California State University Channel Islands
NEW COURSE PROPOSAL
Courses must be submitted by November 2, 2009, for priority catalog review.

DATE (*Change if modified and redate file with current date)*)	8-18-2010; REV 11.9.10
PROGRAM AREA(S)	HEALTH SCIENCE

1. **Course Information.** *[Follow accepted catalog format.]*
   Prefix(es) (Add additional prefixes if cross-listed) **and Course No. HLTH 305**
   Title: THERAPEUTIC RECREATION FOR OLDER ADULTS Units: 3
   x Prerequisites HLTH 100, 102 and BIOL 305
   ☐ Corequisites ☐
   ☐ Consent of Instructor Required for Enrollment
   Catalog Description (Do not use any symbols):

   Combining theoretical material and practical applications, presents leadership and program planning principles for therapeutic recreation, valuable recreational activity ideas and program designs for providing appropriate therapeutic recreational services to elders.

Grading Scheme:

x A-F Grades

☐ Credit/No Credit Optional (Student Choice)

Repeatability:

☐ Repeatable for a maximum of ☐ units

Total Completions Allowed ☐
☐ Multiple Enrollment in Same Semester

Course Level Information:

x Undergraduate

☐ Post-Baccalaureate/Credential
☐ Graduate

Mode of Instruction/Components (*Hours per Unit are defaulted*).

	Units	Hours per Unit	Benchmark Enrollment	Graded Component	CS & HEGIS # (Filled in by the Dean)
Lecture	3	1	30	x	
Seminar		1			
Laboratory		3			
Activity		2			
Field					
Studies					
Indep Study					
Other Blank					

Leave the following hours per week areas blank. The hours per week will be filled out for you.
3 hours lecture per week
       hours blank per week

2. **Course Attributes:**

☐ **General Education Categories**: All courses with GE category notations (including deletions) must be submitted to the GE website: http://summit.csuci.edu/geapproval. Upon completion, the GE Committee will forward your documents to the Curriculum Committee for further processing.
  A (English Language, Communication, Critical Thinking)
  ☐ A-1 Oral Communication
      A-2 English Writing
      A-3 Critical Thinking
  B (Mathematics, Sciences & Technology)
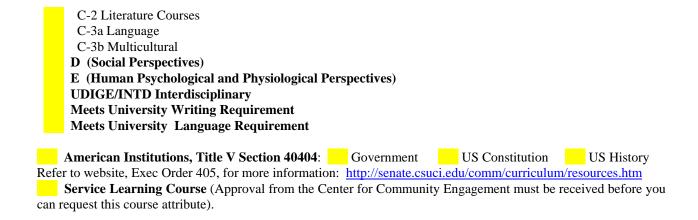 ☐ B-1 Physical Sciences
      B-2 Life Sciences – Biology
      B-3 Mathematics – Mathematics and Applications
      B-4 Computers and Information Technology
  C (Fine Arts, Literature, Languages & Cultures)
  ☐ C-1 Art

C-2 Literature Courses
C-3a Language
C-3b Multicultural
D (Social Perspectives)
E (Human Psychological and Physiological Perspectives)
UDIGE/INTD Interdisciplinary
Meets University Writing Requirement
Meets University Language Requirement

American Institutions, Title V Section 40404: ☐ Government ☐ US Constitution ☐ US History
Refer to website, Exec Order 405, for more information: http://senate.csuci.edu/comm/curriculum/resources.htm
☐ **Service Learning Course** (Approval from the Center for Community Engagement must be received before you can request this course attribute).

3. **Justification and Requirements for the Course.** (Make a brief statement to justify the need for the course)

A. Justification: This is a required course for the BS in Health Science major with an Emphasis in Gerontology. Keeping aging adults actively engaged in recreational activities and programs is essential to their long-term health and wellness. Students in this emphasis are required to learn the recreation leadership and program planning principles, how to evaluate recreation programs and counsel aging adults on recreational programs and understand multiple aspects of therapeutic recreation in the aging adults.

B. Degree Requirement: x Requirement for the Major/Minor **Note: Submit Program Modification if**
☐ Elective for the Major/Minor **this course changes your program**.
Free Elective

4. **Learning Objectives.** (*List in numerical order. You may wish to use the following resource in utilizing measurable verbs: http://senate.csuci.edu/comm/curriculum/resources.htm*)
Upon completion of the course, the student will be able to:
Describe the principles of the essential role of therapeutic recreation in aging adults' long-term health and wellness;
Develop activities for aging adults utilizing the recreation program principles and techniques;
Evaluate the effectiveness of recreational programs and activities for aging adults;
Counsel aging adults on therapeutic recreation programs and activities.

5. **Course Content in Outline Form.** *[Be as brief as possible, but use as much space as necessary]*

Introduction to recreational services for elders
Senior centers and clubs
Recreation in residential communities
Recreation in nursing homes
Recreation leadership principles
Recreation program planning principles
Recreation evaluation and counseling
Intergenerational activities
Recreational programs and special events
Exercise and adapted dance for the aging adults
Recreational techniques and activities
Issues in providing recreational services for aging adults
Sexuality in later life
Leisure in later life in the future
Global perspectives on recreation and aging

Does this course content overlap with a course offered in your academic program? **Yes**   **No** x
If YES, what course(s) and provide a justification of the overlap.

Does this course content overlap a course offered in another academic area? **Yes**   **No** x
If YES, what course(s) and provide a justification of the overlap.

Overlapping courses require Chairs' signatures.

6. **Cross-listed Courses** (*Please note each prefix in item No. 1*)
   A. List Cross-listed Courses (Signature of Academic Chair(s) of the other academic area(s) is required).
   List each cross-listed prefix for the course:

   B. Program responsible for staffing: Health Science

7. **References.** *[Provide 3 - 5 references]*

   Leisure in Later Life, Third Edition. Michael Leitner (Editor), Sara Leitner (Author) Publisher: Routledge; 3 edition (September 1, 2004). ISBN-10: 0789015358

   Recreation for Older Adults: Individuals and Group Activities. Judith A. Sorg-Elliott(Author), Judith A. Elliott (Author), Jerold E. Elliott (Author) Publisher: Venture Publishing (PA) (December 1999). ISBN-10: 1892132087

   Therapeutic Recreation for Long Term Care Facilities. Fred S. Greenblatt (Author) Publisher: Human Sciences Pr (January 1988), ISBN-10: 0898853567

8. **Tenure Track Faculty Qualified to Teach This Course.**

   Health Science faculty

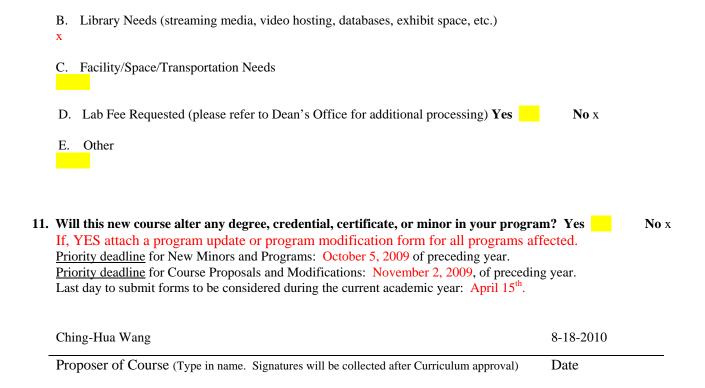9. **Requested Effective Date:**
   First semester offered: F2013

10. **New Resources Requested. Yes x   No**
    If YES, list the resources needed.

    A. Computer Needs (data processing, audio visual, broadcasting, other equipment, etc.)

B. Library Needs (streaming media, video hosting, databases, exhibit space, etc.)
x

C. Facility/Space/Transportation Needs

D. Lab Fee Requested (please refer to Dean's Office for additional processing) **Yes**   **No** x

E. Other

11. Will this new course alter any degree, credential, certificate, or minor in your program? Yes   No x
If, YES attach a program update or program modification form for all programs affected.
<u>Priority deadline</u> for New Minors and Programs: October 5, 2009 of preceding year.
<u>Priority deadline</u> for Course Proposals and Modifications: November 2, 2009, of preceding year.
Last day to submit forms to be considered during the current academic year: April 15th.

Ching-Hua Wang   8-18-2010

Proposer of Course (Type in name. Signatures will be collected after Curriculum approval)   Date

Approval Sheet

Program/Course:

If your course has a General Education Component or involves Center affiliation, the Center will also sign off during the approval process.

Multiple Chair fields are available for cross-listed courses.

Program Chair		
	Signature	Date

Program Chair		
	Signature	Date

Program Chair		
	Signature	Date

General Education Chair		
	Signature	Date

Center for International Affairs Director		
	Signature	Date

Center for Integrative Studies Director		
	Signature	Date

Center for Multicultural Engagement Director		
	Signature	Date

Center for Civic Engagement Director		
	Signature	Date

Curriculum Chair		
	Signature	Date

Dean of Faculty		
	Signature	Date