

**EFFECTIVE: SEPTEMBER 2006
CURRICULUM GUIDELINES**

A. Division: Instructional Division Effective Date: September, 2006

B. Department / Program Area: Faculty of Child, Family and Community Studies: Therapeutic Recreation

Revision New Course

If Revision, Section(s)

Revised:

Date of Previous Revision:

Current Date::

25 November 2004

C: THRT 2408

D: Older Adulthood: Physical Issues and Interventions

E: 2

Subject & Course No.	Descriptive Title	Semester Credits
<p>F: Calendar Description:</p> <p>This course identifies secondary physical aging changes, losses and impairments, which may occur in older adulthood. Respiratory, cardiovascular, endocrine, musculoskeletal, sensory, and nervous system disorders will be examined. Issues of impairment and loss will be addressed from an ecological, client-centred perspective. A variety of interventions including physical activities, leisure experiences and health strategies will be explored, analyzed and adapted for clients with the disorders described.</p>		
<p>G: Allocation of Contact Hours to Type of Instruction / Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture/Practice</p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p>40 Hours</p> <p>Number of Weeks per Semester:</p> <p>Flexible delivery ranging from 1 to 15 weeks</p>	<p>H: Course Prerequisites:</p> <p>THRT 1203</p> <p>I: Course Corequisites:</p> <p>NIL</p> <p>J: Course for which this Course is a Prerequisite</p> <p>THRT 2477</p> <p>K: Maximum Class Size:</p> <p>30</p>	
<p>L: PLEASE INDICATE:</p> <p><input type="checkbox"/> Non-Credit</p> <p><input type="checkbox"/> College Credit Non-Transfer</p> <p><input checked="" type="checkbox"/> College Credit Transfer:</p> <p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>		

M: Course Objectives / Learning Outcomes

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

1. discuss secondary physical aging issues in the older adult
2. discuss appropriate recreation, therapeutic recreation and health interventions for the physical age related changes
3. design appropriate physical recreation programs for older adults
4. describe the role of nutrition in healthy aging

N: Course Content:

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

Secondary Physical Aging

- Disease processes that impact physical aging including heart disease, respiratory disorders, cerebral vascular accidents, arthritis, osteoporosis, diabetes, visual and auditory impairments

Recreation, Therapeutic Recreation and Health Interventions

- Role and benefits of recreation activities
- Role and benefits of physical activity including functional fitness
- Role and benefits of nutrition

TR Programs & Experiences

- Use of activity analysis, task analysis and adaptation to design 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, and problem-based learning

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 therapeutic recreation practice text books
- 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. 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: specify whether course is open for PLAR

Open for PLAR

Course Designer(s): Therapeutic Recreation Faculty

Education Council / Curriculum Committee
Representative

Dean

Registrar

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