

M: Course Objectives / Learning Outcomes

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

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 and methods, roles and responsibilities
4. apply activity analysis and adaptation in physical activity, recreation and health promotion
5. apply knowledge of a wide variety of physical activity, recreation and health promotion group activities
6. assess the dynamics of a small group
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 Content: The following global ideas guide the design and delivery of this course:**Theories of Group Dynamics**

- Types and definitions of groups
- Variables effecting group dynamics
- Theories of group dynamics
- Stages of group development

Assessing Group Dynamics

- Observe group and interview group members
- Record assessment information in the following areas:
 - Group climate: physical and emotional
 - Group attraction/involvement
 - Group interaction/communication
 - Group cohesion and norms
 - Group goals/productivity

Leadership

- Constructs of leadership
- Leadership style theories
- Skills and qualities, principles and methods of leadership
- Roles and responsibilities of leadership

Activity 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 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

<p>Leading Effective Groups</p> <ul style="list-style-type: none"> • Physical activity groups • Recreation groups • Health promotion groups
<p>O: Methods of Instruction</p> <p>Lecture/discussion Group assessment practice session Physical activity skill development</p>
<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"> • Selected readings from a variety of textbooks • Selected audio-visual and computer resources • Selected readings from books and journals • Adaptive equipment and supplies
<p>Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations.</p> <p>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.</p> <p>This is a graded course</p>
<p>R: Prior Learning Assessment and Recognition:</p> <p>Open for PLAR</p>

 Course Designer(s) Therapeutic Recreation Faculty

 Education Council / Curriculum Committee Representative

 Dean

 Registrar