALS

“Within this program we all become such a close knit group, and everybody got to know each other despite coming from various different backgrounds, and ended with all of us becoming each others personal cheerleaders. Between the college training and off-site training we experienced this program truly is like no other”

- Emma 2024

“Our time in the student program support position within the Therapeutic Recreation program has been truly remarkable. We’ve had the privilege of exploring educational avenues beyond the confines of the classroom, collaborating closely with professors at St. Lawrence College and professionals in the community”

- TR Student Jobs 2024

PROGRAM CONTACT

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FIND OUT MORE

STLAWRENCECOLLEGE.CA

1-800-463-0752

NEXT STEPS

Apply online at ONTARIOCOLLEGES.CA