

SEPTEMBER 2003 CURRICULUM GUIDELINES

A.	Division:	Instructional Division	Ef	fective Date:		September 2, 2003	,
В.	Department / Program Area:	Faculty of Child, Family & Community Studies: Therapeutic Recreation	Re	evision	Х	New Course	
				Revision, Section(s) evised:		F,H,I,J,M,N	
				ate of Previous Revision	n:	September 16, 199)7
			Da	ate of Current Revision	:	February 10, 2003	
C:	THRT 221	D : Valuing Dive	ersity:	The Older Adult I		E: 4	
	Subject & Cour	rse No. Descript	tive Ti	tle	Sen	nester Credits	
F:	Calendar Description: The purpose of this course is to give the student an understanding of the primary & secondary physical changes encountered by older adults. Students will use a problem-based learning format to study the anatomy of physiology of humans which will enhance their ability to appreciate age related changes. Students will apply what they have learned to the design of appropriate leisure and recreation programs and services.						
G:	Allocation of Contact Hours to Type of Instruction / Learning Settings		Н:	Course Prerequisites:			
	Primary Methods of Instructional Delivery and/or Learning Settings:			THRT 114			
			I:	Course Corequisites:			
	Number of Cont for each descript	act Hours: (per week / semester tor)		THRT 230 (or prerequisites)			
	Lecture/Practice	: 40 Hours	J:	Course for which this	s Cours	se is a Prerequisite	
	Biology: Total:	40 Hours 80 Hours		THRT 230 (or corequisite)			
			K:	Maximum Class Size:			
	Number of Weeks per Semester: Flexible Delivery ranging over 1 to 15 weeks			30			
L:	PLEASE INDICATE: As a part of Block Transfer with: Child and Youth Care Program, University of Victoria, Tourism and Recreation Management Program, Malaspina University College; Community Rehabilitation Program, University of Calgary; Athabasca University Non-Credit College Credit Non-Transfer x College Credit Transfer:						
	SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)						

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M: Course Objectives / Learning Outcomes

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

1. acquire a problem solving process, including how to integrate knowledge, how to use inquiry, critical thinking and scientific reasoning to solve problems in the context of dissecting several cases which involve cells, tissues and the homeostasis of systems

- 2. describe the skeletal, muscular, respiratory, digestive, excretory and endocrine systems
- 3. describe primary aging in the older adult
- 4. describe secondary aging in the older adult
- 5. describe appropriate TR interventions for the physical age related changes
- 6. design appropriate physical recreation programs for older adults
- 7. describe the role of nutrition in healthy aging

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

The major topics in the course include problems that involve the following learning issues:

Alternate Hypotheses to explain the symptoms presented in each case

developing as many explanations for the symptoms presented as possible

Skeletal System

- bone cells, tissues
- anatomy of skeletal system and types of joints
- composition of joint-joint serum
- relationship of muscles to joints
- types of bone and bone growth
- types and causes of arthritis

Muscular System

- how muscles work
- anatomy of muscular system with respect to movement
- biomechanics of movement

Digestive System

- anatomy of the digestive tract and associated organs
- function of the digestive tract and associated organs, in particular the pancreas and liver
- role of intestines and colon in absorption
- relationship of liver to blood homeostasis
- malfunctions of the digestive tract, particularly the colon
- relationship between nutrition and cardiovascular health
- review diagnostic tests, including normal counts of white blood cells, red blood cells, blood pH, hematocrit and blood proteins
- significance of blood tests and homeostasis of body
- relationship of diet to health of digestive tract
- consequences of obesity

Respiratory System

- · review of anatomy and physiology respiratory system
- review of normal respirations/minute and reasons for deviance
- why breathing is critical

Immune System

- interactions with other systems-complements
- nonspecific defenses (membrane barriers, cellular and chemical defenses)
- specific immune defenses immunity
- antigens/antibodies
- humoral immune response/cell-mediated response
- immonodeficiences/autoimmune diseases

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Endocrine System

- major endocrine glands
- what are hormones?
- functions of hormones generally
- hormone-target cell specificity
- pancreatic hormones
- role of pancreas in homeostasis of blood sugar
- effect of aging on endocrine system functioning
- connection between body weight and reproductive hormones
- relationship of endocrine system to appropriate food intake

Urinary System

- anatomy and physiology of urinary system
- role of the nephron in producing urine
- role of nephron in maintaining blood pH
- significance of urine tract symptoms
- significance of various urine tests

Other Issues

- relationship between normal A&P and social environment
- relationship between nutrition and homeostasis
- relationship between nutrition and nervous system

Social Implications of Illness

- issues with respect to aging and living alone
- issues with respect to sudden illness
- dealing with depression
- issues with respect to social attitudes that equate slimness with beauty

Primary Aging

normal physical changes in appearance, cardiorespiratory, musculoskeletal, and endocrine systems

Secondary Aging

 disease process that impact physical aging including heart disease, cerebral vascular accidents, arthritis, osteoporosis, diabetes

TR Interventions

- role and benefits for physical activity
- role and benefits of nutrition

TR Programs & Experiences

- use of activity analysis and adaptation to design physical recreation programs
- design of appropriate and safe physical recreation programs
- use of the Canada Food Guide to guide nutrition analysis

O: Methods of Instruction

- Lecture/discussion
- Case studies
- Media
- Videotaping self
- Self directed, interdependent, small groups, problem-based learning

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P :	P: Textbooks and Materials to be Purchased by Students	Textbooks and Materials to be Purchased by Students					
	 A list of recommended textbooks and materials is provided for Resources include: Selected readings from a variety of TR practice textbooks Selected audio-visual and computer resources Selected readings from books and journals 						
Q:	Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations An evaluation schedule is presented at the beginning of the course.						
	This is a graded course	iisc.					
R:	R: Prior Learning Assessment and Recognition: Open for PLAR						
Cour	Course Designer(s) Geri Paterson Educa	ation Council / Curriculum Committee Representative					
Dean	Dean / Director Jan Lindsay Regis	Registrar					

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