



# Broward Community College

## Course Outline

STATUS:   A  

COMMON COURSE NUMBER:   PEL 1041C  

COURSE TITLE:   Recreation Activities  

CREDIT HOURS:       2      

**CONTACT HOURS BREAKDOWN:**

Lecture/Discussion       16      

Lab           32          

Other                   

Contact Hours/Week       3      

**CATALOG COURSE DESCRIPTION:**

Prerequisite: None

Corequisite: None

An overview of outdoor and indoor games and activities appropriate for various age groups in a recreational setting.

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

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

**UNIT TITLES:**

1. Outdoor Games and Activities
2. Indoor Games and Activities
3. Dance
4. Music
5. Arts and Crafts
6. Intergenerational Activities

## I. Course Overview:

Upon successful completion of this course, the students should be able to plan and implement both indoor and outdoor recreational games and activities for a variety of age groups.

## II. Units:

### Unit 1. Outdoor Games and Activities

#### General Outcome:

- 1.0 The students should be able to plan and implement outdoor games and activities for a variety of ages.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Explain the rules for various outdoor games such as ball games, stick games, tossing games, horseshoes, and shuffleboard and plan and implement those games.
- 1.2 Plan and implement outdoor activities such as a scavenger hunt, hiking, taking a field trip, cycling, in-line skating, challenge course activities, power walking, running, tri- and bi-athalons, and fishing.
- 1.3 Describe outdoor games and activities that can be played when only limited or restricted space is available.
- 1.4 Identify community resources for games, activities, and equipment that can be used in an outdoor recreational setting.
- 1.5 Match appropriate outdoor games and activities with various age groups.
- 1.6 Discuss safety issues and potential problems related to the games and activities.

## Unit 2. Indoor Games and Activities

### General Outcome:

2.0 The students should be able to plan and implement indoor games and activities for a variety of ages.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 2.1 Explain the rules for various indoor games such as table tennis, bingo, charades, and cards and plan and implement those.
- 2.2 Explain the rules for various board games such as checkers, chess, backgammon, dominoes, monopoly, jeopardy, and cribbage and plan and implement those games.
- 2.3 Plan and implement indoor activities such as musical chairs, spin the bottle and Simon says.
- 2.4 Describe indoor games and activities that can be played when only limited or restricted space is available.
- 2.5 Describe various computer games and activities available for various age groups.
- 2.6 Identify community resources for games, activities, and equipment that can be used in an indoor recreational setting.
- 2.7 Match appropriate indoor games and activities with various age groups.
- 2.8 Discuss safety issues and potential problems related to the games and activities.

## Unit 3. Dance

### General Outcome:

- 3.0 The students should be able to plan and implement dance activities for a variety of ages.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 3.1 Describe various dance types such as social dancing, line dancing, swing, clogging, and square dancing.
- 3.2 Explain various dance steps and teach them to others.
- 3.3 Match appropriate dance activities with various age groups.
- 3.4 Plan and implement dance activities.
- 3.5 Discuss safety issues and potential problems related to dancing.

## Unit 4. Music

### General Outcome:

4.0 The students should be able to plan and implement music-related activities for a variety of ages.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 4.1 Describe various musical activities that could be used in a recreational setting including karaoke, listening to music, name that tune, and making instruments and playing them.
- 4.2 Match appropriate music activities with various age groups.
- 4.3 Plan and implement music activities.
- 4.4 Discuss safety issues and potential problems related to music activities.

## Unit 5. Arts and Crafts

### General Outcome:

- 5.0 The students should be able to plan and implement arts and crafts activities for a variety of ages.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 5.1 Describe various arts and crafts activities that could be used in a recreational setting.
- 5.2 Identify low-cost arts and crafts for programs on a tight budget.
- 5.3 Identify arts and crafts appropriate for a group setting.
- 5.4 Identify resources for arts and crafts ideas and supplies that can be used in a recreational setting.
- 5.5 Match appropriate arts and crafts activities with various age groups.
- 5.6 Plan and implement arts and crafts activities.
- 5.7 Discuss safety issues and potential problems related to arts and crafts activities.

## Unit 6. Intergenerational Activities

### General Outcome:

6.0 The students should be able to plan and implement intergenerational activities.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 6.1 Define intergenerational activities and list those that could be used in a recreational setting.
- 6.2 Plan and implement intergenerational activities.
- 6.3 Describe psychological and other benefits resulting from intergenerational activities.
- 6.4 Discuss safety issues and potential problems related to intergenerational activities.