



# Douglas College

## Course Information

A: Division: Instructional Division Date: 16 September 1997  
 B: Dept.: Child, Family and Community Studies New Course: X  
 Program: Therapeutic Recreation Revision of Course Information form:  
 Dated:

C: THRT 114 D: Wellness: Health Promotion in Therapeutic Recreation E: 4

Subject & Course No. Descriptive Title Semester Credit

F: Calendar Description: The purpose of this course is to provide students with the opportunity to explore the principles and practices of wellness. Through exploration of wellness from global and personal perspectives students will be able to develop leisure and recreation programs designed to promote health and wellness. Students will also develop a basic understanding of the musculoskeletal system.

Summary of Revisions: (Enter date & section) Eg: Section C,E,F

G: Type of Instruction: Hours per Semester  
 Lecture\Practice: 60 Hrs.  
 Laboratory: Hrs.  
 Seminar: Hrs.  
 Clinical Experience: Hrs.  
 Field Experience: Hrs.  
 Practicum: Hrs.  
 Shop: Hrs.  
 Studio: Hrs.  
 Student Directed Learning: Hrs.  
 Biology 105: 20 Hrs.  
 Total: 80 Hrs.

H Course Prerequisites:  
 Enrolment in T.R. Program

I: Course Corequisites:  
 Nil

J: Course for which this Course is a Prerequisite:  
 THRT 210,221 222, 226, 230, 310, 312, 314, 321, 330, 410, 421,425,426,430

K Maximum Class Size:  
 30

L: College Credit Transfer   
 College Credit Non-Transfer

M Transfer Credit: Requested:   
 Granted:

Specify Course Equivalents or Unassigned Credit as appropriate:

U.B.C.

S.F.U.

U. Vic.

Other:

Non-Credit

Therapeutic Recreation Faculty

Course Designer(s)

*B. Miller*

Dean

*[Signature]*  
 Vice-President, Instruction

*[Signature]*  
 Registrar

## **N. Textbooks and Materials** to be Purchased by Students:

A list of recommended textbooks and materials is provided for students at the beginning of each semester

Resources include:

- Selected readings from a variety of therapeutic recreation practice textbooks
- Selected audio-visual and computer resources
- Selected readings from books and journals
- Therapeutic Recreation fine arts, adaptive equipment and supplies

## **O. Goals**

1. recognize wellness from an ecological perspective (including: physical, psychological, spiritual domains and individual, community, global levels)
2. explain the concepts of physical, psychological and spiritual health
3. assesses his/her own health and recognizes how attitudes and values influence personal lifestyle choices
4. recognize the impact of leisure and recreation on lifestyle and wellness
5. explore and respect different ideas and perceptions of wellness, health promotion and healing
6. explore wellness/health assessment techniques
7. develop physical fitness, psychological and spiritual health programs for therapeutic recreation service
8. describe anatomical structures using appropriate terminology
9. describe the structure and functions of the basic components of the human skeletal system
10. specify the different types of joints and describe the ranges of movement in each type
11. describe the location, structure and functioning of muscles.

## **P. Content**

### **Person/Phenomenological perspective**

- differing perceptions of wellness, health, health promotion, healing
- individual wellness related values, feelings and behaviours
- family, community, cultural, global perspectives

### **Wellness/An Ecological perspective**

- interconnectedness of mind, body, spirit
- individual, family, community, global wellness

### **Leisure/Humanistic perspective**

- health benefits (physical, psychological, spiritual) of leisure
- lifestyle choices
- playfulness and wellness
- wellness and communication; empathy, respect and warmth

### **Health: Mind, Body, Spirit**

- mind/body interconnectedness
- concepts of physical health: nutrition, sleep, sexuality, exercise
- physical activities, recreation and wellness
- concepts of psychological health
- stress management concepts
- happiness, playfulness and health
- concepts of spiritual health
- leisure, nature and spiritual health
- spiritual health and finding meaning

### **Assessment**

- personal health assessment: individual, family, community, global levels
- health risk appraisal: nutrition, exercise, sleep, lifestyle, leisure, etc.
- health risk appraisal: family, culture, socio-economic, political and environmental conditions
- helping skills, ethics, confidentiality

### **Health Promotion: Therapeutic Recreation Program Planning**

- programming from a holistic, client-centered, ecological perspective
- develops therapeutic recreation programs designed to promote: physical fitness, stress management, relaxation, self-esteem, friendships and socialization skills, inner peace and joy
- recognizes the importance of self awareness, self responsibility, lifestyle choices and decision making in health promotion

### **Human Anatomy and Physiology**

- the principal systems of the human body will be described using general directional terms.
- the components of the human skeleton will be reviewed. The structure and functions of bone and bone growth and development will be described
- articulations of the human skeleton will be examined with reference to their structure and the types of movement which they allow. The general classification of joints and the body's level systems will be described.
- the principal skeletal muscles in different regions of the body will be identified and the type of movement of each will be described.

## **R. Evaluation:**

Evaluation is consistent with Douglas College Course Evaluation Policy. An evaluation schedule is presented at the beginning of the course.

This is a graded course.