

# Niagara College, Recreation Therapy Program, School of Community Studies

## RECL 1339: Effective Helping in Therapeutic Recreation Teaching and Learning Plan

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**Office Hours:** Thursdays 2:00 – 4:00PM

Fall 2022  
 Mondays and Wednesdays  
 10:00 - 12:00PM  
 3 Credits

### COURSE DESCRIPTION:

Grounded in strengths-based approach, this course provides an overview of the process and strategies of effective helping skills in therapeutic recreation practice. The main emphasis within the course includes forming therapeutic relationships, utilizing effective communication techniques and strategies, exploring counseling, instructional, and behaviour change theories and models as they apply to therapeutic recreation, and professional behaviour.

### PREREQUISITES:

None

### REQUIRED TEXTS:

Anderson, L. & Heyne, L. (2012) Therapeutic recreation practice: A strengths approach. State College, PA: Venture Publishing — available at [Campus Bookstore](#). Limited copies are available to borrow at [nCLibraries](#).

### EVALUATION DETAILS:

Type of Evaluation	Percentage of Grade
Tests: 2 valued at 20% each	40%
Learning Activities: 5 quizzes 20% (5 x 4%) and 5 activities 20% (5 x 4%)	40%
Assignment: 1	20%
<b>Total</b>	<b>100%</b>

We do not have any extra-credit opportunities in our course, and we do not “curve” any grades. You can check your Current Weighted Average in the Grades area of our Blackboard course. Your Current Weighted Average will automatically re-weight itself after you complete each Evaluation. To pass this course, you must finish the term with a **Weighted Average of 50%**.

### COURSE PLAN:

Week	Topic	Important Notes	Evaluation Deadlines	Course Objectives
<b>Week 1</b> Sep 7-12	Introduction to Course	Purchase textbook Review course orientation content on Blackboard	N/A	N/A
<b>Week 2</b> Sep 13-19	The Helping Relationship	Read Ch 11 pgs. 276-278 Required Text	Activity 1 - <b>4%</b> <b>Due:</b> Mon Sep 13, by 11:59PM EST	2.1 2.2
<b>Week 3</b> Sep 20-26	Health Behaviour Change Theories	Read Ch 8 Required Text	Activity 2 - <b>4%</b> <b>Due:</b> Mon Sep 20, by 11:59PM EST	1.1 1.2

<b>Week 4</b> Sep 27-Oct 3	Counseling and Helping Theories	Read Ch 7 Required Text	Quiz 1 - <b>4%</b> <b>Due:</b> Mon Sep 27, by 11:59PM EST	1.1 1.2
<b>Week 5</b> Oct 4-10	Self-Awareness	Read article posted to Blackboard	Quiz 2 – <b>4%</b> <b>Due:</b> Mon Oct 4, by 11:59PM EST	3.1 3.2
<b>Week 6</b> Oct 11-17	Self-Awareness (cont.)	Guest Speaker	Activity 3 – <b>4%</b> <b>Due:</b> Tues Oct 12 by 11:59PM EST	3.1 3.2
<b>Week 7</b> Oct 18-24	Cognitive-Behavioral Approaches to Therapeutic Recreation  Test Review	Read Ch 15 Required Text	Quiz 3 – <b>4%</b> <b>Due:</b> Mon Oct 18 by 11:59PM EST	1.1 1.3
<b>Oct 25-31</b>	<b>BREAK</b>	<b>Reading week</b>	<b>N/A</b>	<b>N/A</b>
<b>Week 8</b> Nov 1-7	Test #1  Culturally Responsive Therapeutic Recreation — Review Assignment	<b>Test #1</b> will become available in Blackboard beginning <b>Tues Nov 2nd at 8:00AM</b> and will remain available <b>until Wed Nov 3rd at 8:00PM</b>  Students may take the test <b>anytime</b> between this period  Students must complete the test in <b>one, 60-minute attempt</b>	<b>Test #1 – 20%</b> <b>Due:</b> Wed Nov 3 at 8:00PM  Blackboard discussion board open <b>Mon Nov 1</b> for assignment topic selection	1.1 1.2 1.3
<b>Week 9</b> Nov 8-14	Culturally Responsive Therapeutic Recreation	N/A	Quiz 4 – <b>4%</b> <b>Due:</b> Mon Nov 8 by 11:59PM EST	3.3 3.4
<b>Week 10</b> Nov 15-21	Communication Techniques— Validation	Read article posted on Blackboard	Activity 4 – <b>4%</b> <b>Due:</b> Mon Nov 15 by 11:59PM EST	2.3 2.4
<b>Week 11</b> Nov 22-28	Communication Techniques— Active Const. Responding	Read article posted on Blackboard	Quiz 5 – <b>4%</b> <b>Due:</b> Mon Nov 22 by 11:59PM EST	2.3 2.4
<b>Week 12</b> Nov 29-Dec 5	Effective Helping through the Grieving Process	Guest presentation	Activity 5 – <b>4%</b> <b>Due:</b> Mon Nov 29 by 11:59PM EST	1.1 2.2 3.4
<b>Week 13</b> Dec 6-12	Individual Assignment Virtual Showcase  Test Review	Use this week to review peer presentations and complete Part B of Individual Assignment	Assignment – <b>20%</b>  <b>Part A Due:</b> Mon Dec 6 by 11:59PM EST  <b>Part B Due:</b> Fri Dec 10 by 11:59PM EST	3.3 3.4
<b>Week 14</b> Dec 13-19	Test #2		<b>Test #2 - 20%</b> <b>Due Date:</b> TBD	

**CLASS LOCATION:**

The location of each class (room name or number) can be found in your timetable. For help accessing your timetable please visit the [Your Timetable section of the LauNCh Guide](#).

**NOTE:**

This Teaching and Learning Plan contains information regarding supplemental resources, evaluations, activities, topics, and due dates. This information is subject to change and should be used as a **guideline only**.

**IMPORTANT POLICIES:****Class Cancellation or Rescheduling**

On occasion, it may be necessary to cancel or reschedule a class. Class cancellations, rescheduling, or room changes will be communicated to students through Blackboard. It is recommended that students check their Blackboard account daily.

**Missed Tests and Late Assignments**

All tests, activities, quizzes, or assignments are to be completed when scheduled. When you find yourself unable to meet a deadline because of illness or compassionate reasons, please [email me](#) as soon as possible and provide a [Student Absence Request Form](#), otherwise a mark of zero will be assigned. See additional information in the [Missed Evaluations Policy](#).

**Academic Honesty Policy**

Niagara College students are subject to the College's **Academic Honesty Policy** and therefore be aware of what constitutes academic misconduct and its consequences. Student academic misconduct is a serious offence and will not be tolerated. It may take many forms, including plagiarism, the use of unauthorized aids in assignments or examinations, and the willful distortion or fabrication of experimental results or data.

Your first offence will result in a mark of zero for the evaluation. A second offence may result in removal from the course, program, or College. See additional information in the official [Academic Honesty Policy](#).

For details on how to avoid plagiarism, visit: [nclibraries.niagaracollege.ca/citations/plagiarism](http://nclibraries.niagaracollege.ca/citations/plagiarism)

**Student Code of Conduct Policy**

We are all responsible for maintaining a safe and respectful learning environment. We will all ensure that our language is professional and polite and will avoid any inappropriate conduct in our course. See additional information in the [Student Code of Conduct Policy](#).

**Cell Phones, iPods, and Electronic Devices**

Cell phones, iPods, or any other electronic devices are not to be used during scheduled classes. Furthermore, photography or electronic recording is not permitted in the classroom, laboratory, or other learning environment except as approved by the College as an accommodation.

## **SUPPORTS FOR YOU:**

### **ITS Service Desk**

If you have any trouble while using our Blackboard website, please contact the ITS Service Desk.

- ITS Service Desk Website: [its.niagaracollege.ca/contact-us/](https://its.niagaracollege.ca/contact-us/) to use their Live Chat
- Call: 905-735-2211 Extension: 7642 Mon-Fri 8:00am-4:30pm
- Email: [ITServiceDesk@niagaracollege.ca](mailto:ITServiceDesk@niagaracollege.ca) with your Name, Student Number, Phone Number, and a brief description of your issue with screenshots if possible

### **Academic Drop-In Sessions**

If you would like any extra support with your writing or science skills, please try one of the nLibraries Academic Drop-In Sessions available Mon-Fri – No appointment needed.

- Visit [Academic Drop-In Sessions website](#) for more information

### **Physical Health, Mental Health, or Accessing Disability Accommodations**

- For help with primary health care, episodic illness care, resources or community referrals please visit the [Physical Health Services website](#)
- For help with educational planning, mental health and wellness, crisis intervention please visit the [Wellness and Counselling Services website](#)
- For help with academic accommodations and accessing disability supports please visit the [Accessibility Services website](#)

### **Accessibility Features**

Niagara College is committed to creating an inclusive environment where all students are empowered to participate fully in all aspects of our courses. If you ever experience difficulties in accessing our course resources or evaluations, please let me know by [email](#) so we can brainstorm a solution together!

### **Blackboard and all External Websites:**

- Respond to keyboard shortcuts in addition to mouse inputs, can
- Change magnification in your web browser, and are
- Compatible with screen reader software, and you can
- Adjust your screen to help with eye strain, headaches, or migraines

### **Documents:**

- Include tagged headings and subheadings, and
- Alt text descriptions for any embedded images
- You can produce all your typed answers using speech-to-text software

### **Videos:**

- Include captions which can be turned on or off,
- A complete transcript that can be turned on or off,
- Can pause, rewind, speed up, or slow down