

Minimum Course Requirements for Bachelor of Arts in Recreation, Sport, and Tourism (BARST) students to meet ATRA Professional Membership Criteria

As of April 2021

1. Three (3) required courses in Therapeutic Recreation:

- KRLS 207 Adapted Physical Activity and Leisure for Diverse Populations
- KRLS 370 Assessment and Service Delivery in Adapted Physical Activity and Therapeutic Recreation
- RLS 473 Principles and Processes in Therapeutic Recreation

2. Three (3) courses in General Recreation, Leisure, Leadership or Play. Three of:

- RLS 100 Life, Leisure, and the Pursuit of Happiness
- RLS 130 Collaborative Skills and Processes for Community Recreation and Leisure
- RLS 225 Program Planning for Leisure
- RLS 223 Leisure and Human Behavior
- KRLS 304 Advanced Sociology of Sport and Leisure
- RLS 331 Leisure Education
- RLS 400 Philosophies of Leisure
- KRLS 420 Play: The Foundation of Recreation, Sport and Physical Activity
- KRLS 421 Play Leadership
- KRLS 451 Sport, Leisure and Social Theory

3. Six (6) supporting courses across at least three different categories:

Psychology (General, Abnormal, Educational, Counseling)	PSYCO 104 Basic Psychological Processes PSYCO 105 Individual and Social Behavior PSYCO 239 Abnormal Psychology PSYCO 223 Lifespan Developmental Psychology PSYCO 258 Cognitive Psychology PSYCO 329 Adult Development and Aging KIN 303 Psychology of Sport and Physical Activity
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Sociology (Group Dynamics, Leadership, Volunteerism)	<p>SOC 382 Sociology of Health & Illness</p> <p>SOC 486 Sociology of Mental Illness</p> <p>KRLS 323 Aboriginal Peoples and Physical Practices: Canadian Perspectives</p>
Health (Health Promotion, Wellness, Health Trends, Community Health, Rehabilitation)	<p>HE ED 110 Introduction to Personal Health and Well-Being</p> <p>HE ED 320 Social Dimensions of Health and Health Promotion</p> <p>HE ED 321 Psychological Dimensions of Health Promotion</p> <p>INT D 403/408 Foundations of Collaborative Practice and Interprofessional Health Education Elective(s)</p>
Aging (Gerontology, Aging, Aging Disorders)	<p>KIN 385 Physical Activity & the Aging Adult</p> <p>SOC 375 Sociology of Aging</p> <p>SOC 473 Sociology of Death & Dying</p>
Medical (Anatomy, Biology, Physiology, Medical Terminology, Pharmacology)	<p>KIN 391 Introduction to Human Anatomy and Physiology</p> <p>KIN 100 Human Anatomy</p> <p>KIN 101 Introduction to Human Physiology</p>
Research (Statistics, Evaluation, Research Methods)	<p>KIN 109 Statistics, Measurement, & Evaluation</p> <p>KIN 209 Research Methods in Kinesiology</p> <p>STAT 151 Introduction to Statistics</p> <p>SOC 210 Introduction to Social Statistics</p>

4. Professional Practicum

RLS 447 Professional Practicum – must meet criteria for [therapeutic recreation clinical placement](#)
