

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE MARIE, ON**



**COURSE OUTLINE**

Course Title: Therapeutic Recreation & Physical  
Development

Code No.: NSA109-03

Semester **98W**

Program: NATIVE COMMUNITY WORKER

Date: January 1998

Previous Outline Date: January 1997

Approved



Dean

Date

Total Credits: 3

Prerequisite(s):n/a

Length of Course: Semester

Total Credit Hours:

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**PHILOSOPHY/GOALS:**

This course will be delivered under the philosophy that recreation makes a critical contribution to our level of wellness. Students will be introduced to the major components of therapeutic recreation and physical development and their role in the substance abuse recovery process. Through participation in a variety of recreation activities, as both an organizer/facilitator and as a "cUent", students will develop their leadership qualities and skills, as well as their ability to evaluate recreation activities.

**LEARNING OUTCOMES:**

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

1. Cite evidence to convince others that recreation, physical development, and leisure counselling are necessary components of an effective drug/alcohol treatment program.
2. Develop and demonstrate qualities of an effective recreation leader/facilitator.
3. Organize and lead a successful recreational activity for a group of people.
4. Develop a recreational activities file for use as a future reference when working in his/her field.
5. Evaluate a recreational activity and give constructive feedback.
6. Work with a client to compile a comprehensive leisure profile.

**TOPICS TO BE COVERED:**

1. Introduction to Recreation and its Use in the Recovery Process
2. Physical Development and its Role in the Recovery Process
3. Leisure Education and Counselling
4. Recreation Programming and Facilitation
5. CUent Observation/Therapeutic Feedback

**METHODS OF EVALUATION:**

Your grade will be determined by the following:

Written Tests	30%
Leadership Experience #1 and Written Report	15%
Leadership Experience #2 and Written Report	25%
Written Assignment #1 - Leisure Profile	10%
Written Assignment #2 - Recreation Activities File	15%
Peer Evaluations	5%

**Description of the Above Methods of Evaluation:**

**Leadership Experience #1 and Written Report 15%**

Students are required to create and lead a short (5 to 10 minutes maximum) icebreaker activity for the class. They are also required to type up a complete description of the activity so students can put a copy in their "Recreation Activities File", for future reference.

**Leadership Experience #2 and Written Report 25%**

Students are required to plan and lead a formal recreation activity (approximately 30 minutes in length) for the class, which enhances at least one of the many dimensions of wellness. They are also required to submit a complete, typed report on the planning and leadership aspects of their activity. As well, they are required to create a one page summary of the organizational steps for running their activity so students can put this in their "Recreation Activities File", for future reference.

**Written Assignment #1 - Leisure Profile 10%**

Students are required to interview a classmate and complete the leisure profile package for their "client". Each student must participate as both the leisure counsellor and the client. A handout package will be provided for this assignment.

**Written Assignment #2 - Recreation Activities File 15%**

Students are required to collect and submit 15 examples of Ice Breaker activities provided by their classmates, 10 examples of recreational activities provided by their classmates, and 5 additional examples of recreational resources. All material submitted must be typed and organized in a professional 3 ring file folder. Each activity must be described in a one page summary outlining the organizational steps for planning and leading such an activity.

**Peer Evaluations**

**5%**

Students are required to attend all recreational activities lead by their peers and to evaluate each activity thoroughly. A participant feedback sheet will be provided for each activity and must be submitted to your instructor within seven days of the actual activity. A total of fifteen feedback sheets must be completed to receive full marks on this assignment.

**COLLEGE GRADING SYSTEM:**

90% - 100%	=	A+
80% - 89%	=	A
70% - 79%	=	B
60% - 69%	=	C
Less than 60%	=	R (Repeat of the course)

**NOTES:**

1. Attendance is critical to your successful completion of this course, due to the amount of in-class assignments and presentations. You must, therefore, attend at least 75% of the scheduled classes (23 out of 30 possible classes) in order to receive credit of this course.
2. Hand in assignments on time. Late assignments will only be accepted up to seven days beyond the ofScial due date. **Ten percent of the assignment grade will be deducted for each day beyond the due date.**
3. **If you miss a written test or your scheduled presentations you will receive a grade of zero on the missed test or presentation unless you comply to the foUowing requirements.** If you are ill or experiencing extreme circimistances, you must call your instructor on or before the day of the test or presentation and explain your absence. Your instructor may request official documentation from a physician to confirm your excuse for your absence. If you cannot reach your instructor in person, leave a detailed message on his/her voicemail. When you return to the college you must meet with your instructor **immediately** to discuss possible "make-up" requirements.

**Instructor: Lisa Piotrowski**

**College Phone #: 759-2554, ext 766 (or ext. 662)  
Office G1 102.**

**SPECIAL NOTES:**

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

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of the student.

ALL assignments are to be handed in on the due date and are to be typewritten. Any late assignments will be penalized 1% per each day late.

