COURSE NAME: REC108 Introduction to Recreation and Leisure Services

Credit Value: 4
Total Course Hours: 56
Prerequisite Course(s): None
Corequisite Course(s): No

COURSE DESCRIPTION
This course will introduce students to professional standards, qualifications, and skills required to succeed in a recreation career. Students will study the concepts of recreation and leisure and examine the significance of recreation to personal well-being and quality of life. Course themes include: philosophy of recreation, history of recreation, personal organizational skills, career opportunities, overview of recreation associations, health and wellness, parks and playgrounds, and the importance of art and culture in society.

PLAR INFORMATION
This course is eligible for Prior Learning Assessment and Recognition. Students are advised to discuss options with their program coordinator.

COURSE LEARNING OUTCOMES
Upon completion of this course, the student will have reliably demonstrated the ability to:

1.0 Comprehend concepts and philosophies associated with recreation and leisure.
   1.1 Examine the concepts of time.
   1.2 Define the terms recreation and leisure.
   1.3 Discuss the benefits of recreation.
   1.4 Discuss positive and negative aspects of technology on quality of life.
   1.5 List barriers to participating in recreation.
   1.6 Consider philosophies and theories of recreation, play, and leisure from an historical and emerging perspective.
   1.7 Develop and articulate a personal philosophy of recreation and leisure.

2.0 Trace the historical development of recreation.
   2.1 Explain the importance of understanding the history of recreation.
   2.2 Trace significant historical events that impacted the growth and development of recreation from early civilization to modern era.
   2.3 Provide an overview of the history of recreation in Canada and Ontario.

3.0 Know the standards and skills associated with a career in recreation and leisure services.
   3.1 Identify potential recreation related employment opportunities.
   3.2 Describe values and objectives inherent in government, private, commercial, non-profit, and volunteer recreation agencies.
   3.3 Discuss the role of the Ontario Government with respect to recreation and sport.
   3.4 Recognize the key elements associated with professionalism.
   3.5 Describe Ontario's provincial standards for recreation students.
   3.6 Relate the process to become a certified recreation professional in Ontario.
   3.7 Identify opportunities for ongoing professional development.
   3.8 Identify and access professional development resources and activities, which promote professional and personal growth.
   3.9 Articulate skills within the recreation profession that are connected and transferable to other professions.

4.0 Analyze the services offered by various recreation associations.
   4.1 Trace the historical growth of recreation associations in Ontario.
   4.2 List services and resources offered by recreation associations.
   4.3 Identify regional, provincial, and federal recreation organizations.
4.4 Discuss certification programs offered by professional recreation organizations.
4.5 Explore provincial and federal professional associations’ websites.

5.0 Utilize personal organizational skills.
5.1 Rate your personal organizational skills.
5.2 Identify barriers to being more organized.
5.3 List the advantages of being organized.
5.4 Use personal organizational tools.

6.0 Assess modern recreation career opportunities, trends, and issues.
6.1 Identify recreation employment sectors.
6.2 Review recreation career job ads to examine qualifications required.
6.3 Identify recreation employment web sites.
6.4 Recognize modern trends and their impact on recreation and leisure.
6.5 Identify major issues confronting the modern day recreation professional.
6.6 Relate the process involved in adapting to and accepting change.
6.7 Discuss the Leisure Information Network.
6.8 Explain the importance of sport tourism as an economic generator.
6.9 Defend the merits of recreation as a valued and legitimate profession.
6.10 Discuss the concept of the Power of One as it relates to the recreation profession.

7.0 Know the importance of health and wellness to quality of life.
7.1 Define wellness.
7.2 Explain the holistic approach to health.
7.3 Discuss current trends in health.
7.4 Identify dimensions of health.
7.5 Review Canadian Index on Wellbeing.
7.6 Explain factors that affect wellness.
7.7 Identify factors to consider when assessing wellness status.

8.0 Comprehend the significance of parks, playgrounds, and outdoor recreation.
8.1 Trace the history and development of Canada’s national and provincial public parks.
8.2 Describe the role and significant responsibilities of Parks Canada.
8.3 Differentiate various types of parks.
8.4 Summarize current issues and trends in park resource management.
8.5 Discuss playground safety issues.
8.6 Explain concepts related to outdoor and adventure recreation.

9.0 Appreciate the role and importance of the Arts in society.
9.1 Define the Arts.
9.2 Identify the major categories of Arts.
9.3 Discuss the contributions of Tom Thomson and the Group of Seven.
9.4 Explore websites associated with Canadian art galleries and museums.
9.5 Explain the role of governments in promoting and fostering the Arts.

10.0 Adopt an international perspective on recreation and leisure.
10.1 Describe how the Internet has transformed leisure and recreation on a global scale.
10.2 Describe the effects of social and economic issues on recreation and leisure pursuits.
10.3 List ways of socializing and enjoying leisure time in different societies.
10.4 Identify the goal and activities of the World Leisure Organization.

GENERAL EDUCATION
This is not a General Education course.

PROGRAM VOCATIONAL OUTCOMES
This course contributes to the following Ministry of Training, Colleges and Universities approved program vocational learning outcomes (PVLO):

Ecotourism
3. apply knowledge of the various tourism industry sectors and their necessary interaction, both with each
other and with government and other regulating bodies.
7. develop ongoing personal professional development strategies and plans to enhance career opportunities.

**Recreation And Leisure Services**
6. Apply safety and accessibility practices to the efficient operation and administration of recreation and leisure facilities and settings.
7. Promote the benefits and values of recreation, leisure and healthy active living and recommend inclusive programs, events and services to individuals and groups.
9. Develop strategies for ongoing personal and professional development as a recreation and leisure services professional.

**Recreation Therapy**
12. develop plans for ongoing personal and professional growth and development.
13. assess career opportunities, trends, and issues related to therapeutic recreation.

**Rural Recreation**
1. Plan, organize and deliver inclusive recreation, leisure and wellness programs and events that respond to identified needs, interests, abilities and available resources in remote or rural communities.
2. Use administrative skills in the provision of recreation, leisure and wellness programs, events and services.
4. Identify strategies that maintain fiscally sustainable and responsible recreation, leisure and wellness programs, events and services using basic principles and practices of business and finance.
5. Assist with the supervision and leadership of staff and volunteers involved with recreation, leisure and wellness programs, events and services in recreation settings within remote or rural communities.
6. Contribute to the safety and accessibility practices and to the efficient operation of recreation and leisure facilities and settings within remote or rural communities.
7. Identify strategies that promote the benefits and values of recreation, leisure and healthy active living for individuals and groups in remote or rural communities.
8. Develop strategies for ongoing personal and professional development to enhance work in remote or rural communities.

**Strength and Sport Conditioning**
11. develop plans and affiliations aimed at professional growth and development.

**ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES**
This course contributes to the following Ministry of Training, Colleges and Universities approved essential employability skills (EES) outcomes:
1. Communicate clearly, concisely, and correctly in the written, spoken, and visual form that fulfils the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication
4. Apply a systematic approach to solve problems
5. Use a variety of thinking skills to anticipate and solve problems
6. Locate, select, organize, and document information using appropriate technology and information systems.
7. Analyse, evaluate, and apply relevant information from a variety of sources.
8. Show respect for the diverse opinions, values, belief systems, and contributions of others
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
10. Manage the use of time and other resources to complete projects.
11. Take responsibility for one’s own actions, decisions, and consequences.
EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

COURSE EVALUATION

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<td>Workshop</td>
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<td>Discussion Posts (7 x 5)</td>
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<tr>
<td>Quizzes (2 x 20)</td>
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All course work must be submitted in pdf format to ilearn (D2L).

PROGRAM SPECIFIC GRADING

Per College Grading System
50% required to pass

GRADING SYSTEM

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*For a complete detailed description please refer to the College website.

LEARNING RESOURCES

Required course textbook:


Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor’s teaching methodology and the nature of the resource.

LEARNING ACTIVITIES

Lectures, class discussions, assigned chapter readings from course text, online discussion posts and quizzes and workshop participation.

DELIVERY MODE

Classes available onsite and online. All classes are recorded and archived for playback. Course includes mandatory attendance at one workshop.
ACADEMIC POLICIES

- Academic Integrity
- Academic Appeal
- Academic Attendance
- Grading and Assessment


COLLEGE POLICIES

- Protecting human rights in support of a respectful college community

For college policies please see: http://www.canadorecollege.ca/about-us/college-policies.

STUDENT SUCCESS SERVICES

YOUR SUCCESS MATTERS!

We offer comprehensive, student-focused services designed to help you succeed. Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies. We offer:

- Study skills workshops
- Peer tutoring
- Career guidance
- Mental health and wellness tips and strategies
- Resource centre
- Assistive devices

The ultimate goal of Student Success Services is to support students so they can achieve success academically, in their career aspirations, and in their personal lives. Please don’t hesitate to drop by C262 or to book an appointment please call 1-705-474-7600 ext. 5205.

FIRST PEOPLES’ CENTRE:

We offer a culturally safe environment where our student focused services provide you with the following CONFIDENTIAL services:

- One on one counselling
- Elder in residence
- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills
- Resource Centre
Drop by our offices at C254 College Drive, E101 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

**WAIVER OF RESPONSIBILITY**

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

**HISTORICAL COURSE OUTLINES**

Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.