

**LAST REVIEW: 2010-2011**

**NEXT REVIEW: 2015-2016**

**STATUS: A**  
*(A, I, D)*

**COURSE TITLE: Sports, Fitness and Recreation Therapy**

**COMMON COURSE NUMBER: LEI 2731C**

**CREDIT HOURS: 2**

**CONTACT HOUR BREAKDOWN**

*(Per 16 week term)*

**CLOCK HOURS: 3**  
*(Voc. Course ONLY)*

**Lecture: 16      Lab: 32**

**Clinic: 0      Other: 0**

**PREREQUISITE(S): None**

**COREQUISITE(S): None**

**PRE/COREQUISITE(S): None**

**COURSE DESCRIPTION** *(750 characters, maximum): An overview of various therapies that can be useful recreational setting.*

General Education Requirements – Associate of Arts Degree (AA), meets Area(s):      Area

General Education Requirements – Associate in Science Degree (AS), meets Area(s):      Area

General Education Requirements – Associate in Applied Science Degree (AAS), meets Area(s):      Area

## **UNIT TITLES**

- 1. Introduction to the Use of Recreation as Therapy.**
- 2. Horticultural Therapy.**
- 3. Ceramic as Therapy.**
- 4. Arts and Crafts as Therapy.**
- 5. Physical Therapies as Recreation.**
- 6. Relaxation Therapies as Recreation.**
- 7. Aquatic Therapies as Recreation.**
- 8. Creative Writing as Therapy.**
- 9. Hobbies as Therapy.**
- 10. Reading as Therapy.**
- 11. Animals and Pets as Therapy.**
- 12. Music as Therapy.**
- 13. Intergenerational Therapies.**

**\*\*Required Competencies**

**1) Read with critical comprehension.**

The student will be introduced to the basic texts, concepts, vocabulary, and methods necessary for developing an understanding of the discipline and meeting the required benchmarks as stated in the course outline.

**2) Write clearly and coherently.**

The student will demonstrate an understanding and mastery of subject matter in a variety of ways, including writing. Writing activities may include both graded and ungraded essays, short answer quizzes, summaries, reactions, journals, and various other reports.

**3) Demonstrate and apply literacy across all the disciplines (indicate which ones apply).**

- a) **Information literacy** means understanding how to locate needed information, using the appropriate technology for the task, managing and evaluating the extracted information and using it effectively and ethically.
- b) **Technology literacy** is the ability to responsibly and effectively use appropriate technology to access, manage, integrate, or create information, and/or use technology to accomplish a given task.
- c) **Workplace literacy** is having the appropriate knowledge and skills to communicate and work with others effectively and perform job duties, whether it is through the use of computers and/or other technology.
- d) **Cultural literacy** is recognizing, understanding, and appreciating the similarities and differences between one's own culture and the cultures of others through a study of the arts, customs, beliefs, values, and history that define a culture.
- e) **Quantitative literacy** is having the ability to formulate, solve and interpret mathematical/statistical operations and graphical/tabular representations to make informed decisions.
- f) **Scientific literacy** means understanding the methodology and application of the scientific process, the physical and biological worlds, and recognizing that scientific knowledge is continuously updated or revised as new information is discovered.

**4. Apply problem-solving skills or methods to make informed decisions in a variety of contexts.**

The student will use acquired skills or methods to recognize, analyze, adapt, and apply critical thinking to solve problems and make informed decisions.

## EVALUATION:

In the box to the right of the Methods of Assessment, enter all specific learning outcome numbers (i.e. 1.1, 2.7, 4.0, 4.2 and 5.12) that apply.

1. Portfolio	
2. Short essays	
3. Research Papers	
4. Group projects	
5. Discussions (In class and online)	
6. Multiple Choice tests	
7. Presentations	
8. Service Learning Projects	
9. Pop quizzes	
10. Take-home tests	
11. Summaries and critiques	
12. Reaction papers	
13. Surveys	
14. Performance	
15. Short answer tests	
16. Classroom debates and colloquia	
17. Blogs, wikis, web pages	
18. Other (Please explain)	

## **UNITS**

### **Unit 1 Introduction to the Use of Recreation as Therapy**

#### **General Outcome:**

- 1.0 The student shall be able to identify the therapeutic aspects of recreational activities.**

#### **Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 1.1 Define Therapy.**
- 1.2 Examine the concept of recreation as therapy.**
- 1.3 Identify groups that could benefit from recreation as therapy.**
- 1.4 List various types of recreational activities that could be utilized as therapies.**

## **Unit 2 Horticultural Therapy**

### **General Outcome:**

- 2.0 The student shall plan and implement horticultural therapies for a variety of situations, age groups and mental and physical conditions.**

### **Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 2.1 Identify groups for whom horticultural therapy would be useful and appropriate.**
- 2.2 Describe the benefits of horticulture as therapy.**
- 2.3 Plan and implement horticultural activities for use in recreational situations.**
- 2.4 Identify any safety and ethical issues associated with horticultural therapy.**

### **Unit 3 Ceramics as Therapy**

#### **General Outcome:**

- 3.0 The student shall plan and implement ceramic activities as therapy for a variety of situations, age groups, and mental and physical conditions.**

#### **Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 3.1 Identify groups for whom ceramics activities as therapy would be useful and appropriate.**
- 3.2 Describe the benefits of ceramic activities as therapy.**
- 3.3 Plan and implement ceramic activities for use in recreations situations.**
- 3.4 Identify any safety and ethical issues associated with ceramic therapy.**

**Unit 4 Arts and Crafts as Therapy**

**General Outcome:**

- 4.0 The student shall be able to plan and implement arts and crafts activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 4.1 Identify groups for whom arts and crafts activities as therapy would be useful and appropriate.**
- 4.2 Describe the benefits of arts and crafts as therapy.**
- 4.3 Plan and implement arts and crafts activities for use in recreational situations.**
- 4.4 Identify any safety and ethical issues associated with arts and crafts activities as therapy.**

**Unit 5 Physical Therapies as Recreation**

**General Outcome:**

- 5.0 The student shall be able to plan and implement various physical activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 5.1 Identify groups for whom physical activities as therapy would be useful and appropriate.**
- 5.2 Describe the benefits of physical activities as therapy.**
- 5.3 Plan and implement physical activities as therapy for use in recreational situations.**
- 5.4 Identify any safety and ethical issues associated with various physical activities as therapy.**

Common Course Number: LEI 2731C

**Unit 6 Relaxation Therapies as Recreation**

**General Outcome:**

- 6.0 The student shall be able to plan and implement relaxation activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 6.1 Identify groups for whom relation therapies would be useful and appropriate.**
- 6.2 Describe the benefits of relaxation therapy.**
- 6.3 Plan and implement relaxation activities for use in recreational situations.**
- 6.4 Identify any safety and ethical issues associated with relaxation therapy.**

Common Course Number: 2731C

**Unit 7 Aquatic Therapies as Recreation**

**General Outcome:**

**7.0 The student shall be able to plan and implement aquatic activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 7.1 Identify groups for whom aquatic activities as therapy would be useful and appropriate.**
- 7.2 Describe the benefits of aquatic activities as therapy.**
- 7.3 Plan and implement aquatic activities for use in recreational situations.**
- 7.4 Identify any safety and ethical issues associated with aquatic activities as therapy.**

Common Course Number: 2731C

**Unit 8 Creative Writing as Therapy**

**General Outcome:**

**8.0 The student shall be able to plan and implement creative writing activities as therapy for a variety of situations, age groups, and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 8.1 Identify groups for whom creative writing activities as therapy would be useful and appropriate.**
- 8.2 Describe the benefits of creative writing as therapy.**
- 8.3 Plan and implement creative writing activities for use in recreational situations.**
- 8.4 Identify any safety and ethical issues associated with creative writing activities as therapy.**

Common Course Number: LEI 2731C

**Unit 9 Hobbies as Therapy**

**General Outcome:**

**9.0 The student shall be able to plan and implement hobby-related activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 9.1 Identify groups for whom hobby-related activities as therapy would be useful and appropriate.**
- 9.2 Describe the benefits of hobby-related activities as therapy.**
- 9.3 Plan and implement various hobby-related activities for us in recreational situations.**
- 9.4 Identify any safety or ethical issues associated with hobby-related activities as therapy.**

Common Course Number: LEI 2731C

**Unit 10 Reading as Therapy**

**General Outcome:**

**10.0 The student shall be able to plan and implement reading activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 10.1 Identify groups for whom reading activities as therapy would be useful and appropriate.**
- 10.2 Describe the benefits of reading activities as therapy.**
- 10.3 Plan and implement various reading activities for use in recreational situations.**
- 10.4 Identify any safety or ethical issues associated with reading activities as therapy.**

Common Course Number: LEI 2731C

**Unit 11 Animals and Pets as Therapy**

**General Outcome:**

**11.0 The student shall be able to plan and implement animal and pet-related activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 11.1 Identify groups for whom animal and pet-related activities as therapy would be useful and appropriate.**
- 11.2 Describe the benefits of animal and pet-related activities as therapy.**
- 11.3 Plan and implement various animal and pet-related activities for use in recreational situations.**
- 11.4 Identify any safety or ethical issues associated with animal and pet-related activities as therapy.**

Common Course Number: LEI 2731C

**Unit 12 Music as Therapy**

**General Outcome:**

**12.0 The student shall be able to plan and implement music activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 12.1 Identify groups for whom music activities as therapy would be useful and appropriate.**
- 12.2 Describe the benefits of music as therapy.**
- 12.3 Plan and implement various music activities for use in recreational situations.**
- 12.4 Identify any safety or ethical issues associated with music activities as therapy.**

Common Course Number: 2731C

**Unit 13 Intergenerational Therapy**

**General Outcome:**

- 1.0 The student shall be able to plan and implement music activities as therapy for a variety of situations, age groups and mental and physical conditions.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 13.1 Identify groups for whom intergenerational activities as therapy would be useful and appropriate.**
- 13.2 Describe the benefits of intergenerational activities as therapy.**
- 13.3 Plan and implement various intergenerational activities for use in recreational situations.**
- 13.4 Identify any safety or ethical issues associated with intergenerational activities as therapy.**