

**Jill Heckathorn**

**Recreation 274: Introduction to Therapeutic Recreation**

Spring 2011

**Syllabus**

Recr 274

MW 9 a.m. – 10:15 a.m.

Prof. Jill Heckathorn

Office hours: M/W 11:45 a.m.- 12:45 p.m., R 11:45 a.m. – 2 p.m.

**Course Description:** Introduction to the basic principles and practices of therapeutic recreation. Focuses on recreation as an integral aspect of rehabilitation, normalization, and inclusion. Includes history, philosophy, and current practices as well as an overview of groups typically served in therapeutic recreation settings.

**Course Objectives:**

1. Understanding of the attitudes and beliefs persons with disabilities hold about themselves.
2. Understanding of societal attitudes toward illness and disability.
3. Understanding of the bio-psycho-social limitations imposed by illness and disability.
4. Understanding of the general types of disabilities, time of onset in relation to age and lifecycle stages, and the unique role of leisure in development.
5. Awareness of various assistive techniques, including wheelchair handling, ambulation, self-help skills, signing, orientation, and mobility.
6. Understanding of the role of therapeutic recreation as a component of health care systems.
7. Knowledge of legislation, including laws, regulation, and standards as it relates to persons with disabilities.
8. Understanding the concept of a continuum of therapeutic recreation service.
9. Knowledge of various adaptive devices and equipment.
10. Knowledge of ethical and professional behavior related to therapeutic recreation.
11. Knowledge of the theory and philosophy of therapeutic recreation in relation to play, leisure, and recreation.
12. Knowledge of the principles of mainstreaming, integration, normalization, and inclusion.
13. Application of leadership principles to creating socially, culturally and environmentally inclusive leisure services.
14. Understanding principles of accessibility and use-ability including general design and assessment of indoor and outdoor recreation facilities.
15. Understanding of the relationship of therapeutic recreation to the fields of health care and recreation and leisure services.
16. Understanding of the relationship between clinical and community recreation services.

**Text:** Inclusive Leisure Services by John Dattilo

Venture Publishing, Inc.; 2nd edition (May 1, 2002); ISBN 978-1892132277

Additional readings as assigned, posted on Blackboard

**Assignments:**

Exam #1	April 28	50 pts
Exam #2	June 1	50 pts
Camp TEAM Participation and Analysis	May 18	80 pts
Attendance		20 pts

**Exams:** There will be two exams covering lectures, films, readings, presentations and discussions. Exams will be multiple choice and short answer.

**Camp TEAM:** See attached assignment description.

**Attendance:** Attendance and class participation are essential to gain the most from this course. More than one unexcused absence will result in a reduction of three points per day.

**Grading:**

186 - 200 **A** 174 - 179 **B+** 154 - 159 **C+** 134 - 139 **D+** Below 120 **F**  
180 - 185 **A-** 166 - 173 **B** 146 - 153 **C** 126 - 133 **D**  
160 - 165 **B-** 140 - 145 **C-** 120 - 125 **D-**