

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” at this link:
<https://highlandcc.edu/pages/disability-services>.

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.