

Transfer Planning Sheet Therapeutic Recreation (TR)

The following Cortland courses are recommended by the department to complete prior to transfer. The transfer credit limit from a 2-year college is 64 credits. All classes are three (3) credits unless otherwise noted. [SUNY Transfer Path](#) courses are underlined and notated in blue.

SUNY General Education/Cortland Degree Requirements (27-28 credits):

Course I will complete at my current college:

- | | |
|---|-------|
| 1. Any GE 1 Quantitative Skills | _____ |
| 2. Any GE 2 Natural Science
Recommended: GLY 171 Earth Science or GLY 261 Physical Geology | _____ |
| 3. GE 4 U.S. History & Society: HIS 200 The United States to 1877 OR
HIS 201 The United States since 1877 | _____ |
| 4. Any GE 6 Contrasting Cultures/Other World Civilization
Recommended: REC 150 Play Across Cultures | _____ |
| 5. Any GE 7 Humanities | _____ |
| 6. Any GE 8 The Arts | _____ |
| 7. Any GE 9 Foreign Language** | _____ |
| 8. CPN 100 Writing Studies I | _____ |
| 9. CPN 101 Writing Studies II | _____ |

Major Requirements (29 credits):

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| 1. BIO 301 or 302 Human Anatomy and Physiology I or II | _____ |
| 2. COM 210 Fundamentals of Public Speaking | _____ |
| 3. REC 271 Foundations in Recreation | _____ |
| 4. REC 280 Programming in Parks, Recreation and Leisure Services | _____ |
| 5. REC 293 Diversity and Inclusive Recreation Services | _____ |
| 6. REC 380 Leadership in Parks, Recreation and Leisure Services | _____ |
| 7. PSY 101 Introductory Psychology | _____ |
| 8. PSY 333 Developmental Psychology | _____ |
| 9. PSY 421 Abnormal Psychology | _____ |
| 10. Two Recreation activity courses (2 cr) | _____ |

Some choices include: Recreation activity courses (backpacking, canoeing, kayaking, windsurfing, rock climbing, snowshoeing, skiing, snowboarding, etc.), Studio Arts courses (ceramics, sculpture, drawing, etc.), Physical Education courses (racket sports, aquatics, adventure activities, etc.), Music courses, Theater courses, Intercollegiate Athletics participation

Electives (7-8 credits)

Total: 64

**A foreign language course at the beginning level I (101) is required for this major. Sign language is acceptable as a foreign language for this major.

Therapeutic Recreation

School of Professional Studies

The program requirements pertain to the Undergraduate Catalog and are intended as a guide for academic planning. Students currently on SUNY campuses should consult their academic advisor for additional choices in general education categories when any course is recommended.

- To view all required courses for the program and Cortland's General Education courses, see the most current undergraduate [Catalog](#).
- Use the [transfer equivalency tables](#) to choose equivalents at your transfer college.
- If you plan to transfer before you complete your associate's degree, you can still earn your degree via [Reverse Transfer](#).

About Therapeutic Recreation

If you strive to help others on a daily basis and want to take part in one of the fastest growing health-related professions, therapeutic recreation is the major for you. You will focus on the use of various leisure activities to improve the quality of life of people with illnesses, disabilities and other limitations. Learn from distinguished faculty members looking to help you excel, and you will be well on your way to a successful career.

Career Potential

- Therapeutic recreation specialist in health-care facilities such as rehabilitation hospitals and psychiatric centers
- Therapeutic recreation specialist in long-term care facilities
- Therapeutic recreation manager
- Inclusion specialist in community parks and recreation departments or nonprofit agencies

What Will I Learn?

- Learn how to apply the therapeutic recreation process in a variety of settings to help people with disabilities and other differences achieve well-being
- Engage in an internship
- Learn how to assess the needs of clients and deliver customized programming in both clinical and community settings

Applying to Cortland

- SUNY Cortland accepts the Common Application and the SUNY Online [application](#). Choose just one way to apply; both require a \$50 non-refundable application fee.
- If you apply to Cortland using the SUNY application, SUNY will waive the \$50 application fee for transfer students graduating with an associate degree from a SUNY or CUNY college, who apply directly to Cortland for baccalaureate programs.
- Fall applicants should apply by March 1. Spring applications should apply by November 1.
- After [applying](#), students must send transcripts from all colleges attended and a high school transcript.