



# Douglas College Course Information

Date: 16 September 1997

A: Division: Instructional Division

B: Dept.: Child, Family and Community Studies

New Course: X

Program: Therapeutic Recreation

Revision of Course Information form:  
Dated:

C: THRT 221

D: Valuing Diversity: The Older Adult I E: 4

Subject & Course No.

Descriptive Title

Semester Credit

F: Calendar Description: The purpose of this course is to give the student an understanding of the changes, diversity, and needs encountered by older adults. Students will study anatomy and physiology to enhance their ability to examine, analyze and appreciate age related changes and diversities thereby enabling the design of appropriate leisure programs and experiences. Therapeutic Recreation frameworks and strategies will be used to solve problems.

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

G: Type of Instruction: Hours per Semester

Lecture\Practice:	40	Hrs.
Laboratory:		Hrs.
Seminar:		Hrs.
Clinical Experience:		Hrs.
Field Experience:		Hrs.
Practicum:		Hrs.
Shop:		Hrs.
Studio:		Hrs.
Student Directed Learning:		Hrs.
Other:		Hrs.
Biology 105:	40	Hrs.
Total:	80	Hrs.

H Course Prerequisites:  
THRT 110,112,114,115,121,130

I: Course Corequisites:  
Nil

J: Course for which this Course is a Prerequisite:  
THRT 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

Vice-President, Instruction

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 and adaptive equipment and supplies

## **Sections O, P, Q**

### **O. Goals**

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

1. use a compound microscope, and describe cell and tissue types in the body.
2. describe the processes by which materials enter and leave cells.
3. describe the structure and functioning of the circulatory system.
4. describe the structure and functioning of the nervous system.
5. describe the structure and functioning of the respiratory system.
6. describe the structure and functioning of the digestive system.
7. describe the structure and functioning of the excretory system.
8. identify the major fluids and electrolytes in the body and explain the mechanisms by which their balance is controlled.
9. describe the structure and functioning of the endocrine system.
10. examine age related changes in the older adult
11. examine and respect diversity in the older adult with particular emphasis on understanding common disabilities an older adult may experience
12. select/design appropriate framework and strategies to solve problems

## **P. Content**

### **Age Related Changes in the Older Adult**

- physical changes
- psychosocial theories of growth and development
- cognitive theories of growth and development

### **Diversity**

- common physical and mental/psychological disabilities
- ethnicity, gender, cultural and socioeconomic influences

### **Therapeutic Recreation Frameworks and Strategies to Solve Problems**

- activity analysis
- activity selection
- activity adaptation
- task analysis
- resistance to the medium
- creative process

### **Anatomy & Physiology**

- brief introduction to microscopy
- structure and functions of cells
- cellular processes and the general properties of cells will be described.
- organization of the human nervous system
- structure and functions of various components of the nervous system, including neurons, the reflex arc and the brain
- components of the cardiovascular system
- characteristics of blood and lymph and their functions in the body
- cardiac tissue with reference to the structure and functions of the conduction system of the heart.
- components of the human respiratory system and their functions mechanisms of ventilation and gas exchange and types of pulmonary volumes
- general anatomy of the digestive system
- roles of the organs and glands of the gastrointestinal tract
- gross anatomy of the excretory system
- structure and physiology of the nephron
- the control and regulation of the fluid composition of the body
- major electrolytes
- hormones of the major endocrine glands and their effects

## **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.

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