
Course Name

Code No.

I. COURSE DESCRIPTION:

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 “client”, students will develop their leadership qualities and skills, as well as their ability to evaluate recreation activities.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Cite evidence to convince others that recreation, physical development and leisure counselling are necessary components of an effective drug/alcohol treatment program.

Potential Elements of the Performance:

- Goals of alcohol rehabilitation programs
- Therapeutic qualities of recreation
- Wholistic approach to treatment
- Lifestyle management

2. Develop and demonstrate qualities of an effective recreation leader/facilitator

Potential Elements of the Performance:

- Qualities of recreation leaders/facilitators
- Becoming a good leader
- Improving as leader

3. Organize and lead a successful recreational activity for a group of people.

Potential Elements of the Performance:

- Obtain information about needs and wants for recreation and determine program objectives based on this data
- Prioritize the goals and objectives of the program
- Create a list of Activities that will help in the achievement of the stated objectives

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- Develop an outline for TR & PD programs
 - Add content to the program outline and to put the recreation program into operation
 - Documentation of all aspects of the program
 - Evaluation of the program
4. Develop a recreational activities file for use as a future reference when working in his/her field

Potential Elements of the Performance:

- Collect and gather new activities
- Develop and create new activities

5. Evaluate a recreational activity and give constructive feedback

Potential Elements of the Performance:

- To document all aspects of the program i.e. Successful and unsuccessful candidates
- To evaluate, to answer the questions of what worked, what didn't work and why

6. Work with a client to compile a comprehensive leisure profile

Potential Elements of the Performance:

- Create and participate in a client leisure profile
- Complete and participate in the leisure lifestyle inventory
- Complete as an active participant in a leisure profile

III. TOPICS:

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. Client Observation/Therapeutic Feedback

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

NONE

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**V. EVALUATION PROCESS/GRADING SYSTEM:
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 (5-10 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 the 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.

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Code No.**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.

The following semester grades will be assigned to students in postsecondary courses:

| <u>Grade</u> | <u>Definition</u> | <u>Grade Point Equivalent</u> |
|--------------|---|-------------------------------|
| A+ | 90 - 100% | 4.00 |
| A | 80 - 89% | 3.75 |
| B | 70 - 79% | 3.00 |
| C | 60 - 69% | 2.00 |
| R (Repeat) | 59% or below | 0.00 |
| CR (Credit) | Credit for diploma requirements has been awarded. | |
| S | Satisfactory achievement in field placement or non-graded subject areas. | |
| U | Unsatisfactory achievement in field placement or non-graded subject areas. | |
| X | A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>). | |
| NR | Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has been impossible for the faculty member to report grades. | |

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VI. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course, as may be decided by the professor. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

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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.

Hand in assignments on time. Late assignments will only be accepted up to seven days beyond the official due date. **Ten percent of the assignment grade will be deducted for each day beyond the due date.**

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 following requirements. If you are ill or experiencing extreme circumstances, 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 instructors 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.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor. Credit for prior learning will be given upon successful completion of the following:

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.