

RECREATION THERAPY ALLIED HEALTH GUIDE



"Allied health encompasses a broad group of health professionals who use scientific principles and evidence-based practice for the diagnosis, evaluation and treatment of acute and chronic diseases; promote disease prevention and wellness for optimum health, and apply administration and management skills to support health care systems in a variety of settings." [Association of Schools Advancing Health Professions \(ASAHP, 2021\)](#).

[Explore Allied Health Professions](#)

WHAT IS RECREATION THERAPY?

Recreation therapy (commonly shortened to RT) is an activity-based field of therapy intervention that utilizes a variety of activities including sports, games, animals, dance, music, arts and crafts, and drama to provide therapeutic treatment to individuals of all age groups. Recreation therapists are caring and enthusiastic individuals who work in a wide variety of settings and can help clients with a number of illnesses, disabilities, or needs related to physical and mental well-being.

ADVANCED DEGREES

- Bachelor's Degree in Recreational Therapy (or Therapeutic Recreation)
- Master's Degree in Recreational Therapy (or in Recreation)

UNDERGRADUATE PREREQUISITE COURSEWORK*

- Biology I & II with Lab
- Anatomy with Lab
- Physiology with Lab
- Psychology
- Courses related to behavioral biology

*This list covers the most frequently required prerequisites. Please see individual program websites for exact requirement information.

PROFESSIONAL ASSOCIATIONS

[National Council for Therapeutic Recreation Certification](#)

[American Therapeutic Recreation Association \(ATRA\)](#)

[Allied Health Professional Associations for Students](#)

ONEHOP ALLIED HEALTH PROFESSIONS ALUMNI GROUP

Join the [OneHop Allied Health Professions Alumni Group](#) where current students interested in allied health can connect with alumni allied health professionals:

- Join OneHop using your jhu.edu email address
- Complete your profile
- Search "Allied Health" in Groups to join the conversation!

GET
CURIOUS

TALK TO
PEOPLE

SHOW
YOUR WORK

TAKE
ACTION

POTENTIAL WORKPLACE SETTINGS TO EXPLORE

- Parks/Playgrounds
- Schools
- Clinics
- Rehabilitation centers
- Residential care facilities
- Government settings
- Industrial settings
- Nursing homes
- Recreation facilities

ADVANCED DEGREE REQUIREMENTS*

- GRE Scores
- Documentation of work experience and/or observation experience in recreational therapy
- References (Academic, Professional)

*This is a list of the most frequently required admissions requirements. Please see individual program websites for exact requirement information.