

# **SEPTEMBER 2003 CURRICULUM GUIDELINES**

A.	Division:	Instructional Division	Ef	fective Date:		September 2, 2003	3
В.	Department / Program A rea:	Faculty of Child, Family & Community Studies: Therapeutic Recreation	If Re Da	evision  Revision, Section(s)  evised: ate of Previous Revision  ate of Current Revision:		New Course  F, J. M, N  September 16, 199  February 10, 2003	
C:	THRT 114	D: Wellness: Hea		romotion in Therap			
	health. Stude				al and	spiritual dimension:	s of
	Number of Contact Hours: (per week / semester for each descriptor)		I:	Course Corequisites:			
				NIL			
	Lecture/Practice: Biology 105: Total:	: 60 Hours 20 Hours 80 Hours	J:	Course for which this	s Cours	se is a Prerequisite	
	Number of Weeks per Semester:			THRT 230, THR			
	Flexible Delivery	y ranging					

THRT 114 Page 2 of 3

THRT 114 Page 3 of 3

## Spiritual Health

- theories of spiritual health, including: Jung, Peck, Borysenko, Chopra
- spiritual health includes: a meaningful purpose to life, a personal value system and internal and external relationships
- Leisure concepts of perceived freedom, "Flow" and experiences in nature applied to spiritual health
- applying a Model of Spirituality for Stress Management, developed by B. Seaward

### Wellness: an Ecological Perspective

- health and wellness, a complex phenomena of interconnected systems
- psychoneuroimmunology, a scientific field of study which documents the interconnectedness of mind/ body/spirit
- family, culture, socio-economic, political and environmental conditions which impact upon health

### Leisure and Health

- concepts of leisure applied to theories of health promotion
- physical, psychosocial and spiritual benefits of leisure
- leisure lifestyle choices and stress management

### Health Promotion Practices

- health risk appraisals
- basic energy management, autogenics, progessive muscle relaxation, physical activity, yoga, Tai Chi, art, music, massage, humor, meditation and guided visualization

## O: Methods of Instruction

- Lecture/discussion
- Group work
- Media
- Presentations
- P: Textbooks and Materials to be Purchased by Students

A list of recommended textbooks and materials is provided for students at the beginning of each semester.

#### Resources include:

- Selected readings from a variety of therapeutic recreation
- Selected audio-visual and computer resources
- Selected readings from books and journals
- Therapeutic Recreation fine arts, adaptive equipment and supplies

Q:	leans of Assessment: This course will conform to Douglas College policy regarding the number an	nd
	veighting of evaluations	

This is a graded course

R: Prior Learning Assessment and Recognition:

Open for PLAR

Course Designer(s) Julie Roper	Education Council / Curriculum Committee Representative		
Dean / Director: Jan Lindsay	Registrar		