

Area of Interest: Community and Social Services

Therapeutic Recreation

Ontario College Graduate Certificate

Program Code: 1629X01FWO

1 Year

Ottawa Campus

Our Program

Turn your passion for wellness into a career helping people.

This Ontario College Graduate Certificate program prepares you for a career in the field of Therapeutic Recreation. Therapeutic Recreation Specialists work with individuals who, due to illness, disability or other life circumstances require assistance to meet their individual goals and dreams. In this program, you develop a strong foundation of skills and knowledge to facilitate purposeful, quality leisure experiences. You use the tools of recreation and leisure to provide client centred, strengths-based therapeutic recreation services, which lead to happiness, well-being and quality of life.

Develop advanced knowledge of how to complete participant assessments, create individualized and group programs and document participant outcomes. Apply a variety of facilitative techniques to promote inclusive and meaningful recreation and leisure experiences, and advocate for participants across a variety of service settings to maximize environmental resources that are essential for well-being. Through collaboration, teamwork, research and professional involvement, you learn to adapt, implement and evaluate recreation activities to meet the needs of people in a wide range of settings. Develop your professional identity and goals to prepare you for placement and employment, which may include private practice. Your placement consolidates the skills and learning that you have attained throughout your coursework.

Graduates may work with people of all abilities that may include physical or developmental disabilities, seniors, children with diverse learning needs, youth at risk, as well as individuals with addictions, mental illness or head injuries. Specifically, you may find work in recreation, health or social service organizations such as:

- long term care facilities
- adult day programs
- hospitals and health care agencies
- rehabilitation centres
- senior residential facilities
- centres for independent living
- mental health agencies
- addiction services
- municipal community-based programs
- group homes
- outreach community health and wellness agencies
- private family care
- forensic and youth services

Employment

Graduates may find employment as recreational therapists, recreation/restorative aides, recreationalists, activation therapists, recreation program coordinators, recreation facilitators, recreation programmers, recreation assistants, therapeutic recreation coordinators and community program facilitators.

Graduates of this program are eligible to become registered members of Therapeutic Recreation Ontario (R/TRO). Membership type will depend on the postsecondary credentials they hold. For more information, please see Additional Information.

Learning Outcomes

The graduate has reliably demonstrated the ability to:

- Provide for the safety of clients, self and others in compliance with applicable legislation, regulations, standards and ethical practices.

Program of Study

Level: 01	Courses	Hours
HLT0326	Foundations of Therapeutic Recreation	42.0
HLT0327	Leadership and Adaptive Recreation	42.0
HLT0328	Therapeutic Recreation and Selected Populations I	42.0
HLT0329	Therapeutic Recreation and Aging	42.0
HLT0336	Therapeutic Recreation Assessment	42.0
HLT0344	Anatomy and Physiology for Healthcare	42.0
Level: 02	Courses	Hours
HLT0351	Facilitation Techniques	42.0
HLT0352	Issues and Trends in Therapeutic Recreation	42.0
HLT0353	Research, Evaluation and Documentation	42.0
HLT0354	Therapeutic Recreation and Selected Populations II	42.0
HLT0355	Field Placement Preparation and Therapeutic Recreation Entrepreneur Development	42.0
HLT0356	Leisure Education	42.0
Level: 03	Courses	Hours
FLD0012	Therapeutic Recreation Field Placement	560.0

Fees for the 2025/2026 Academic Year

Tuition and related ancillary fees for this program can be viewed by using the Tuition and Fees Estimator tool at <http://www.algonquincollege.com/fee-estimator>

Further information on fees can be found by visiting the Registrar's Office website at <http://www.algonquincollege.com/ro>

Fees are subject to change.

Additional program related expenses include:

Textbooks and supplies cost approximately \$1000 for this program.

Admission Requirements for the 2026/2027 Academic Year

Program Eligibility

- Ontario College Diploma, Ontario College Advanced Diploma, Degree or equivalent credential in a health-related or human services field.
- Applicants with international transcripts must provide proof of the subject specific requirements noted above and may be required to provide proof of language proficiency. Domestic applicants with international transcripts must be evaluated through the International Credential Assessment Service of Canada (ICAS) or World Education Services (WES).
- IELTS-International English Language Testing Service (Academic) Overall band of 6.5 with a minimum of 6.0 in each band; OR TOEFL-Internet-based (iBT)-overall 88, with a minimum in each component: Reading 22; Listening 22; Speaking 22; Writing 22; OR Duolingo English Test (DET) Overall 120, minimum of 120 in Literacy and no score below 105.

Field Placement Eligibility:

Field placements occur in the spring/summer semester of the program.

Clinical Placements require Health and Safety, and WHMIS training, provided through Algonquin College. Some agencies may require other training such as de-escalation training prior to placements. There may be additional costs associated with training that should be anticipated by students which are not covered by tuition fees.

To be eligible for placement, you must submit proof of Standard First Aid certification, CPR level C (1-year), PRCSVS, complete immunizations and other forms at least one semester prior to starting placement through ParaMed and pay associated costs. ParaMed services are the third-party provider who collects all field placement documentation for the School of Wellness, Public Safety, and Community Studies.

Should you require further information, please contact the Program Coordinator.

Admission Requirements for 2025/2026 Academic Year

Program Eligibility

- Ontario College Diploma, Ontario College Advanced Diploma, Degree or equivalent credential in a health-related or human services field.
- Applicants with international transcripts must provide proof of the subject-specific requirements noted above and may be required to provide proof of language proficiency. Domestic applicants with international transcripts must be evaluated through the International Credential Assessment Service of Canada (ICAS) or World Education Services (WES).
- IELTS-International English Language Testing Service (Academic) Overall band of 6.5 with a minimum of 6.0 in each band; OR TOEFL-Internet-based (iBT)-overall 88, with a minimum in each component: Reading 22; Listening 22; Speaking 22; Writing 22; OR Duolingo English Test (DET) Overall 120, minimum of 120 in Literacy and no score below 105.

Field Placement Eligibility:

Field placements occur in the spring/summer semester of the program.

Clinical Placements require Health and Safety, and WHMIS training, provided through Algonquin College. Some agencies may require de-escalation training prior to placements. There may be additional costs associated with training that should be anticipated by students which are not covered by tuition fees.

To be eligible for placement, you must submit proof of Standard First Aid certification, CPR level C (1-year), PRCSVS, complete immunizations and other forms at least one semester prior to starting placement through ParaMed and pay associated costs. ParaMed services are the third-party provider who collects all field placement documentation for the School of Wellness, Public Safety, and Community Studies.

Should you require further information, please contact the Program Coordinator.

Application Information

THERAPEUTIC RECREATION Program Code 1629X01FWO

Applications to full-time day programs must be submitted with official transcripts showing completion of the academic admission requirements through:

ontariocolleges.ca
60 Corporate Court
Guelph, Ontario N1G 5J3
1-888-892-2228

Applications are available online <http://www.ontariocolleges.ca/>.

Applications for Fall Term and Winter Term admission received by February 1 will be given equal consideration. Applications received after February 1 will be processed on a first-come, first-served basis as long as places are available.

International applicants please visit this link for application process information:
<https://algonquincollege.my.site.com/myac360/s/self-registration-page>.

For further information on the admissions process, contact:

Registrar's Office
Algonquin College
1385 Woodroffe Ave
Ottawa, ON K2G 1V8
Telephone: 613-727-0002
Toll-free: 1-800-565-4723
TTY: 613-727-7766
Fax: 613-727-7632
Contact: <https://www.algonquincollege.com/ro>

Additional Information

Graduates of this program are eligible to become registered members of Therapeutic Recreation Ontario (R/TRO).

- R/TRO for all graduates (new designation changes since 2022)

Contact Information

Program Coordinator(s)

- Kayla Sparling, <mailto:sparlik1@algonquincollege.com>,

Course Descriptions

FLD0012 Therapeutic Recreation Field Placement

Throughout the semester, students participate in practical therapeutic recreation work at an approved agency/site while applying classroom theory and knowledge. Supervised by therapeutic recreation professionals and College faculty, students assist clients throughout the phases of the therapeutic recreation process, examining and applying therapeutic recreation standards of practice, learned terminology and practical skills in a frontline setting. Competencies such as reflective practice assignments, case studies and clinical supervision comprise additional evaluative requirements for the placement. Toward the end of the semester, students return to the classroom to share and reflect upon their work experiences.

Prerequisite(s): HLT0326 and HLT0327 and HLT0328 and HLT0329 and HLT0336 and HLT0344 and HLT0351 and HLT0352 and HLT0353 and HLT0354 and HLT0355 and HLT0356
Corerequisite(s):none

HLT0326 Foundations of Therapeutic Recreation

Students examine the history, theory and philosophy of therapeutic recreation. Historic and contemporary contexts provide the framework to explore the phenomena of play, recreation and leisure. Contemporary professional practice models are reviewed to analyze the role of the therapeutic recreation specialist in attainment of well-being and quality of life. Changes in society's attitudes toward individuals with disabilities are explored. Students are challenged to use the conceptual foundations to create a personal philosophy of therapeutic recreation professional practice.

Prerequisite(s): none

Corerequisite(s):none

HLT0327 Leadership and Adaptive Recreation

Having an in-depth understanding of recreation leadership, combined with accurate adaptation of activities, is critical to meeting the needs of clients while facilitating valuable outcome-based programs. Students learn to systematically develop and lead recreation activities using current program planning standards, activity analysis, adaptation and leadership skills. Students examine leadership theory and techniques and self-discover their own unique style. Topics explored include supervision, motivation, collaboration, communication, empowerment and team development, particularly from the perspective of working with clients, staff, volunteers and other team members.

Prerequisite(s): none

Corerequisite(s):none

HLT0328 Therapeutic Recreation and Selected Populations I

Therapeutic recreation professionals provide services to diverse client groups in a broad spectrum of settings. Students explore a variety of disabilities and assess their impact on a person's activities of daily living, accessibility, psychosocial state, relationships, and recreation and leisure lifestyle and functioning. Client populations may include adults or children with physical disabilities and developmental disabilities, chronic conditions and head injuries. Students investigate how to apply the therapeutic recreation process with these individuals.

Prerequisite(s): none

Corerequisite(s):none

HLT0329 Therapeutic Recreation and Aging

Demographics are changing in Canada particularly as they relate to aging communities. Students examine the evolving scene in recreation with respect to providing opportunities and activities for an aging population. Students explore theories of aging and the aging process and how they apply to seniors living in a variety of chosen lifestyles. Needs and interests of older adults are connected with community services, recreation and leisure opportunities and programming practices while students apply the principles of therapeutic recreation.

Prerequisite(s): none

Corerequisite(s):none

HLT0336 Therapeutic Recreation Assessment

Assessment is one of the primary steps of the Therapeutic Recreation Process. Students develop the knowledge and skills necessary to design and conduct individualized, systematic therapeutic recreation assessments for diverse client groups. Students examine the tools and processes necessary to determine clients' interests, skills, thoughts and feelings related to their leisure life. Information gathered is used to develop individualized intervention plans. Interpersonal skills play a role in conducting assessments. Students explore empathetic communication and examine the importance of professional and ethical considerations.

Prerequisite(s): none

Corerequisite(s):none

HLT0344 Anatomy and Physiology for Healthcare

Basic comprehension of medical terminology, human anatomy and physiology is essential when working in patient care settings. Students learn basic anatomy and physiology in normal body structure and functioning. Proper use of medical terminology is practised through verbal and written communication.

Prerequisite(s): none

Corerequisite(s):none

HLT0351 Facilitation Techniques

Recreation therapists use a variety of techniques and methodologies to meet the needs of clients' leisure lifestyles. Students examine a number of facilitative techniques including, but not limited to, horticulture, drama and dance, aromatherapy, drumming, reminiscence, relaxation, sensory stimulation, the therapeutic use of humor, technology, animals and music. Through hands-on learning and activities, students analyze and apply many of these practices.

Prerequisite(s): HLT0326 and HLT0336

Corerequisite(s):none

HLT0352 Issues and Trends in Therapeutic Recreation

Remaining current in this profession encourages professional growth and standard of care. Students gain insight into a variety of issues and trends presently impacting this evolving field. Students explore and debate topics such as the importance of interprofessional teamwork, community development, ethics, inclusion, advocacy and other current professional issues. Students develop knowledge and understanding of therapeutic recreation standards of practice and professional regulation and registration.

Prerequisite(s): HLT0326

Corerequisite(s):none

HLT0353 Research, Evaluation and Documentation

Documentation is crucial to client outcome evaluation. Students explore the value of documentation and the role it plays professionally for a recreation therapist. Students discuss the research process, data collection, and analysis, thereby enhancing their ability to interpret and apply information in professional journals. An overview of research methodology, rigour, bias and research ethics is applied in order to critically appraise research papers.

Prerequisite(s): HLT0326

Corerequisite(s):none

HLT0354 Therapeutic Recreation and Selected Populations II

Illnesses and disabilities have a significant impact on a person's leisure lifestyle. Students take an in-depth look at a variety of disabilities and how to facilitate purposeful, quality leisure experiences. Client populations explored might include areas of mental health, substance use, youth at risk, and autism spectrum disorder. Students examine the characteristics of these conditions and explore a variety of support options and therapeutic techniques. The Therapeutic Recreation process is applied to appropriately support persons living with disabilities in these comparative populations.

Prerequisite(s): none

Corerequisite(s):none

HLT0355 Field Placement Preparation and Therapeutic Recreation Entrepreneur Development

Entrepreneurship is a mindset that promotes career resilience in both employment and self-employment, opening career doors. Students learn to take ownership of their value in the marketplace by recognizing potential issues and opportunities, finding solutions, adding and communicating value, and remaining adaptable to changing conditions. Students prepare for placement, employment, or job creation upon graduation by developing their professional identity

and portfolio, market awareness and networking, and applying business modeling to job seeking, intrapreneurship, and the development of a Therapeutic Recreation Private practice.

Prerequisite(s): HLT0326 and HLT0336

Corerequisite(s):none

HLT0356 Leisure Education

Leisure Education is an integral component of therapeutic recreation services and is key in assisting individuals to lead a fulfilled leisure lifestyle. Students examine current theories and models as well as their own values, lifestyles, learning styles and needs, and extend them to strategies and techniques to provide client centred, strength-based leisure education programs. Students compare counselling tools, techniques and strategies common to leisure education to discover how leisure education can be used as a pathway to overall happiness and well-being.

Prerequisite(s): HLT0326 and HLT0336

Corerequisite(s):none