

**Eastern Washington University**  
**Spring 2015**  
**RCLS 240 Overview of Therapeutic Recreation**

**Instructor:**

Emily Messina, PhD, CTRS, Assistant Professor

**General Information:**

Office: PEC 233

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Class Meets: MTWR 9-9:50AM

Location(s): Class: PEC 113

Office Hours: Monday and Wednesday 1PM – 3PM, and by appointment

**Catalog/Course Description:**

Focuses on understanding the basic problems, needs, and strengths of all disability groups in relation to developing and implementing a therapeutic recreation program.

**Required Text(s):**

Carter, M.J. & VanAndel, G. E. (2011). *Therapeutic Recreation. A Practical Approach*. (4<sup>th</sup> Edition)  
Long Grove, IL: Waveland Press

**Course Objectives:**

1. Upon completion of the course the student will develop a greater understanding of the attitudes and self-concepts of people with disabilities towards themselves and towards their illness or disability. (8.10, 7D.03, 9D.05)
2. Upon completion of the course the student will develop a greater understanding of the societal attitudes toward illness and disability. (8.01, 7D.04, 9D.02, 9D.05)
3. Upon completion of the course the student will develop an understanding of the bio-psycho-social limitation imposed by illness and disabilities as they relate to leisure involvement. (8.10, 7D.04, 9D.02)
4. Upon completion of the course the student will develop an understanding of the role of the therapeutic recreation professional as an advocate for services for special populations. (9D.06)
5. Upon completion of the course the student will develop an understanding of the roles of the recreation professional and their service delivery system for a wide variety of individuals with special needs. (8.10, 9D.01, 9D.04)
6. Upon completion of the class the student will gain knowledge and understanding of the responsibility of the interrelationship of the diverse leisure services delivery system, and the role of the professional in providing access to recreational opportunities to persons with disabilities. (8.10, 9D.06, 9D.05)

7. Upon completion of the course the students will have gained overview knowledge of terminology, and an understanding of the psychological, sociological, physiological, and historical significance of Therapeutic Recreation. (9D.02)
8. Upon completion of the course the students will have a basic understanding of the problems, needs, and strengths associated with various populations in order to implement and develop appropriate recreational programs & programs for integration of recreation. (9D.04)
9. Upon completion of the course the students will understand the distinction between mental health and mental disorder within the context of our society through discussion and media exposure to various populations. (7D.03)

**Written Assignment Policies:** All written assignments are required to meet the following criteria:

TYPED in 12 POINT FONT

Stapled in the upper left-hand corner (folders, binders, etc. not accepted).

Double-spaced

Numbered pages, not including the cover sheet.

Have a cover sheet listing the following:

Course Number and Name

Student's name

Date assignment is due

Assignment Title

MUST adhere to APA Publication Manuscript style

**Academic Dishonesty:** It is a violation of the Eastern Washington University Student Conduct Code to represent the work of others as your own (plagiarism), fabricate research data, or to cheat on exams. Such acts of academic dishonesty can result in failure of the course and be subject to disciplinary action from the University. If you have any questions about academic integrity, please be sure to contact the instructor or read the EWU Academic Integrity Policy, which is located on the EWU web site.

**ADA Statement:** Eastern Washington University is committed to providing support for students with disabilities. If you are a student with physical, learning, emotional, or psychological disabilities needing an accommodation, you are encouraged to stop by Disability Support Services (DSS), TAW 124 and speak with Kevin Hills, the Manager DSS or call 509-359-6871.

**Technology in class:** If the instructor observes *inappropriate* use of an ipod, ipad, e-reader, cell phone, laptop, or ANY other form of technology during class time – the student will be invited to leave class for the day and the absence will be counted as unexcused. Laptops are permitted for note-taking ONLY (ie. the screen must remain on Powerpoint or other appropriate program for the duration of class - if alternate programs are seen running, you will be asked to leave). On occasion, I understand that you may need to check your phone and/or refer to it briefly; tell me and I will permit you to do so.

**Email Policy:** All email correspondence MUST include a subject line. Be courteous. Be professional. Proofread before sending. Realize that every email I receive takes time to respond to. Please take the time composing your email that I will take to reply to your email.

**Late Policy:** All of the class assignments have a specified due date, so pay attention to the Weekly Outline that is provided for you (read it and refer to it often). **Assignments must be submitted via Canvas, unless otherwise indicated.** Generally, I will not accept assignments that are more than four days late. If, however, a “special circumstance” does arise let me know *BEFORE or ON* the due date and arrangements can be made.

One - two days late	25% reduction in grade
Three - four days late	50% reduction in grade
More than four days	0.0 for the assignment

**Attendance Policy:** 10% of your grade comes from attendance and participation in class discussion and completion of homework, questions, and activities assigned IN CLASS, during lecture. Assignment make-ups will be accepted **ONLY** for assignments missed as a result of EXCUSED absences. You must come to me for information on the assignment (with proof for your excused absence). I will NOT come to you. If you do not come to me, I will assume it was an unexcused absence. It will be marked as such and you will not receive credit for work assigned that day. If you miss more than five (5) days for any reason, you will need to retake the course. If you are sick, injured, or are experiencing some kind of personal crisis, please contact the instructor as soon as possible.

### **Major Assignments and Evaluation:**

Midterm Exam	200
Final Exam	200
Attendance & participation	100
Chapter Study Questions <i>due weekly via Canvas</i>	100
<i>Becoming a Helper</i> Professional Applications Paper	100
Wheelchair accessibility of recreation facility assessment	100
Observation of community program & write up	100
<u>One Thing Social Media Assignment</u>	<u>100</u>
<b>TOTAL</b>	<b>1000 points</b>

Grades will be assigned according to normal university standards.

95%	4.0	86%	3.3	77%	2.7	68%	1.9
94%	3.9	85%	3.2	76%	2.6	67%	1.8
93%	3.8	84%	3.1	75%	2.5	66%	1.7
92%	3.8	83%	3.1	74%	2.5	65%	1.6
91%	3.7	82%	3.0	73%	2.4	64%	1.5
90%	3.6	81%	3.0	72%	2.3	63%	1.4
89%	3.5	80%	2.9	71%	2.2	62%	1.3
88%	3.4	79%	2.8	70%	2.1	61%	1.2
87%	3.4	78%	2.8	69%	2.0	60%	1.1

## Weekly Outline

### Week One (March 30<sup>th</sup> – April 2<sup>nd</sup>)

Chapter 1. Becoming a Member of a Profession

### Week Two (April 6<sup>th</sup> – April 9<sup>th</sup>)

Chapter 2. Discovering the Roots of a Profession

Study Questions for chapters 1 AND 2 due Friday via Canvas

### Week Three (April 13<sup>th</sup> – April 16<sup>th</sup>)

Chapter 3. Becoming a Helper

Study Questions due Friday via Canvas

### Week Four (April 20<sup>th</sup> – April 23<sup>rd</sup>)

Chapter 6. Musculoskeletal, Neurological, and Neuromuscular System Impairments

Study Questions due Friday via Canvas

*Becoming A Helper* Professional Applications Paper DUE THURSDAY ON CANVAS

### Week Five (April 27<sup>th</sup> – April 30<sup>th</sup>)

Chapter 7. Sensory and Other Hidden Impairments

Study Questions due Friday via Canvas

## **MIDTERM EXAM (Thursday, May 2nd)**

### Week Six (May 4<sup>th</sup> – May 7<sup>th</sup>)

Chapter 8. Cognitive Impairments

Study Questions due Friday via Canvas

### Week Seven (May 11<sup>th</sup> – May 14<sup>th</sup>)

Chapter 9. Psychological Impairments

Study Questions due Friday via Canvas

Wheelchair accessibility of recreation facility assessment DUE THURSDAY IN CLASS AND ON CANVAS!

### Week Eight (May 18<sup>th</sup> – May 21<sup>st</sup>)

Chapter 10. Social Impairments

\*Guest lecture Monday!\*

Study Questions due Friday via Canvas

### Week Nine (May 25<sup>th</sup> – May 28<sup>th</sup>) –

**NO CLASS MONDAY, MAY 26<sup>th</sup>**

Chapter 11. Children and Youth in Health-Care Settings

Study Questions due Friday via Canvas

Observation of community program & write up DUE THURSDAY ON CANVAS

### Week Ten (June 1<sup>st</sup> – June 4<sup>th</sup>)

Chapter 12. The Aging Process

Study Questions due Friday via Canvas

One Thing Social Media Assignment DUE THURSDAY ON CANVAS

## **FINAL EXAM –Thursday, June 11<sup>th</sup> 8–10AM**