



EFFECTIVE: SEPTEMBER 2006
CURRICULUM GUIDELINES

A. Division: Instructional Division Effective Date: September, 2006

B. Department / Program Area: Faculty of Child, Family & Community Studies: Therapeutic Recreation Revision New Course

If Revision, Section(s) Revised:
 Date of Previous Revision:
 Current Date: 25 November 2004

C: THRT 1102 **D:** Leisure & Recreation Foundations **E:** 3

Subject & Course No.	Descriptive Title	Semester Credits						
<p>F: Calendar Description:</p> <p>This course introduces the student to the foundational constructs of leisure, play and recreation and explores their significance throughout the lifespan. Historical and current perspectives, philosophies, theories and models of leisure are examined. Contemporary professional issues, the development of leisure and recreation as a profession and the interrelationships of diverse leisure service delivery systems are explored.</p>								
<p>G: Allocation of Contact Hours to Type of Instruction / Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture/Practice</p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p>60 hours</p> <p>Number of Weeks per Semester:</p> <p>Flexible delivery ranging over 1 to 15 weeks</p>	<p>H: Course Prerequisites:</p> <p>NIL</p>							
	<p>I: Course Corequisites:</p> <p>NIL</p>							
	<p>J: Course for which this Course is a Prerequisite</p> <p>THRT 1201and THRT 2306 and THRT 3602</p>							
	<p>K: Maximum Class Size:</p> <p>30</p>							
<p>L: PLEASE INDICATE:</p> <table style="width: 100%;"> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>Non-Credit</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>College Credit Non-Transfer</td> </tr> <tr> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td>College Credit Transfer:</td> </tr> </table> <p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>			<input type="checkbox"/>	Non-Credit	<input type="checkbox"/>	College Credit Non-Transfer	<input checked="" type="checkbox"/>	College Credit Transfer:
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M: Course Objectives / Learning Outcomes

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

1. describe the conceptual foundations of play, recreation, and leisure
2. describe, from an historical perspective, the psychological, sociological, and physiological significance of play, recreation, and leisure
3. discuss the documented benefits of play, recreation, and leisure in contemporary society.
4. describe the significance of play, recreation and leisure throughout the life cycle relative to individuals' attitudes, values, behaviours, and use of resources.
5. describe the interrelationship between leisure behaviour and the natural environment
6. describe the history and development of the leisure service profession.
7. describe the concept of profession and professional organizations as related to leisure services.
8. discuss the roles and interrelationships of diverse leisure service delivery systems, including such specialties as therapeutic recreation, recreation and health promotion.

N: Course Content: The following global ideas guide the design and delivery of this course:

Conceptual Foundations of Play, Recreation and Leisure

- Conceptual and theoretical basis of recreation and leisure
- Define recreation, leisure, play, flow, time & work
- Describe the leisure and phenomenological approaches to theories and models of leisure, recreation and play
- Historical significance and valuing of leisure, play and recreation
- Historical social movements influencing leisure, recreation and play
- Theories of leisure, recreation and play
- Individual, family, community and global leisure perspectives
- Individual, family, community and global leisure values
- Sociology, psychology and social psychology of recreation & leisure

Leisure, Recreation and Play Throughout the Life Cycle

- Recognize beliefs, attitudes, values, feelings and behaviours associated with leisure and play
- Health benefits, physical, psychological, spiritual, of leisure
- Age-related leisure and recreation needs, interests, developmental goals
- Lifestyle choices
- Playfulness and wellness
- Time for leisure & work: past & present, time budgets & time diaries
- What we do with our time, the overworked adult
- Construct a personal philosophy of leisure

Leisure, Recreation and the Community

- An ecological, systems perspective
- Leisure behaviour and the natural environment
- Educating the community for leisure and recreation opportunities
- Political, economic and social resources and community recreation opportunities

Leisure and Recreation Profession

- History of the development of leisure and recreation profession
- Employment in the recreation & leisure Industry
- Recreation & leisure resources on the internet
- Ethical principles, professionalism and professional development as applied to all professional practices, attitudes, and behaviours in leisure services delivery

<p>O: Methods of Instruction</p> <p>Lecture/discussion Small Group Work Community Visits and Experiences Media</p>
<p>P: Textbooks and Materials to be Purchased by Students</p> <p>A list of recommended textbooks and materials is provided for students at the beginning of each semester.</p> <p>Resources include:</p> <ul style="list-style-type: none"> • selected readings from a variety of therapeutic recreation practice textbooks • selected audio-visual and computer resources • selected readings from books and journals
<p>Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations</p> <p>An evaluation schedule is presented at the beginning of the course. Typical means of evaluation will include a combination of written assignments, presentations and testing.</p> <p>This is a graded course</p>
<p>R: Prior Learning Assessment & Recognition:</p> <p>Open for PLAR.</p>

 Course Designer(s) Therapeutic Recreation Faculty

 Education Council / Curriculum Committee Representative

 Dean

 Registrar