

M: Course Objectives / Learning Outcomes

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

1. demonstrate professional skills in the practice of therapeutic recreation and recreation health promotion
2. demonstrate knowledge of the agency and the delivery of recreation services
3. apply systems theory, or an ecological perspective, in developing comprehensive, leisure related client assessments and individual program plans
4. develop therapeutic relationships with individuals and groups based upon the values and skills of the profession
5. demonstrate helping relationships and skills
6. demonstrate awareness of group dynamics and leadership skills
7. demonstrate recreation activity analysis and activity adaptation skills
8. design, implement and evaluate recreation, therapeutic recreation and / or health promotion programs

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

Professionalism

- Self awareness and self evaluation skills
- Seeks and accepts feedback
- Safe practice and safety awareness including personal hygiene procedures
- Effective working relationships with colleagues
- Effective client interaction skills
- Confidentiality in all communications concerning the agency
- Personal wellness and appropriate work habits
- Responds to the changing needs of the agency, balancing flexibility and organizational skills
- Adherence to agency policies and procedures

Knowledge of Agency

- Organizational structure, philosophy, goals
- Recreation department (equivalent) goals, philosophy, practitioner role
- Application of therapeutic recreation service models

Helping Relationships and Skills

- Client-centred, age appropriate approach to all interventions
- Helping relationships build upon humanistic values
- Basic communication and interview skills
- Problem management/opportunity development approach to helping
- Helping skills and discussions about healthy leisure lifestyles

Assessment and Individual Program Planning

- Describes the disabling condition(s) of the client
- Analyses the systems: family, agency, community, economic, environmental, political, etc. which may impact upon a client's health and leisure well-being
- Observes and interviews the client to identify strengths and needs
- Prepares, with the client, an individual leisure lifestyle program plan
- Implements, monitors and evaluates the plan

Activity Analysis, Selection, and Adaptation

- Activity analysis
- Activity adaptation

<p>Program Planning and Leadership</p> <ul style="list-style-type: none"> • Breadth and depth in recreation activity skills • Effective group leadership • Activity analysis and adaptation skills • Group assessment, awareness of group dynamics and needs • Session plan • Implements and evaluates the program
<p>O: Methods of Instruction</p> <ul style="list-style-type: none"> • practicum site selection and placement • practicum small and large group seminars
<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"> • textbooks and materials from relevant theory courses
<p>Q: Means of Assessment</p> <p>This course will conform to Douglas College policy regarding the number and weighting of evaluations. An evaluation booklet and schedule is presented at the beginning of the course. This is a Mastery/Non-Mastery course.</p>
<p>R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR</p> <p>Open for PLAR</p>

 Course Designer(s): Therapeutic Recreation Faculty

 Education Council / Curriculum Committee Representative

 Dean

 Registrar