

## Program Overview

The Master of Science in Recreation and Leisure Services (M.S.R.L.S.) degree with a major in Therapeutic Recreation is designed to prepare administrators, supervisors, educators, consultants, and researchers to assist people toward richer lives through leisure experiences. Therapeutic Recreation focuses on enabling individuals with special needs to experience the same leisure options as able-bodied individuals through the use of recreation as a treatment and education modality. Individuals seeking to become a Certified Therapeutic Recreation Specialist (CTRS) would enroll in this option.

## Application Requirements

The items listed below are required for admission consideration for applicable semesters of entry during the current academic year. Submission instructions, additional details, and changes to admission requirements for semesters other than the current academic year can be found on The Graduate College's website (<http://www.gradcollege.txstate.edu>). International students should review the International Admission Documents page (<http://mycatalog.txstate.edu/graduate/admission-documents/international/>) for additional requirements.

- completed online application
- \$55 nonrefundable application fee
- or
- \$90 nonrefundable application fee for applications with international credentials
- baccalaureate degree from a regionally accredited university (Non-U.S. degrees must be equivalent to a four-year U.S. Bachelor's degree. In most cases, three-year degrees are not considered. Visit our International FAQs (<https://www.gradcollege.txst.edu/international/faqs.html>) for more information.)
- official transcripts from **each institution** where course credit was granted
- a 2.75 overall GPA or a 2.75 GPA in the last 60 hours of undergraduate course work (plus any completed graduate courses)
- background courses required in:
  - Anatomy & Physiology
  - Abnormal Psychology
  - Human Growth and Development Across the Lifespan
- GRE not required
- statement of purpose (maximum 500 words) addressing the following:
  - experiences leading to graduate studies in therapeutic recreation
  - qualities, values, characteristics of the student that will help him/her meet the academic rigors of graduate education
  - career goals relating to obtaining a master's degree

### Approved English Proficiency Exam Scores

Applicants are required to submit an approved English proficiency exam score that meets the minimum program requirements below unless they have earned a bachelor's degree or higher from a regionally accredited U.S. institution or the equivalent from a country on our exempt countries list (<http://www.gradcollege.txstate.edu/international/language.html#wavier>).

- official TOEFL iBT scores required with a 78 overall
- official PTE scores required with a 52
- official IELTS (academic) scores required with a 6.5 overall and minimum individual module scores of 6.0
- official Duolingo Scores required with a 110 overall
- official TOEFL Essentials scores required with an 8.5 overall

This program does **not** offer admission if the scores above are not met.

## Degree Requirements

The Master of Science in Recreation and Leisure Services (M.S.R.L.S.) degree with a major in Therapeutic Recreation requires 30 semester credit hours.

## Course Requirements

Code	Title	Hours
<b>Required Courses</b>		
REC 5321	Issues and Trends in Recreational Therapy	3
REC 5325	Philosophical Foundations of Recreational Therapy	3
REC 5326	Recreational Therapy Planning and Implementation	3
REC 5327	Assessment, Evaluation, and Documentation in Recreational Therapy	3
REC 5328	Advanced Principles of Recreational Therapy	3
REC 5329	Evidence-based Practice in Recreational Therapy	3
REC 5338	Internship in Recreational Therapy	3
REC 5339	Advanced Research Methods in Recreational Therapy	3
<b>Prescribed Electives</b>		
Choose 6 hours from the following:		6
REC 5310	Philosophical Foundations of Recreation and Sport Management	
REC 5318	Selected Topics in Recreation and Leisure Services	
REC 5330	Organizational Leadership in Recreation and Sport Management	
REC 5337	Independent Study in Recreation and Sport Management	
REC 5340	Social Psychology of Recreation and Sport	
REC 5346	Literature and Research in Recreation and Sport Management	
REC 5350	Legal and Ethical Issues in Recreation and Sport Management	
REC 5360	Financial Management in Recreation and Sport Management	
REC 5372	Technology-Mediated Places of Leisure: Aspirations towards a life of leisure	
REC 5373	Innovative Technology Solutions and Applications in Recreation and Leisure	
REC 5380	Organizational Planning in Recreation and Sport Management	
REC 5381	Outdoor Program Leadership and Administration	
REC 5382	Facility Management in Recreation and Sport Services	
ESS 5304	Motor Behavior	

ESS 5322	Inclusion and Diversity in Physical Activity and Sport	
ESS 5354	Developmental Sports Education: Youth Participants	
ESS 5356	Applied Statistics in Health and Human Performance	
PH 5305	Grant Proposal Writing in Public Health	
PH 5315	Applied Behavioral Statistics in Public Health	
PH 5321	Advanced Health Behavior Theory	
PH 5350	Advanced Public Health Program Planning and Evaluation	
PSY 5310	Advanced Psychopathology	
SPED 5326	Educating Students with Mild Disabilities	
SPED 5327	Educating Students with Autism and Other Developmental Disabilities	
<b>Total Hours</b>		<b>30</b>

## Comprehensive Examination Requirement

All candidates must pass a comprehensive examination by completing an in-depth case study, typically done as part of the culminating internship affiliation.

Students who do not successfully complete the requirements for the degree within the timelines specified will be dismissed from the program.

If a student elects to follow the thesis option for the degree, a committee to direct the written thesis will be established. The thesis must demonstrate the student's capability for research and independent thought. Preparation of the thesis must be in conformity with the *Graduate College Guide to Preparing and Submitting a Thesis or Dissertation*.

## Thesis Proposal ([http://www.gradcollege.txstate.edu/docs/Thesis\\_Diss\\_Guide.pdf](http://www.gradcollege.txstate.edu/docs/Thesis_Diss_Guide.pdf))

The student must submit an official Thesis Proposal Form (<http://www.gradcollege.txstate.edu/forms.html>) and proposal to his or her thesis committee. Thesis proposals vary by department and discipline. Please see your department for proposal guidelines and requirements. After signing the form and obtaining committee members' signatures, the graduate advisor's signature if required by the program and the department chair's signature, the student must submit the Thesis Proposal Form with one copy of the proposal attached to the dean of The Graduate College for approval before proceeding with research on the thesis. If the thesis research involves human subjects, the student must obtain exemption or approval from the Texas State Institutional Review Board prior to submitting the proposal form to The Graduate College. The IRB approval letter should be included with the proposal form. If the thesis research involves vertebrate animals, the proposal form must include the Texas State IACUC approval code. It is recommended that the thesis proposal form be submitted to the dean of The Graduate College by the end of the student's enrollment in 5399A. Failure to submit the thesis proposal in a timely fashion may result in delayed graduation.

## Thesis Committee

The thesis committee must be composed of a minimum of three approved graduate faculty members.

## Thesis Enrollment and Credit

The completion of a minimum of six hours of thesis enrollment is required. For a student's initial thesis course enrollment, the student will need to register for thesis course number 5399A. After that, the student will enroll in thesis B courses, in each subsequent semester until the thesis is defended with the department and approved by The Graduate College. Preliminary discussions regarding the selection of a topic and assignment to a research supervisor will not require enrollment for the thesis course.

Students must be enrolled in thesis credits if they are receiving supervision and/or are using university resources related to their thesis work. The number of thesis credit hours students enroll in must reflect the amount of work being done on the thesis that semester. It is the responsibility of the committee chair to ensure that students are making adequate progress toward their degree throughout the thesis process. Failure to register for the thesis course during a term in which supervision is received may result in postponement of graduation. After initial enrollment in 5399A, the student will continue to enroll in a thesis B course as long as it takes to complete the thesis. Thesis projects are by definition original and individualized projects. As such, depending on the topic, methodology, and other factors, some projects may take longer than others to complete. If the thesis requires work beyond the minimum number of thesis credits needed for the degree, the student may enroll in additional thesis credits at the committee chair's discretion. In the rare case when a student has not previously enrolled in thesis and plans to work on and complete the thesis in one term, the student will enroll in both 5399A and 5399B.

The only grades assigned for thesis courses are PR (progress), CR (credit), W (withdrew), and F (failing). If acceptable progress is not being made in a thesis course, the instructor may issue a grade of F. If the student is making acceptable progress, a grade of PR is assigned until the thesis is completed. The minimum number of hours of thesis credit ("CR") will be awarded only after the thesis has been both approved by The Graduate College and released to Alkek Library.

A student who has selected the thesis option must be registered for the thesis course during the term or Summer I (during the summer, the thesis course runs ten weeks for both sessions) in which the degree will be conferred.

## Thesis Deadlines and Approval Process

Thesis deadlines are posted on The Graduate College (<http://www.gradcollege.txstate.edu/>) website under "Current Students." The completed thesis must be submitted to the chair of the thesis committee on or before the deadlines listed on The Graduate College website.

The following must be submitted to The Graduate College by the thesis deadline listed on The Graduate College website:

1. The Thesis Submission Approval Form bearing original (wet) and/or electronic signatures of the student and all committee members.
2. One (1) PDF of the thesis in final form, approved by all committee members, uploaded in the online Vireo submission system.

After the dean of The Graduate College approves the thesis, Alkek Library will harvest the document from the Vireo submission system for publishing in the Digital Collections database (according to the student's embargo selection). **NOTE: MFA Creative Writing theses will have a permanent embargo and will never be published to Digital Collections.**

While original (wet) signatures are preferred, there may be situations as determined by the chair of the committee in which obtaining original signatures is inefficient or has the potential to delay the student's progress. In those situations, the following methods of signing are acceptable:

- signing and faxing the form
- signing, scanning, and emailing the form
- notifying the department in an email from their university's or institution's email account that the committee chair can sign the form on their behalf
- electronically signing the form using the university's licensed signature platform.

If this process results in more than one document with signatures, all documents need to be submitted to The Graduate College together.

No copies are required to be submitted to Alkek Library. However, the library will bind copies submitted that the student wants bound for personal use. Personal copies are not required to be printed on archival quality paper. The student will take the personal copies to Alkek Library and pay the binding fee for personal copies.

Master's level courses in Health and Human Performance: REC

## Courses Offered

### Recreation (REC)

#### REC 5199B. Thesis.

This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.

**1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.**

**Grade Mode:** Credit/No Credit

#### REC 5299B. Thesis.

This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.

**2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Credit/No Credit

#### REC 5310. Philosophical Foundations of Recreation and Sport Management.

This course introduces and explores the meanings of recreation, sport, and leisure behaviors and services from historical, philosophical, sociological, and political perspectives. Students will develop a philosophical view of recreation and sport based on exploration of the history as well as consideration of the nature of the individual and society.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

#### REC 5318P. Inclusive Recreation for Individuals with Disabilities.

This course engages students to understand the meaning of social inclusion as it pertains to people with disabilities, along with current trends and best practices related to inclusive sport and recreation services for people with disabilities. Course content will prepare students to enhance inclusive service delivery in a variety of settings.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing|Topics

**Grade Mode:** Standard Letter

#### REC 5318Q. Evaluation of Recreation and Sport Programs.

This course will focus on practical applications of program evaluation techniques. Directed readings will cover the history of evaluation as well as methods and approaches designed for different customers, locations and program types. Prerequisite: REC 5380 with a grade of "C" or better or instructor permission.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing|Topics

**Grade Mode:** Standard Letter

#### REC 5321. Issues and Trends in Recreational Therapy.

This is a seminar-style course during which students investigate current trends related to the provision of recreational therapy services, research, education, and professional advocacy. Prerequisite: REC 5328 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

#### REC 5325. Philosophical Foundations of Recreational Therapy.

This course examines the history, theory, and philosophy of therapeutic recreation such as service models, standards, and legislation. The use of recreational therapy in supporting the attainment and maintenance of well-being of people with differing characteristics and abilities is explored. Prerequisite: Instructor approval.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

#### REC 5326. Recreational Therapy Planning and Implementation.

This course provides an advanced examination of the recreational therapy process with a focus on planning and implementation of individualized services and supports for persons with disabling conditions. Students will analyze interventions, modalities, instruction, leadership, supervision, and leisure counseling techniques in relation to program planning and implementation. Prerequisite: REC 5327 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5327. Assessment, Evaluation, and Documentation in Recreational Therapy.**

This course provides an in-depth examination of the assessment and documentation phases used in recreational therapy. Students will select, administer, score, interpret, and report standardized and specialized assessment instruments and documentation methods. Corequisite: REC 5325 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5328. Advanced Principles of Recreational Therapy.**

This course provides an in-depth examination of the principles of organizing, funding, and managing recreational therapy services within a variety of settings. Topics include analysis of professional credentialing, policies, standards of practice, ethical behavior, and regulatory guidelines as they relate to recreational therapy are applied to advancing the profession. Prerequisite: REC 5327 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5329. Evidence-based Practice in Recreational Therapy.**

This course explores the application of research evidence to the planning and delivery of recreational therapy within a variety of service settings. The emphasis is on locating, critically appraising, analyzing, and producing evidence related to treatment modalities and techniques for recreational therapy practice. In addition, the course will apply evidence-based practice in relation to therapeutic facilitation techniques and interventions. Prerequisite: REC 5328 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5330. Organizational Leadership in Recreation and Sport Management.**

This course provides an exploration of management issues related to the role of the leader as a conduit for effectiveness in recreation and sport management service agencies. Content will include practices associated with managing human resources such as hiring, supervising, evaluating, and compensating. Content will include examination of federal and state laws impacting employment and the manager's role in operationalizing both legislative mandates and agency policy.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5337. Independent Study in Recreation and Sport Management.**

This course includes individual study related to recreational administration or sport management under direct supervision of a faculty member. May be repeated for additional credit at the discretion of the department chair.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Course Attribute(s):** Exclude from 3-peat Processing

**Grade Mode:** Standard Letter

**REC 5338. Internship in Recreational Therapy.**

This course provides students the opportunity to complete an intensive, on-site internship under the supervision of a nationally Certified Therapeutic Recreation Specialist. Students will complete a minimum of 560 hours and 14 weeks in a recreational therapy setting. Prerequisite: Instructor approval.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5339. Advanced Research Methods in Recreational Therapy.**

This course provides the students with an opportunity to enhance research knowledge related to Recreational Therapy (RT). The focus will be on developing advanced competencies in research methodology, critical analysis of literature, and application of evidence-based practice in RT throughout the therapeutic process. Students will engage in a comprehensive case study project that integrates theoretical knowledge with practical application, emphasizing the importance of research in informing RT practice. Corequisite: REC 5338 with a grade of "C" or better.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5340. Social Psychology of Recreation and Sport.**

This course provides an introduction and overview of the personal, social and social-psychological contexts of leisure; utilizing current literature the course will focus on examining sport and recreation behavior from psychological, sociological and social-psychological constructs that are contributing to a contemporary, interdisciplinary understanding of the leisure phenomenon.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5346. Literature and Research in Recreation and Sport Management.**

The course provides an analytical investigation of research techniques and steps necessary to address research questions related to professional practice. Students will examine methods of locating and securing research findings and reports and develop the ability to discuss current literature in the field of recreation and sport.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5350. Legal and Ethical Issues in Recreation and Sport Management.**

This course focuses on legal and ethical issues related to recreation and sport management. Tort law, participant rights, accessibility, credentialing, and others are topics to be addressed in this course.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5360. Financial Management in Recreation and Sport Management.**

This course is a study of financial concepts, principles, and techniques as they relate to recreation and sport delivery systems. These include full cost accounting, pricing, financial management, and alternative funding proposals. Prerequisite: REC 5380 with a grade of "C" or better or instructor approval.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5372. Technology-Mediated Places of Leisure: Aspirations towards a life of leisure.**

This course focuses on the technology-leisure experience interaction, supported by knowledge of layout, design, and functions of homes, cities, and outdoor environments. Students will develop an understanding of how technology is incorporated into the experience of physical spaces and create proposals for technological enhancements appropriate to these varied places of leisure.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5373. Innovative Technology Solutions and Applications in Recreation and Leisure.**

This course is a study of operational competence in selected technologies including the development of research skills in user need articulation and technology augmentation. Students will critically investigate technology usage in leisure service delivery. Students will develop the ability to diagram and write for analytical purposes, fieldwork and experiences, and collaborative work.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5380. Organizational Planning in Recreation and Sport Management.**

This course provides students with organizational planning and administration tools developed and tested within the recreation and sport industries. Topics may include the exploration of programming and organizational theory, administrative processes, and the application of the organizational principles to the recreation and sport delivery systems. Emphasis will be placed on various planning functions including strategic, evaluation, and marketing.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5381. Outdoor Program Leadership and Administration.**

Within the role of leadership and administration, students will become knowledgeable in the theoretical foundations of outdoor programs, adventure programming, and wilderness travel. The history of thought surrounding natural places and outdoor recreation will be examined throughout the semester.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5382. Facility Management in Recreation and Sport Services.**

The course provides an overview of practice of facility management. Explorations will include the role of facility manager, work management functions, and user interaction. In addition, students will investigate concepts of health and safety, accessibility, environment and sustainability, technologies, sourcing, emergency preparedness, and space interrogation. Basics of design drawing literacy and evaluation will be discussed.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Standard Letter

**REC 5399A. Thesis.**

This course represents a student's initial thesis enrollment. No thesis credit is awarded until the student has completed the thesis in REC 5399B.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Credit/No Credit

**REC 5399B. Thesis.**

This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.

**3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Credit/No Credit

**REC 5599B. Thesis.**

This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.

**5 Credit Hours. 5 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Credit/No Credit

**REC 5599B. Thesis.**

This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.

**9 Credit Hours. 9 Lecture Contact Hours. 0 Lab Contact Hours.**

**Grade Mode:** Credit/No Credit