

RECREATIONAL THERAPY, TESTAMUR MAJOR (T110)

Western Sydney University Major Code: T110

Previous Code: MT4004.1

Available to students in other Western Sydney University programs?

No

Recreational Therapy links leisure and health improvement. Recreational Therapy graduates work with patients to use leisure activities to improve health and life quality, for example in rehabilitation centres, psychiatric units, special schools, day care centres, aged care facilities, and in a range of local government or community services settings. The major combines theory and practice in learning, education programming, aged care, disability and mental health, with a comprehensive foundation of the health sciences. Students will develop the professional competencies important for ethical and safe practice and high-quality care, and the skills to work in multidisciplinary teams. Evidence-based practice is one of the most important trends in healthcare today and is a strong feature of the major. The recreational therapy program is offered on campus or fully online. Students may combine this testamur major in recreational therapy with a minor in health promotion, therapeutic modalities, psychology or exercise and physical activity, or the option to choose up to 40cp of electives based on the student's interest. This flexibility will help diversify the knowledge-base and skillset of students. The course includes 160 hours of compulsory practical placement in second year and a third-year internship of 560 hours - meeting the practice placement requirement for eligibility as a Certified Recreation Therapist with the National Council of Therapeutic Recreation Certification (NCTR).

Location

Campus	Mode	Advice	Credit Points
Campbelltown Campus	Internal	HealthSciences@westernsydney.edu.au	10
	Online	HealthSciences@westernsydney.edu.au	10
Sydney City Campus*	Internal	Dr Andrey Zheluk (https://directory.westernsydney.edu.au/search/email/a.zheluk@city.westernsydney.edu.au)	10
		Select one elective	10
		Credit Points	20
		Total Credit Points	240

* Curriculum delivered through an agreement with another party

Recommended Sequence Current

Bachelor of Health Science (Recreational Therapy) Full-time start-year intake

Students must complete 240 credit points as follows:

Course	Title	Credit Points	Credit Points
Year 1			
Autumn session			
PUBH 1006	Population Health and Society	10	
HLTH 1013	Professional Competencies in Health	10	
BIOS 1035	Anatomy and Physiology in Health	10	
REHA 1007	Foundations of Recreational Therapy	10	
	Credit Points	40	
Spring session			
COMM 1007	Communication in Health	10	

Bachelor of Health Science (Recreational Therapy)

Full-time mid-year intake

Students must complete 240 credit points as follows:

Course	Title	Credit Points
Year 1		
Spring session		
COMM 1007	Communication in Health	10
HLTH 1012	Evidence in Health	10
HLTH 1013	Professional Competencies in Health	10
REHA 1008	Introduction to Leisure and Recreation Theory	10
	Credit Points	40
Autumn session		
PUBH 1006	Population Health and Society	10
BIOS 1035	Anatomy and Physiology in Health	10
REHA 1007	Foundations of Recreational Therapy	10
Select one elective	Credit Points	10
	Credit Points	40

Year 2		PUBH 2006	Culture, Diversity and Health (WSTC)	10
Spring session		Credit Points		100
BEHV 1014	Psychology and Health	10		
REHA 2014	Recreational Therapy Assessment and Documentation	10		
REHA 3041	Facilitation in Recreational Therapy	10		
BIOS 1036	Human Development and Disease across the lifespan	10		
	Credit Points	40		
Autumn session				
PUBH 2005	Culture, Diversity and Health	10		
REHA 2015	Recreational Therapy Process and Planning	10		
Select two electives		20		
	Credit Points	40		
Year 3				
Spring session				
HLTH 1006	Movement and Skill Development	10		
BEHV 3002	Abnormal Psychology	10		
	Credit Points	20		
Autumn session				
REHA 3042	Health Practice Management	10		
PUBH 3028	Transforming Health	10		
REHA 3044	Shaping the Future of Recreational Therapy	10		
Select one elective		10		
	Credit Points	40		
2H session				
REHA 3043	Recreational Therapy Internship	20		
	Credit Points	20		
Spring session				
BEHV 3002	Abnormal Psychology	10		
Select one elective		10		
	Credit Points	20		
Total Credit Points		240		
		Total Credit Points		260

Diploma in Health Science/Bachelor of Health Science.

Full-time start-year intake

Students must complete the following subjects

Course	Title	Credit Points
Year 1		
Term 1		
PUBH 1007	Population Health and Society (WSTC)	10
HLTH 0005	The Health Science Professional (WSTC Prep)	10
NATS 0006	Fundamentals of Health Science (WSTC Prep)	10
HLTH 1015	Professional Competencies in Health (WSTC)	10
Term 2		
BEHV 1015	Psychology and Health (WSTC)	10
HLTH 1014	Evidence in Health (WSTC)	10
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10
Term 3		
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10
COMM 1008	Communication in Health (WSTC)	10

Diploma in Health Science/Bachelor of Health Science.

Full-time mid-year intake

Students must complete the following subjects

Course	Title	Credit Points
Year 1		
Term 2		
HLTH 1015	Professional Competencies in Health (WSTC)	10
HLTH 0005	The Health Science Professional (WSTC Prep)	10
PUBH 1007	Population Health and Society (WSTC)	10
NATS 0006	Fundamentals of Health Science (WSTC Prep)	10
Term 3		
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10
COMM 1008	Communication in Health (WSTC)	10
PUBH 2006	Culture, Diversity and Health (WSTC)	10
Term 1		
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10
BEHV 1015	Psychology and Health (WSTC)	10

HLTH 1014	Evidence in Health (WSTC)		10
	Credit Points		100
Year 2			
Spring session			
REHA 1008	Introduction to Leisure and Recreation Theory	10	
Select two electives		20	
HLTH 1006	Movement and Skill Development	10	
	Credit Points		40
Autumn session			
REHA 1007	Foundations of Recreational Therapy	10	
Select three electives		30	
	Credit Points		40
Year 3			
Spring session			
REHA 2014	Recreational Therapy Assessment and Documentation	10	
REHA 3041	Facilitation in Recreational Therapy	10	
	Credit Points		20
Summer session			
BEHV 3002	Abnormal Psychology	10	
	Credit Points		10
Autumn session			
REHA 3042	Health Practice Management	10	
PUBH 3028	Transforming Health	10	
REHA 2015	Recreational Therapy Process and Planning	10	
REHA 3044	Shaping the Future of Recreational Therapy	10	
	Credit Points		40
2H session			
REHA 3043	Recreational Therapy Internship	20	
	Credit Points		20
	Total Credit Points		270

Recommended Sequence 2023

Bachelor of Health Science (Recreational Therapy)

Full-time start-year intake

Students must complete 240 credit points as follows:

Course	Title	Credit Points	
Year 1			
Autumn session			
PUBH 1006	Population Health and Society	10	
HLTH 1013	Professional Competencies in Health	10	
BIOS 1035	Anatomy and Physiology in Health	10	
REHA 1007	Foundations of Recreational Therapy	10	
	Credit Points		40
Spring session			
COMM 1007	Communication in Health	10	
HLTH 1012	Evidence in Health	10	
BIOS 1036	Human Development and Disease across the lifespan	10	
REHA 1008	Introduction to Leisure and Recreation Theory	10	
	Credit Points		40
Year 2			
Autumn session			
REHA 2015	Recreational Therapy Process and Planning	10	
PUBH 2005	Culture, Diversity and Health	10	
Select two electives		20	
	Credit Points		40
Spring session			
REHA 2014	Recreational Therapy Assessment and Documentation	10	
REHA 3041	Facilitation in Recreational Therapy	10	
BEHV 1014	Psychology and Health	10	
HLTH 1006	Movement and Skill Development	10	
	Credit Points		40
Year 3			
Autumn session			
REHA 3042	Health Practice Management	10	
PUBH 3028	Transforming Health	10	
REHA 3043	Recreational Therapy Internship	10	
Please Note: REHA 3043 is now offered in 2H semester			
Select one elective		10	
	Credit Points		40
Spring session			
REHA 3044	Shaping the Future of Recreational Therapy	10	
Please Note: REHA 3044 is now offered in Autumn semester			
BEHV 3002	Abnormal Psychology	10	
REHA 3043	Recreational Therapy Internship	10	
Please Note: REHA 3043 is now offered in 2H semester			
Select one elective		10	
	Credit Points		40
	Total Credit Points		240

Electives

Most electives are 10 credit points. Students may wish to consider using elective choices to complete another health sciences field of study, such as:

Minors

Health Promotion, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-promotion-minor/>)
 Health Practice Management, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-practice-management-minor/>)
 Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/>)
 Sport Development, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/sport-development-minor/>)

Note

Students enrolled in this Testamur Major are encouraged to use their elective choices to complete the complementary Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/>)

Bachelor of Health Science (Recreational Therapy) Full-time mid-year intake

Students must complete 240 credit points as follows:

Course	Title	Credit Points
Year 1		
Spring session		
COMM 1007	Communication in Health	10
HLTH 1012	Evidence in Health	10
HLTH 1013	Professional Competencies in Health	10
REHA 1008	Introduction to Leisure and Recreation Theory	10
	Credit Points	40
Autumn session		
PUBH 1006	Population Health and Society	10
BIOS 1035	Anatomy and Physiology in Health	10
REHA 1007	Foundations of Recreational Therapy	10
Select one elective		10
	Credit Points	40
Year 2		
Spring session		
BEHV 1014	Psychology and Health	10
REHA 2014	Recreational Therapy Assessment and Documentation	10
REHA 3041	Facilitation in Recreational Therapy	10
BIOS 1036	Human Development and Disease across the lifespan	10
	Credit Points	40
Autumn session		
PUBH 2005	Culture, Diversity and Health	10
REHA 2015	Recreational Therapy Process and Planning	10
Select two electives		20
	Credit Points	40
Year 3		
Spring session		
BEHV 3002	Abnormal Psychology	10
REHA 3044	Shaping the Future of Recreational Therapy	10
Please Note: REHA 3044 is now offered in Autumn semester		
REHA 3043	Recreational Therapy Internship	10
Please Note: REHA 3043 is now offered in 2H semester		
HLTH 1006	Movement and Skill Development	10
	Credit Points	40
Autumn session		
REHA 3042	Health Practice Management	10
PUBH 3028	Transforming Health	10
REHA 3043	Recreational Therapy Internship	10
Please Note: REHA 3043 is now offered in 2H semester		
Select one elective		10
	Credit Points	40
	Total Credit Points	240

Diploma in Health Science/Bachelor of Health Science.

Full-time start-year intake

Students must complete the following subjects

Course	Title	Credit Points
Year 1		
Term 1		
PUBH 1007	Population Health and Society (WSTC)	10
HLTH 0005	The Health Science Professional (WSTC Prep)	10
NATS 0006	Fundamentals of Health Science (WSTC Prep)	10
HLTH 1015	Professional Competencies in Health (WSTC)	10
Term 2		
BEHV 1015	Psychology and Health (WSTC)	10
HLTH 1014	Evidence in Health (WSTC)	10
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10
Term 3		
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10
COMM 1008	Communication in Health (WSTC)	10
PUBH 2006	Culture, Diversity and Health (WSTC)	10
	Credit Points	100
Year 2		
Autumn session		
REHA 1007	Foundations of Recreational Therapy	10
Select three electives		30
	Credit Points	40
Spring session		
REHA 2014	Recreational Therapy Assessment and Documentation	10
REHA 3041	Facilitation in Recreational Therapy	10
REHA 1008	Introduction to Leisure and Recreation Theory	10
HLTH 1006	Movement and Skill Development	10
	Credit Points	40
Year 3		
Autumn session		
REHA 3042	Health Practice Management	10
PUBH 3028	Transforming Health	10
REHA 3043	Recreational Therapy Internship	10
Please Note: REHA 3043 is now offered in 2H semester		
REHA 2015	Recreational Therapy Process and Planning	10
	Credit Points	40
Spring session		
REHA 3044	Shaping the Future of Recreational Therapy	10
Please Note: REHA 3044 is now offered in Autumn semester		
BEHV 3002	Abnormal Psychology	10
REHA 3043	Recreational Therapy Internship	10
Please Note: REHA 3043 is now offered in 2H semester		

Select one elective	10	REHA 3041	Facilitation in Recreational Therapy	10
Credit Points	40	REHA 3044	Shaping the Future of Recreational Therapy	10
Total Credit Points	260	Please Note: REHA 3044 is now offered in Autumn semester		

Diploma in Health Science/Bachelor of Health Science.

Full-time mid-year intake

Students must complete the following subjects

Course	Title	Credit Points		
Year 1				
Term 2				
HLTH 1015	Professional Competencies in Health (WSTC)	10		
HLTH 0005	The Health Science Professional (WSTC Prep)	10	Health Promotion, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-promotion-minor/)	
PUBH 1007	Population Health and Society (WSTC)	10	Health Practice Management, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-practice-management-minor/)	
NATS 0006	Fundamentals of Health Science (WSTC Prep)	10	Leisure for Diverse Groups, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/)	
Term 3				
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10	Sport Development, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/sport-development-minor/)	
COMM 1008	Communication in Health (WSTC)	10		
PUBH 2006	Culture, Diversity and Health (WSTC)	10		
Term 1				
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10		
BEHV 1015	Psychology and Health (WSTC)	10		
HLTH 1014	Evidence in Health (WSTC)	10		
	Credit Points	100		
Year 2				
Autumn session				
REHA 1007	Foundations of Recreational Therapy	10	Students enrolled in this Testamur Major are encouraged to use their elective choices to complete the complementary Leisure for Diverse Groups, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/)	
Select three electives		30		
	Credit Points	40		
Spring session				
REHA 1008	Introduction to Leisure and Recreation Theory	10		
Select two electives		20		
HLTH 1006	Movement and Skill Development	10		
	Credit Points	40		
Year 3				
Summer session				
BEHV 3002	Abnormal Psychology	10		
	Credit Points	10		
Autumn session				
REHA 3042	Health Practice Management	10		
PUBH 3028	Transforming Health	10		
REHA 2015	Recreational Therapy Process and Planning	10		
Enrol again in:				
REHA 3043	Recreational Therapy Internship	10		
Please Note: REHA 3043 is now offered in 2H semester				
	Credit Points	40		
Spring session				
REHA 2014	Recreational Therapy Assessment and Documentation	10		
	Credit Points	40		
Year 2				
Autumn session				
REHA 2015	Recreational Therapy Process and Planning	10		
PUBH 2005	Culture, Diversity and Health	10		

Select two electives	20	Autumn session	
	Credit Points	40	
Spring session			
REHA 2014	Recreational Therapy Assessment and Documentation	10	PUBH 2005 Culture, Diversity and Health 10
REHA 3041	Facilitation in Recreational Therapy	10	REHA 2015 Recreational Therapy Process and Planning 10
HLTH 1006	Movement and Skill Development	10	Select two electives 20
BEHV 1014	Psychology and Health	10	
	Credit Points	40	
Year 3			
Autumn session			
REHA 3042	Health Practice Management	10	HLTH 1006 Movement and Skill Development 10
PUBH 3028	Transforming Health	10	BEHV 3002 Abnormal Psychology 10
REHA 3043	Recreational Therapy Internship	10	REHA 3044 Shaping the Future of Recreational Therapy 10
Please Note: REHA 3043 is now offered in 2H semester		Please Note: REHA 3044 is now offered in Autumn semester	
Select one elective	10	REHA 3043 Recreational Therapy Internship	10
	Credit Points	40	
Spring session			
REHA 3044	Shaping the Future of Recreational Therapy	10	Please Note: REHA 3043 is now offered in 2H semester
Please Note: REHA 3044 is now offered in Autumn semester		Select one elective	10
BEHV 3002	Abnormal Psychology	10	
REHA 3043	Recreational Therapy Internship	10	
Please Note: REHA 3043 is now offered in 2H semester		Credit Points	40
Select one elective	10	Total Credit Points	240
	Credit Points	40	
	Total Credit Points	240	

Bachelor of Health Science (Recreational Therapy)

Full-time mid-year intake

Students must complete 240 credit points as follows:

Course	Title	Credit Points
Year 1		
Spring session		
COMM 1007	Communication in Health	10
HLTH 1012	Evidence in Health	10
HLTH 1013	Professional Competencies in Health	10
REHA 1008	Introduction to Leisure and Recreation Theory	10
	Credit Points	40
Autumn session		
PUBH 1006	Population Health and Society	10
BIOS 1035	Anatomy and Physiology in Health	10
REHA 1007	Foundations of Recreational Therapy	10
Select one elective		10
	Credit Points	40
Year 2		
Spring session		
BEHV 1014	Psychology and Health	10
REHA 2014	Recreational Therapy Assessment and Documentation	10
REHA 3041	Facilitation in Recreational Therapy	10
BIOS 1036	Human Development and Disease across the lifespan	10
	Credit Points	40

Diploma in Health Science/Bachelor of Health Science.

Full-time start-year intake

Students must complete the following subjects

Course	Title	Credit Points
Year 1		
Term 1		
PUBH 1007	Population Health and Society (WSTC)	10
HLTH 0005	The Health Science Professional (WSTC Prep)	10
NATS 0006	Fundamentals of Health Science (WSTC Prep)	10
HLTH 1015	Professional Competencies in Health (WSTC)	10
Term 2		
BEHV 1015	Psychology and Health (WSTC)	10
HLTH 1014	Evidence in Health (WSTC)	10
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10
Term 3		
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10
COMM 1008	Communication in Health (WSTC)	10
PUBH 2006	Culture, Diversity and Health (WSTC)	10
	Credit Points	100
Year 2		
Autumn session		
REHA 1007	Foundations of Recreational Therapy	10
Select three electives		30
	Credit Points	40

Spring session			Year 2		
REHA 2014	Recreational Therapy Assessment and Documentation	10	REHA 1008	Introduction to Leisure and Recreation Theory	10
REHA 3041	Facilitation in Recreational Therapy	10	Select two electives		20
HLTH 1006	Movement and Skill Development	10	HLTH 1006	Movement and Skill Development	10
REHA 1008	Introduction to Leisure and Recreation Theory	10		Credit Points	40
	Credit Points	40	Autumn session		
Year 3			REHA 1007	Foundations of Recreational Therapy	10
Autumn session			Select three electives		30
REHA 3042	Health Practice Management	10		Credit Points	40
PUBH 3028	Transforming Health	10	Year 3		
REHA 3043	Recreational Therapy Internship	10	REHA 2014	Recreational Therapy Assessment and Documentation	10
Please Note: REHA 3043 is now offered in 2H semester			REHA 3041	Facilitation in Recreational Therapy	10
REHA 2015	Recreational Therapy Process and Planning	10	REHA 3044	Shaping the Future of Recreational Therapy	10
	Credit Points	40	Please Note: REHA 3044 is now offered in Autumn semester		
Spring session			REHA 3043	Recreational Therapy Internship	10
REHA 3044	Shaping the Future of Recreational Therapy	10	Please Note: REHA 3043 is now offered in 2H semester		
Please Note: REHA 3044 is now offered in Autumn semester				Credit Points	40
BEHV 3002	Abnormal Psychology	10	Summer session		
REHA 3043	Recreational Therapy Internship	10	BEHV 3002	Abnormal Psychology	10
Please Note: REHA 3043 is now offered in 2H semester				Credit Points	10
Select one elective		10	Autumn session		
	Credit Points	40	REHA 3042	Health Practice Management	10
	Total Credit Points	260	PUBH 3028	Transforming Health	10
Diploma in Health Science/Bachelor of Health Science.			REHA 2015	Recreational Therapy Process and Planning	10
Full-time mid-year intake			Enrol again in:		
Students must complete the following subjects			REHA 3043	Recreational Therapy Internship	10
Course	Title	Credit Points	Please Note: REHA 3043 is now offered in 2H semester		
Year 1				Credit Points	40
Term 2			Total Credit Points		
HLTH 1015	Professional Competencies in Health (WSTC)	10	270		
HLTH 0005	The Health Science Professional (WSTC Prep)	10	Electives		
PUBH 1007	Population Health and Society (WSTC)	10	Most electives are 10 credit points. Students may wish to consider using elective choices to complete another health sciences field of study, such as:		
NATS 0006	Fundamentals of Health Science (WSTC Prep)	10	Minors		
Term 3			Health Promotion, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-promotion-minor/)		
BIOS 1037	Human Development and Disease across the Lifespan (WSTC)	10	Health Practice Management, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-practice-management-minor/)		
COMM 1008	Communication in Health (WSTC)	10	Leisure for Diverse Groups, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/)		
PUBH 2006	Culture, Diversity and Health (WSTC)	10	Sport Development, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/sport-development-minor/)		
Term 1			Note		
BIOS 1038	Anatomy and Physiology in Health (WSTC)	10	Students enrolled in this Testamur Major are encouraged to use their elective choices to complete the complementary Leisure for Diverse Groups, Minor (https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/)		
BEHV 1015	Psychology and Health (WSTC)	10			
HLTH 1014	Evidence in Health (WSTC)	10			
	Credit Points	100			

Electives

Most electives are 10 credit points. Students may wish to consider using elective choices to complete another health sciences field of study, such as:

Minors

Health Promotion, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-promotion-minor/>)

Health Practice Management, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/health-practice-management-minor/>)

Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/>)

Sport Development, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/sport-development-minor/>)

Note

Students enrolled in this Testamur Major are encouraged to use their elective choices to complete the complementary Leisure for Diverse Groups, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/leisure-diverse-groups-minor/>)

Related Programs

Bachelor of Health Science (4656) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/bachelor-health-science/>)

Diploma in Health Science/Bachelor of Health Science (6000) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/diploma-health-science-bachelor-health-science/>)