

## **EFFECTIVE: SEPTEMBER 2006** CURRICULUM GUIDELINES

А.	Division:	Instructional Division		Effective Date:		September, 2006		
В.	Department / Program Area:	Faculty of Child, Family & Community Studies: Therapeutic Recreation		evision		New Course	X	
C:	THRT 3506	<b>D</b> : Recreation L	Re Da Cu	Revision, Section(s) evised: ate of Previous Revisio arrent Date: hip in Small Groups II		25 November 200 E: 3	4	
	Subject & Course No. Descript		ive Ti	itle Semester Credits				
F:	Calendar Description:							
	The purpose of this course is to build on the theoretical foundation for assessing, designing and leading effective groups. Students will observe and interpret group behaviour for the purpose of intervening effectively. Group dynamics theory, leadership skill development, activity analysis and adaptation will be applied in the delivery of physical activity, recreation or health promotion small group activity.							
G:		Allocation of Contact Hours to Type of Instruction / Learning Settings Primary Methods of Instructional Delivery and/or Learning Settings: Lecture/Practice		Course Prerequisites:				
	-			THRT 1205 and THRT 2406				
				Course Corequisites:				
	Lecture/Practice			NIL				
	Number of Contact Hours: (per week / semester for each descriptor)		J:	Course for which this Course is a Prerequisite NIL				
	60 Hours		K:	Maximum Class Size:				
	Number of Wee	ks per Semester:		30				
Τ.		y ranging over 1 to 15 weeks						
L:	PLEASE INDICATE:							
		Non-Credit College Credit Non Transfer						
		College Credit Non-Transfer         x       College Credit Transfer:						
	SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)							

M:	Course	Course Objectives / Learning Outcomes				
	Upon st	Upon successful completion of this course, the student will be able to:				
	1.	1. discuss theories of group dynamics				
	2. discuss the process for developing, facilitating and managing effective groups					
	3. interpret the meaning of leadership, including: definitions, theories, skills and qualities, principles methods, roles and responsibilities					
	4.	apply activity analysis and adaptation in physical activity, recreation and health promotion				
	5.	5. apply knowledge of a wide variety of physical activity, recreation and health promotion group activities				
	6.	6. assess the dynamics of a small group				
	7.	7. plan an appropriate recreation or health promotion activity				
	8.	apply leadership in a small recreation or health promotion activity				
	9.	evaluate the program plan				
N:	Course	Course Content: The following global ideas guide the design and delivery of this course:				
	• • •	<ul> <li>Theories of Group Dynamics</li> <li>Types and definitions of groups</li> <li>Variables effecting group dynamics</li> <li>Theories of group dynamics</li> <li>Stages of group development</li> </ul> Assessing Group Dynamics <ul> <li>Observe group and interview group members</li> <li>Record assessment information in the following areas:</li> <li>Group climate: physical and emotional</li> <li>Group attraction/involvement</li> <li>Group interaction/communication</li> <li>Group cohesion and norms</li> <li>Group goals/productivity</li> </ul>				
	Leaders	Constructs of leadership Leadership style theories Skills and qualities, principles and methods of leadership Roles and responsibilities of leadership				
	Activity • •	y Analysis and Adaptation Demonstrates activity analysis Describes possible individual adaptations Implements planned adaptations during leadership Demonstrates the ability to spontaneously adapt the recreation activity to meet emergent situational needs				
	Group I	Program Plan and Leadership Reviews client group assessment Plans appropriate recreation/health promotion programs Implements the planned program Demonstrates appropriate leadership styles				

• Evaluates leadership, group dynamics and the success of the program in meeting clients' needs

**O:** 

Leading Effective Groups

Methods of Instruction

- Physical activity groups
- Recreation groups
- Health promotion groups

Lecture/discussion Group assessment practice session Physical activity skill development

## **P:** 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 textbooks
- Selected audio-visual and computer resources
- Selected readings from books and journals
- Adaptive equipment and supplies

**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. Typical means of evaluation will include a combination of written assignments, presentations and testing.

This is a graded course

**R:** Prior Learning Assessment and Recognition:

Open for PLAR

Course Designer(s) Therapeutic Recreation Faculty

Education Council / Curriculum Committee Representative

Dean

Registrar

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