

REHA 1007 FOUNDATIONS OF RECREATIONAL THERAPY

Credit Points 10

Legacy Code 401386

Coordinator Nicole Peel ([https://directory.westernsydney.edu.au/search/name/Nicole Peel/](https://directory.westernsydney.edu.au/search/name/Nicole%20Peel/))

Description This subject introduces students to the profession of recreational therapy, its models and modalities of practice as well as potential areas of work and intervention. It explores the conceptual foundations underpinning the profession, the different approaches to recreation therapy practice and areas of clinical intervention. Students will learn about the important and unique contribution made by recreation therapists in people's lives to promote human development and individual and collective well-being.

School Health Sciences

Discipline Rehabilitation Therapies, Not Elsewhere Classified.

Student Contribution Band HECS Band 2 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 1 subject

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Define recreational therapy in respect to its purpose, role and contribution to human development and individual and collective wellbeing;
2. Examine the history of recreational therapy professional development in Australia and overseas;
3. Recognise recreational therapy practice settings, models and modalities in relation to their application to clients;
4. Identify international and national policies and guidelines relevant to therapeutic recreation practice;
5. Describe major recreational therapy practice areas in Australia and overseas;
6. Engage in self-analysis to identify personal strengths and weaknesses and their alignment with the recreational therapy profession;
7. Summarise the key aspects of the role of a recreational therapist and their relationship with one's own values.

Subject Content

1. History of recreational therapy
2. Recreation therapy practice settings
3. Recreation therapy models and modalities
4. Recreation therapy standards of practice
5. International and national policies guidelines relevant to recreational therapy
6. Ethical practice in recreational therapy
7. Evaluating personal strengths and weaknesses

Special Requirements

Legislative pre-requisites

Special Requirements - NSW Health Legislative Prerequisites **Pre-requisites**

Student Compliance Information for all Health-Related Placements

Prior to enrolling in this subject, students must have submitted a **Student Undertaking Form** and undertake to apply for a **National Police Check**, which is required to be submitted before placement, and a **Working with Children Check Student Declaration**. Use the link to the **Special Requirements webpage** below for more information.

To be eligible to enrol in this subject and complete any required health-related placements or experiences, students must meet Western Sydney University program requirements as well as any special, legislated, or policy-mandated requirements.

Western Program Requirements

Visit the Special Requirements webpage for details about your program.

Special Requirements (https://www.westernsydney.edu.au/currentstudents/current_students/enrolment/special_requirements/)

Mandatory NSW Health student placement policy requirements

To be able to undertake placement in any NSW Health facility you must be assessed as compliant with NSW Health student placement policy in the first year of your program, regardless of when you expect to go on your first placement. Access and read the NSW Student Compliance Information Booklet.

NSW Student Compliance Information Booklet (https://www.westernsydney.edu.au/placements_hub/placements_hub/student_compliance/)

Please ensure that you

1. Find your existing National Police Check or apply for one
2. Gather documentary evidence of your vaccination history
3. Print and complete all relevant NSW Health forms relevant to the campus you are enrolled at or online enrolment requirements
4. Follow booklet instructions on how to have your compliance documents assessed by NSW health staff.

International students have additional requirements; the link to the booklet will inform you of these requirements.

School Requirements

Contact your School for further details regarding your School's requirements, if any, such as

- If you live outside of NSW or Australia and need to meet your state, territory or country's compliance requirements
- If you need to meet different state, territory or country compliance requirements.
- NSW Working with Children Check (WWCC) or other state equivalent, valid for your entire program.
- Current approved first aid certificate valid for your entire program - approved program providers can be found at the Government Training website
- <http://training.gov.au> (<http://training.gov.au/>)
- Other non-health related requirements.

Student Compliance Resources are also available on the Placements Hub web page (NSW students only)

https://www.westernsydney.edu.au/learning_futures/home/placements_hub/placements_hub/student_compliance ([https://](https://www.westernsydney.edu.au/learning_futures/home/placements_hub/placements_hub/student_compliance))

www.westernsydney.edu.au/learning_futures/home/placements_hub/placements_hub/student_compliance/

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

| Type | Length | Percent | Threshold | Individual/ Group Task | Mandatory |
|-----------------|------------|---------|-----------|---------------------------|-----------|
| Applied Project | 500 words | 30 | N | Individual | N |
| Multiple Choice | 60 minutes | 40 | N | Individual | N |
| Reflection | 700 words | 30 | N | Individual | N |

Teaching Periods

Autumn (2025)

Campbelltown

On-site

Subject Contact Nicole Peel ([https://directory.westernsydney.edu.au/search/name/Nicole Peel/](https://directory.westernsydney.edu.au/search/name/Nicole%20Peel/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA1007_25-AUT_CA_1#subjects)

Online

Online

Subject Contact Nicole Peel ([https://directory.westernsydney.edu.au/search/name/Nicole Peel/](https://directory.westernsydney.edu.au/search/name/Nicole%20Peel/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA1007_25-AUT_ON_2#subjects)

Sydney City Campus - Term 2 (2025)

Sydney City

On-site

Subject Contact Liz Atteya ([https://directory.westernsydney.edu.au/search/name/Liz Atteya/](https://directory.westernsydney.edu.au/search/name/Liz%20Atteya/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA1007_25-SC2_SC_1#subjects)