

SAULT COLLEGE OF APPLIED ARTS &. TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: Therapeutic Recreation & Physical Development

COURSE CODE: NSA109

PROGRAM: Native Community Worker - Addictions

SEMESTER: Two

DATE: January 1993

AUTHOR: Charlotte Zack

New:

Revision:

Approved:

jk

Nadean Koch, Dean, School of Arts &
General Education

^^^.iao.^.^f..^i^
r^-.^^^iri::^

JAN " 8 1993

In

SAt
SAu! T S.

iY

PHILOSOPHY/GOALS:

This course will be delivered under the philosophy that **RECREATION IS WELLNESS!** Students will be exposed to the major components of Therapeutic Recreation Sc Physical Development and realize its role in facilitating the recovery process of substance abuse treatment centre clientele. Course participants will be provided with knowledge and skills to implement a Therapeutic Recreation and Physical Development Program based on the needs of his/her clientele.

STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course, the student will be able to:

define and discuss the concept of "Therapeutic Recreation and Physical Development".

describe how a "Therapeutic Recreation and Physical Development" program can work in a treatment centre.

convince others that Therapeutic Recreation, Physical Development, and Leisure counselling are necessary components of a well-rounded alcoholism treatment program.

describe the three major components of a "Therapeutic Recreation and Physical Development" program;

describe and develop the qualities of an effective recreation leader/facilitator;

organize and lead a cooperative game, sport, or other recreational activity;

participate in and organize a variety of recreational activities after gaining exposure to them throughout this course;

design a treatment program for a client based on the philosophy of Therapeutic Recreation & Physical Development.

TOPICS TO BE COVERED:

1. Introduction to Therapeutic Recreation & Physical Development
2. Leisure Education and Counselling
3. Recreation Programming
4. Client Observation/Therapeutic Feedback
5. Selected Topics/Recreational Activities

LEARNING ACTIVITIES		REQUIRED RESOURCES	
1.0	Introduction to Therapeutic Recreation & Physical Development		
1.1	Definitions of therapeutic recreation and physical development	Handout:	"Recreation is..."
1.2	Goals of Rehabilitation Program and Therapeutic Qualities of Recreation	Overhead	
1.3	Major Components of a Therapeutic Recreation & Physical Development Program: Discussion, Action, Observation	Handout	
2.0	Leisure Education and Counselling		
2.1	Familiarize students with the concepts and tools involved in leisure education and assessment: Interests and Motivation; Attitudes & Values; Capability ^ Skills; Experience // Feelings; Knowledge & Opportunity	Several Inventory	Handouts; tools to determine recreation experiences
2.2	Compile a personal leisure profile	Handout	
2.3	Identify leisure goals and implement a plan of attack.	Handouts	
3.0	Recreation programming		
3.1	Describe and facilitate the nine steps in designing a recreation program	Handouts	and exercises
3.2	Qualities of recreation leaders	Overhead	
3.3	Organization and administrative perspective for successful recreation and leisure counselling activities.	Handout	and admin, checklist

4.0 Client Observation/Therapeutic Feedback

4.1 Providing objective feedback to participants of recreation programs

Overhead and discussion

5.0 Selected Topics/Recreational Activities

Instructor and student leadership sessions.

SYSTEM FOR GRADING:

A final grade will be derived from the following:

Attendance	10%	40 pts.
Test 1	15%	60 pts.
Test 2	20%	80 pts.
Leadership Experience #1 (Participation)	10%	40 pts.
Leadership Experience #2 (Participation)	30%	120 pts.
Written Assignment (Leisure Profile)	15%	60 pts.
TOTAL	100%	400 pts.

The following grade symbols will be used in recording final grades:

A+	90% - 100%	Consistently Outstanding
A	80% - 89%	Outstanding
B	70% - 79%	Above Average
C	60% - 69%	Satisfactory
R	Below 60%	Repeat (The student has not achieved the objectives of the course and the course MUST be repeated.)

A+	360 - 400 pts
A	320 - 359 pts
B	280 - 319 pts
C	240 - 279 pts
R	Below 240 pts

** Attendance is **MANDATORY** in this course due to the amount of in-class assignments and presentations. 1% will be deducted for each class missed.

** Assignments should be handed in on time! 10% will be deducted for each day beyond the due date.

SPECIAL NOTES:

Students with special needs, e.g. physical limitations, visual impairments, hearing impairments, learning disabilities, are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the rights to modify the course as she/she deems necessary to meet the needs of the students.