

RECREATIONAL THERAPY, TESTAMUR MAJOR (T110)

Western Sydney University Major Code: T110

Previous Code: MT4004.1

Available to students in other Western Sydney University programs?
No

Recreational Therapy links leisure and health improvement. Recreational Therapy graduates work with patients to use leisure activities to improve health and life quality, for example in rehabilitation centres, psychiatric units, special schools, day care centres, aged care facilities, and in a range of local government or community services settings. The major combines theory and practice in learning, education programming, aged care, disability and mental health, with a comprehensive foundation of the health sciences. Students will develop the professional competencies important for ethical and safe practice and high-quality care, and the skills to work in multidisciplinary teams. Evidence-based practice is one of the most important trends in healthcare today and is a strong feature of the major. The recreational therapy program is offered on campus or fully online. Students may combine this testamur major in recreational therapy with a minor in health promotion, therapeutic modalities, psychology or exercise and physical activity, or the option to choose up to 40cp of electives based on the student's interest. This flexibility will help diversify the knowledge-base and skillset of students. The course includes 160 hours of compulsory practical placement in second year and a third-year internship of 560 hours - meeting the practice placement requirement for eligibility as a Certified Recreation Therapist with the National Council of Therapeutic Recreation Certification (NCTRC).

Location

| Campus | Mode | Advice |
|---------------------|----------|--|
| Campbelltown Campus | Internal | Dr Justin Guagliano (https://directory.westernsydney.edu.au/search/profile/64982/) |
| | Online | Dr Justin Guagliano (https://directory.westernsydney.edu.au/search/profile/64982/) |
| Sydney City Campus | Internal | Dr Andrey Zheluk (https://directory.westernsydney.edu.au/search/email/a.zheluk@city.westernsydney.edu.au) |

Recommended Sequence

Bachelor of Health Science (Recreational Therapy) Full-time start-year intake

Students must complete 240 credit points as follows:

| Course | Title | Credit Points |
|-----------------------|-------------------------------------|---------------|
| Year 1 | | |
| Autumn session | | |
| PUBH 1006 | Population Health and Society | 10 |
| HLTH 1013 | Professional Competencies in Health | 10 |
| BIOS 1035 | Anatomy and Physiology in Health | 10 |

| | | |
|----------------------|-------------------------------------|-----------|
| REHA 1007 | Foundations of Recreational Therapy | 10 |
| Credit Points | | 40 |

Spring session

| | | |
|----------------------|---|-----------|
| COMM 1007 | Communication in Health | 10 |
| HLTH 1012 | Evidence in Health | 10 |
| BIOS 1036 | Human Development and Disease across the lifespan | 10 |
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |
| Credit Points | | 40 |

Year 2

Autumn session

| | | |
|----------------------|---|-----------|
| REHA 2015 | Recreational Therapy Process and Planning | 10 |
| PUBH 2005 | Culture, Diversity and Health | 10 |
| Select two electives | | 20 |
| Credit Points | | 40 |

Spring session

| | | |
|----------------------|--------------------------------------|-----------|
| REHA 2014 | Recreational Therapy Assessment | 10 |
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
| HLTH 1006 | Movement and Skill Development | 10 |
| BEHV 1014 | Psychology and Health | 10 |
| Credit Points | | 40 |

Year 3

Autumn session

| | | |
|----------------------|---------------------------------|-----------|
| REHA 3042 | Health Practice Management | 10 |
| PUBH 3028 | Transforming Health | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |

Spring session

| | | |
|----------------------------|--|------------|
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
| BEHV 3002 | Abnormal Psychology | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |
| Total Credit Points | | 240 |

Bachelor of Health Science (Recreational Therapy) Full-time mid-year intake

Students must complete 240 credit points as follows:

| Course | Title | Credit Points |
|-----------------------|---|---------------|
| Year 1 | | |
| Spring session | | |
| COMM 1007 | Communication in Health | 10 |
| HLTH 1012 | Evidence in Health | 10 |
| HLTH 1013 | Professional Competencies in Health | 10 |
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |
| Credit Points | | 40 |
| Autumn session | | |
| PUBH 1006 | Population Health and Society | 10 |
| BIOS 1035 | Anatomy and Physiology in Health | 10 |
| REHA 1007 | Foundations of Recreational Therapy | 10 |

| | | |
|----------------------------|---|------------|
| Select one elective | | 10 |
| Credit Points | | 40 |
| Year 2 | | |
| Spring session | | |
| BEHV 1014 | Psychology and Health | 10 |
| REHA 2014 | Recreational Therapy Assessment | 10 |
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
| BIOS 1036 | Human Development and Disease across the lifespan | 10 |
| Credit Points | | 40 |
| Autumn session | | |
| PUBH 2005 | Culture, Diversity and Health | 10 |
| REHA 2015 | Recreational Therapy Process and Planning | 10 |
| Select two electives | | 20 |
| Credit Points | | 40 |
| Year 3 | | |
| Spring session | | |
| HLTH 1006 | Movement and Skill Development | 10 |
| BEHV 3002 | Abnormal Psychology | 10 |
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Credit Points | | 40 |
| Autumn session | | |
| REHA 3042 | Health Practice Management | 10 |
| PUBH 3028 | Transforming Health | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |
| Total Credit Points | | 240 |

Diploma in Health Science/Bachelor of Health Science. Full-time start-year intake

Students must complete the following subjects

| Course | Title | Credit Points |
|----------------------|--|---------------|
| Year 1 | | |
| Term 1 | | |
| PUBH 1007 | Population Health and Society (WSTC) | 10 |
| HLTH 0005 | The Health Science Professional (WSTC Prep) | 10 |
| NATS 0006 | Fundamentals of Health Science (WSTC Prep) | 10 |
| HLTH 1015 | Professional Competencies in Health (WSTC) | 10 |
| Term 2 | | |
| BEHV 1015 | Psychology and Health (WSTC) | 10 |
| HLTH 1014 | Evidence in Health (WSTC) | 10 |
| BIOS 1038 | Anatomy and Physiology in Health (WSTC) | 10 |
| Term 3 | | |
| BIOS 1037 | Human Development and Disease across the Lifespan (WSTC) | 10 |
| COMM 1008 | Communication in Health (WSTC) | 10 |
| PUBH 2006 | Culture, Diversity and Health (WSTC) | 10 |
| Credit Points | | 100 |

Year 2

Autumn session

| | | |
|------------------------|-------------------------------------|----|
| REHA 1007 | Foundations of Recreational Therapy | 10 |
| Select three electives | | 30 |

Credit Points 40

Spring session

| | | |
|-----------|---|----|
| REHA 2014 | Recreational Therapy Assessment | 10 |
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
| HLTH 1006 | Movement and Skill Development | 10 |
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |

Credit Points 40

Year 3

Autumn session

| | | |
|-----------|---|----|
| REHA 3042 | Health Practice Management | 10 |
| PUBH 3028 | Transforming Health | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| REHA 2015 | Recreational Therapy Process and Planning | 10 |

Credit Points 40

Spring session

| | | |
|-----------|--|----|
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
| BEHV 3002 | Abnormal Psychology | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |

Select one elective 10

Credit Points 40

Total Credit Points 260

Diploma in Health Science/Bachelor of Health Science. Full-time mid-year intake

Students must complete the following subjects

| Course | Title | Credit Points |
|----------------------|--|---------------|
| Year 1 | | |
| Term 2 | | |
| HLTH 1015 | Professional Competencies in Health (WSTC) | 10 |
| HLTH 0005 | The Health Science Professional (WSTC Prep) | 10 |
| PUBH 1007 | Population Health and Society (WSTC) | 10 |
| NATS 0006 | Fundamentals of Health Science (WSTC Prep) | 10 |
| Term 3 | | |
| BIOS 1037 | Human Development and Disease across the Lifespan (WSTC) | 10 |
| COMM 1008 | Communication in Health (WSTC) | 10 |
| PUBH 2006 | Culture, Diversity and Health (WSTC) | 10 |
| Term 1 | | |
| BIOS 1038 | Anatomy and Physiology in Health (WSTC) | 10 |
| BEHV 1015 | Psychology and Health (WSTC) | 10 |
| HLTH 1014 | Evidence in Health (WSTC) | 10 |
| Credit Points | | 100 |

Year 2**Spring session**

| | | |
|-----------|---|----|
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |
|-----------|---|----|

| | | |
|----------------------|--|----|
| Select two electives | | 20 |
|----------------------|--|----|

| | | |
|-----------|--------------------------------|----|
| HLTH 1006 | Movement and Skill Development | 10 |
|-----------|--------------------------------|----|

| | | |
|----------------------|--|-----------|
| Credit Points | | 40 |
|----------------------|--|-----------|

Autumn session

| | | |
|-----------|-------------------------------------|----|
| REHA 1007 | Foundations of Recreational Therapy | 10 |
|-----------|-------------------------------------|----|

| | | |
|------------------------|--|----|
| Select three electives | | 30 |
|------------------------|--|----|

| | | |
|----------------------|--|-----------|
| Credit Points | | 40 |
|----------------------|--|-----------|

Year 3**Spring session**

| | | |
|-----------|---------------------------------|----|
| REHA 2014 | Recreational Therapy Assessment | 10 |
|-----------|---------------------------------|----|

| | | |
|-----------|--------------------------------------|----|
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
|-----------|--------------------------------------|----|

| | | |
|-----------|--|----|
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
|-----------|--|----|

| | | |
|-----------|---------------------------------|----|
| REHA 3043 | Recreational Therapy Internship | 10 |
|-----------|---------------------------------|----|

| | | |
|----------------------|--|-----------|
| Credit Points | | 40 |
|----------------------|--|-----------|

Summer session

| | | |
|-----------|---------------------|----|
| BEHV 3002 | Abnormal Psychology | 10 |
|-----------|---------------------|----|

| | | |
|----------------------|--|-----------|
| Credit Points | | 10 |
|----------------------|--|-----------|

Autumn session

| | | |
|-----------|----------------------------|----|
| REHA 3042 | Health Practice Management | 10 |
|-----------|----------------------------|----|

| | | |
|-----------|---------------------|----|
| PUBH 3028 | Transforming Health | 10 |
|-----------|---------------------|----|

| | | |
|-----------|---|----|
| REHA 2015 | Recreational Therapy Process and Planning | 10 |
|-----------|---|----|

| | | |
|-----------------|--|--|
| Enrol again in: | | |
|-----------------|--|--|

| | | |
|-----------|---------------------------------|----|
| REHA 3043 | Recreational Therapy Internship | 10 |
|-----------|---------------------------------|----|

| | | |
|----------------------|--|-----------|
| Credit Points | | 40 |
|----------------------|--|-----------|

| | | |
|----------------------------|--|------------|
| Total Credit Points | | 270 |
|----------------------------|--|------------|

Electives

Most electives are 10 credit points. Students may wish to consider using elective choices to complete another health sciences field of study, such as:

Minors

Health Promotion, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/health-promotion-minor/>)

Health Practice Management, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/health-practice-management-minor/>)

Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/leisure-diverse-groups-minor/>)

Sport Development, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/sport-development-minor/>)

Note

Students enrolled in this Testamur Major are encouraged to use their elective choices to complete the complementary Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/leisure-diverse-groups-minor/>)

Recommended Sequence**Bachelor of Health Science (Recreational Therapy)
Full-time start-year intake**

Students must complete 240 credit points as follows:

| Course | Title | Credit Points |
|----------------------------|---|---------------|
| Year 1 | | |
| Autumn session | | |
| PUBH 1006 | Population Health and Society | 10 |
| HLTH 1013 | Professional Competencies in Health | 10 |
| BIOS 1035 | Anatomy and Physiology in Health | 10 |
| REHA 1007 | Foundations of Recreational Therapy | 10 |
| Credit Points | | 40 |
| Spring session | | |
| COMM 1007 | Communication in Health | 10 |
| HLTH 1012 | Evidence in Health | 10 |
| BIOS 1036 | Human Development and Disease across the lifespan | 10 |
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |
| Credit Points | | 40 |
| Year 2 | | |
| Autumn session | | |
| REHA 2015 | Recreational Therapy Process and Planning | 10 |
| PUBH 2005 | Culture, Diversity and Health | 10 |
| Select two electives | | 20 |
| Credit Points | | 40 |
| Spring session | | |
| REHA 2014 | Recreational Therapy Assessment | 10 |
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
| BEHV 1014 | Psychology and Health | 10 |
| HLTH 1006 | Movement and Skill Development | 10 |
| Credit Points | | 40 |
| Year 3 | | |
| Autumn session | | |
| REHA 3042 | Health Practice Management | 10 |
| PUBH 3028 | Transforming Health | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |
| Spring session | | |
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
| BEHV 3002 | Abnormal Psychology | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |
| Total Credit Points | | 240 |

**Bachelor of Health Science (Recreational Therapy)
Full-time mid-year intake**

Students must complete 240 credit points as follows:

| Course | Title | Credit Points |
|----------------------------|---|---------------|
| Year 1 | | |
| Spring session | | |
| COMM 1007 | Communication in Health | 10 |
| HLTH 1012 | Evidence in Health | 10 |
| HLTH 1013 | Professional Competencies in Health | 10 |
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |
| Credit Points | | 40 |
| Autumn session | | |
| PUBH 1006 | Population Health and Society | 10 |
| BIOS 1035 | Anatomy and Physiology in Health | 10 |
| REHA 1007 | Foundations of Recreational Therapy | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |
| Year 2 | | |
| Spring session | | |
| BEHV 1014 | Psychology and Health | 10 |
| REHA 2014 | Recreational Therapy Assessment | 10 |
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
| BIOS 1036 | Human Development and Disease across the lifespan | 10 |
| Credit Points | | 40 |
| Autumn session | | |
| PUBH 2005 | Culture, Diversity and Health | 10 |
| REHA 2015 | Recreational Therapy Process and Planning | 10 |
| Select two electives | | 20 |
| Credit Points | | 40 |
| Year 3 | | |
| Spring session | | |
| BEHV 3002 | Abnormal Psychology | 10 |
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| HLTH 1006 | Movement and Skill Development | 10 |
| Credit Points | | 40 |
| Autumn session | | |
| REHA 3042 | Health Practice Management | 10 |
| PUBH 3028 | Transforming Health | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |
| Total Credit Points | | 240 |

Diploma in Health Science/Bachelor of Health Science. Full-time start-year intake

Students must complete the following subjects

| Course | Title | Credit Points |
|---------------|---|---------------|
| Year 1 | | |
| Term 1 | | |
| PUBH 1007 | Population Health and Society (WSTC) | 10 |
| HLTH 0005 | The Health Science Professional (WSTC Prep) | 10 |

| | | |
|----------------------------|--|------------|
| NATS 0006 | Fundamentals of Health Science (WSTC Prep) | 10 |
| HLTH 1015 | Professional Competencies in Health (WSTC) | 10 |
| Term 2 | | |
| BEHV 1015 | Psychology and Health (WSTC) | 10 |
| HLTH 1014 | Evidence in Health (WSTC) | 10 |
| BIOS 1038 | Anatomy and Physiology in Health (WSTC) | 10 |
| Term 3 | | |
| BIOS 1037 | Human Development and Disease across the Lifespan (WSTC) | 10 |
| COMM 1008 | Communication in Health (WSTC) | 10 |
| PUBH 2006 | Culture, Diversity and Health (WSTC) | 10 |
| Credit Points | | 100 |
| Year 2 | | |
| Autumn session | | |
| REHA 1007 | Foundations of Recreational Therapy | 10 |
| Select three electives | | 30 |
| Credit Points | | 40 |
| Spring session | | |
| REHA 2014 | Recreational Therapy Assessment | 10 |
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |
| HLTH 1006 | Movement and Skill Development | 10 |
| Credit Points | | 40 |
| Year 3 | | |
| Autumn session | | |
| REHA 3042 | Health Practice Management | 10 |
| PUBH 3028 | Transforming Health | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| REHA 2015 | Recreational Therapy Process and Planning | 10 |
| Credit Points | | 40 |
| Spring session | | |
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
| BEHV 3002 | Abnormal Psychology | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Select one elective | | 10 |
| Credit Points | | 40 |
| Total Credit Points | | 260 |

Diploma in Health Science/Bachelor of Health Science. Full-time mid-year intake

Students must complete the following subjects

| Course | Title | Credit Points |
|---------------|---|---------------|
| Year 1 | | |
| Term 2 | | |
| HLTH 1015 | Professional Competencies in Health (WSTC) | 10 |
| HLTH 0005 | The Health Science Professional (WSTC Prep) | 10 |
| PUBH 1007 | Population Health and Society (WSTC) | 10 |

| | | |
|----------------------------|--|------------|
| NATS 0006 | Fundamentals of Health Science (WSTC Prep) | 10 |
| Term 3 | | |
| BIOS 1037 | Human Development and Disease across the Lifespan (WSTC) | 10 |
| COMM 1008 | Communication in Health (WSTC) | 10 |
| PUBH 2006 | Culture, Diversity and Health (WSTC) | 10 |
| Term 1 | | |
| BIOS 1038 | Anatomy and Physiology in Health (WSTC) | 10 |
| BEHV 1015 | Psychology and Health (WSTC) | 10 |
| HLTH 1014 | Evidence in Health (WSTC) | 10 |
| Credit Points | | 100 |
| Year 2 | | |
| Spring session | | |
| REHA 1008 | Introduction to Leisure and Recreation Theory | 10 |
| Select two electives | | 20 |
| HLTH 1006 | Movement and Skill Development | 10 |
| Credit Points | | 40 |
| Autumn session | | |
| REHA 1007 | Foundations of Recreational Therapy | 10 |
| Select three electives | | 30 |
| Credit Points | | 40 |
| Year 3 | | |
| Spring session | | |
| REHA 2014 | Recreational Therapy Assessment | 10 |
| REHA 3041 | Facilitation in Recreational Therapy | 10 |
| REHA 3044 | Shaping the Future of Recreational Therapy | 10 |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Credit Points | | 40 |
| Summer session | | |
| BEHV 3002 | Abnormal Psychology | 10 |
| Credit Points | | 10 |
| Autumn session | | |
| REHA 3042 | Health Practice Management | 10 |
| PUBH 3028 | Transforming Health | 10 |
| REHA 2015 | Recreational Therapy Process and Planning | 10 |
| Enrol again in: | | |
| REHA 3043 | Recreational Therapy Internship | 10 |
| Credit Points | | 40 |
| Total Credit Points | | 270 |

Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/leisure-diverse-groups-minor/>)
 Sport Development, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/sport-development-minor/>)

Note

Students enrolled in this Testamur Major are encouraged to use their elective choices to complete the complementary Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/leisure-diverse-groups-minor/>)

Related Programs

Bachelor of Health Science (4656) (<https://hbook.westernsydney.edu.au/archives/2022-2023/programs/bachelor-health-science/>)

Diploma in Health Science/Bachelor of Health Science (6000) (<https://hbook.westernsydney.edu.au/archives/2022-2023/programs/diploma-health-science-bachelor-health-science/>)

Electives

Most electives are 10 credit points. Students may wish to consider using elective choices to complete another health sciences field of study, such as:

Minors

Health Promotion, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/health-promotion-minor/>)

Health Practice Management, Minor (<https://hbook.westernsydney.edu.au/archives/2022-2023/majors-minors/health-practice-management-minor/>)