

**Department:**

Physical Education

**Course Description:**

This course is designed for the student interested in a career in recreation. Various recreational activities are included in this class along with opportunities for practical experience. The student is also given the opportunity to work in a recreational setting in the community.

**Course Competencies:**

Upon completion of the course the student should be able to:

1. Demonstrate an understanding of organized recreation.
2. Identify recreational opportunities available in American communities.
3. Analyze the development of recreation centers and services.
4. Prepare a recreational plan for target ages.
5. Participate in and develop an understanding of rules and regulations related to recreational settings.

**Course Content:**

- A. Recreation is everywhere
  1. Values and benefits
  2. A passion, a pursuit, a profession
- B. History of Recreation
- C. Philosophy of Leisure
- D. Leisure and Recreation for individuals in society
- E. Recreation by gender, race, ethnicity, and socioeconomic class
- F. Public Recreation
- G. Therapeutic Recreation
  1. Common types
  2. Services
- H. Recreational Spot Management
  1. Five program areas
  2. Trends
  3. Career Opportunities
- I. Outdoor and Adventure Recreation
  1. Meaning of Nature and Special places
  2. History of Outdoor Recreation

**Learning Assessments:**

Students will be assessed by attendance, participation, worksheets, written papers, tests and quizzes, and major recreation project.

## Instructional Materials:

Introduction to Recreation and Leisure, by Human Kinetics

### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” on our [Disability Services website](#).

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

### **A Note on Harassment, Discrimination and Sexual Misconduct**

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an [online report](#) about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our [Equity Grievance Policy](#).