10

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	REHA 3043	Recreational Therapy Internship	10
Campbelltown C	ampus Internal	HealthSciences@wes	terns Select one electiv	ve	10
	Online	HealthSciences@wes		Credit Points	40
Sydney City Can	npus* Internal	search/email/	Full-time mid	Total Credit Points lealth Science (Recreational There -year intake	240 apy)

BEHV 3002

* Curriculum delivered through an agreement with another party

Recommended Sequence 2022

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

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

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

Abnormal Psychology

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

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

Autumn session		
REHA 1007	Foundations of Recreational Therapy	10
Select three elective	s	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	10
	Theory	
	Theory Credit Points	40
Year 3		40
Year 3 Autumn session		40
		40
Autumn session	Credit Points	
Autumn session REHA 3042	Credit Points Health Practice Management	10

40

10

10

10

10

40

260

Diploma in Health Science/Bachelor of Health Science.

Abnormal Psychology

Shaping the Future of Recreational

Recreational Therapy Internship

Full-time mid-year intake

Spring session REHA 3044

BEHV 3002

REHA 3043

Select one elective

Year 2

Students must complete the following subjects

Credit Points

Credit Points

Total Credit Points

Therapy

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 elective	s	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/majors-minors/health-promotion-minor/)

Health Practice Management, Minor (https://

hbook.westernsydney.edu.au/majors-minors/health-practice-management-minor/)

Leisure for Diverse Groups, Minor (https://

hbook.westernsydney.edu.au/majors-minors/leisure-diverse-groups-minor/)

Sport Development, Minor (https://hbook.westernsydney.edu.au/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/majors-minors/leisure-diverse-groups-minor/)

Recommended Sequence 2023

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		. 0
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	10
	the lifespan	
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

	Total Credit Points	260
	Credit Points	40
Select one elective		10
REHA 3043	Recreational Therapy Internship	10
BEHV 3002	Therapy Abnormal Psychology	10
REHA 3044	Shaping the Future of Recreational	10
Spring session	Orealt Foliito	40
	Planning Credit Points	40
REHA 2015	Recreational Therapy Process and	10
REHA 3043	Recreational Therapy Internship	10
PUBH 3028	Transforming Health	10
Autumn session REHA 3042	Health Practice Management	10
Year 3		
	Credit Points	40
HLTH 1006	Movement and Skill Development	10
REHA 1008	Introduction to Leisure and Recreation Theory	10
REHA 3041	Facilitation in Recreational Therapy	10
Spring session REHA 2014	Recreational Therapy Assessment	10
	Credit Points	40
Select three elective	•	30
REHA 1007	Foundations of Recreational Therapy	10
Autumn session		
Year 2	Credit Points	100
PUBH 2006	Culture, Diversity and Health (WSTC)	10
COMM 1008	Communication in Health (WSTC)	10
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10
Term 3		
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10
HLTH 1014	Evidence in Health (WSTC)	10
BEHV 1015	Psychology and Health (WSTC)	10
Term 2	(WSTC)	
HLTH 1015	Professional Competencies in Health	
NATS 0006	Fundamentals of Health Science (WSTC Prep)	
HLTH 0005	The Health Science Professional (WSTC Prep)	10

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

PUBH 3028 REHA 2015 Enrol again in: REHA 3043	Transforming Health Recreational Therapy Process and Planning Recreational Therapy Internship Credit Points	10 10 10 40
PUBH 3028 REHA 2015 Enrol again in:	Recreational Therapy Process and Planning	10
PUBH 3028 REHA 2015	Recreational Therapy Process and	
PUBH 3028	Recreational Therapy Process and	
PUBH 3028	-	
	Transforming Health	
	-	10
REHA 3042	Health Practice Management	10
Autumn session	Great rounts	10
	Credit Points	10
BEHV 3002	Abnormal Psychology	10
Summer session	orealt i onto	40
	Credit Points	40
REHA 3043	Recreational Therapy Internship	10
REHA 3044	Shaping the Future of Recreational Therapy	10
REHA 3041	Facilitation in Recreational Therapy	10
REHA 2014	Recreational Therapy Assessment	10
Spring session	Decreational Theorem Assessment	10
Year 3		
v .	Credit Points	40
Select three elective		30
REHA 1007	Foundations of Recreational Therapy	10
Autumn session	Farmdations of Dage sties of Therese	10
A	Credit Points	40
HLTH 1006	Movement and Skill Development	10
Select two elective		20
	Theory	
REHA 1008	Introduction to Leisure and Recreation	10
Spring session		
Year 2		
	Credit Points	100
HLTH 1014	Evidence in Health (WSTC)	10
BEHV 1015	Psychology and Health (WSTC)	10
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10
Term 1	Anatomy and Dhysiclery in Health	10
PUBH 2006	Culture, Diversity and Health (WSTC)	
COMM 1008	Communication in Health (WSTC)	10 10
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10
Term 3		10
-	Prep)	
NATS 0006	Fundamentals of Health Science (WSTC	10
PUBH 1007	Population Health and Society (WSTC)	10
	Prep)	
HLTH 0005	The Health Science Professional (WSTC	10

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/majors-minors/health-promotion-minor/)

Health Practice Management, Minor (https://

hbook.westernsydney.edu.au/majors-minors/health-practice-management-minor/)

Leisure for Diverse Groups, Minor (https://

hbook.westernsydney.edu.au/majors-minors/leisure-diverse-groups-minor/)

Sport Development, Minor (https://hbook.westernsydney.edu.au/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/majors-minors/leisure-diverse-groups-minor/)

Recommended Sequence 2024

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

Students must complete 240 credit points as follows:

Course	Title	
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 3044	Shaping the Future of Recreational Therapy	
Select one elective		10
	Credit Points	40

2H session		
REHA 3043	Recreational Therapy Internship	20
	Credit Points	20
Spring session		
BEHV 3002	Abnormal Psychology	10
Select one elective		10
	Credit Points	20
	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	3	20
	Credit Points	40
Year 3		
Spring session		
HLTH 1006	Movement and Skill Development	10
BEHV 3002	Abnormal Psychology	10
	Credit Points	20
Autumn session		-*
REHA 3042	Health Practice Management	10
PUBH 3028	Transforming Health	10
REHA 3044	Shaping the Future of Recreational Therapy	10
Select one elective	•	10
	Credit Points	40

2H session

REHA 3043	Recreational Therapy Internship	20
	Credit Points	20
	Total Credit Points	240

Diploma in Health Science/Bachelor of Health Science.

Full-time start-year intake

Students must complete the following subjects

Students must complete the following subjects			
Course	Title		
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 elective	s	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 2015	Recreational Therapy Process and Planning	10	
REHA 3044	Shaping the Future of Recreational Therapy	10	
	Credit Points	40	
2H session			
REHA 3043	Recreational Therapy Internship	20	
	Credit Points	20	
Spring session			
BEHV 3002	Abnormal Psychology	10	

Select one elective		10
	Credit Points	20
	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	
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 elective	s	30
	Credit Points	40
Year 3		
Spring session		
REHA 2014	Recreational Therapy Assessment	10
REHA 3041	Facilitation in Recreational Therapy	10
	Credit Points	20
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
REHA 3044	Shaping the Future of Recreational Therapy	10
	Credit Points	40

2H session

REHA 3043	Recreational Therapy Internship	20
	Credit Points	20
	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/majors-minors/health-promotion-minor/)

Health Practice Management, Minor (https://

hbook.westernsydney.edu.au/majors-minors/health-practice-management-minor/)

Leisure for Diverse Groups, Minor (https://

hbook.westernsydney.edu.au/majors-minors/leisure-diverse-groups-minor/)

Sport Development, Minor (https://hbook.westernsydney.edu.au/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/majors-minors/leisure-diverse-groups-minor/)

Related Programs

Bachelor of Health Science (4656) (https://

hbook.westernsydney.edu.au/programs/bachelor-health-science/)

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