

Course Name: REC242 Leisure Education and Counselling
Credit Value: 5
Prerequisite Course: None

Course Description

A major role of the recreation therapist is to educate and counsel others on the benefits of an active and healthy lifestyle.

This course will introduce students to: philosophy and terminology relating to leisure education and counseling, the holistic approach to wellness, strategies to promote independent living, barriers that may impact leisure participation, and accessing community leisure resources.

PLAR Information

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Course Learning Outcomes

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

- 1. Distinguish between leisure education and leisure counselling.**
 - 1.1 Understanding the importance of leisure in a healthy lifestyle.
 - 1.2 Compare and contrast leisure education and leisure counseling.
 - 1.3 Discuss the purpose of leisure counselling.
- 2. Explain philosophies of leisure education and leisure counseling.**
 - 2.1 Define a holistic leisure lifestyle.
 - 2.2 Define the various methods of leisure participation including community, expressive, physical, cultural and post-discharge.
- 2.3** Discuss the hierarchy of leisure participation.
- 2.4** Understand the basis of a leisure participation plan.
- 2.5** Collect background information related to an individual's leisure participation: past, present, future.
- 2.6** Develop of a daily/weekly/monthly leisure activities schedules.
- 3. Appreciate the importance of a balanced leisure lifestyle to promote independent living.**
 - 3.1 Discuss the Leisure Level Model.
 - 3.2 Know the strategies to help promote independent living through participation in therapeutic recreation programs and activities.
 - 3.3 Develop individualized leisure interest inventories.
- 4. Identify barriers to leisure participation.**
 - 4.1 Discuss barriers for leisure participation: (physical, social, psychological, financial, logistical, cultural, etc).
 - 4.2 Discuss strategies to assist individuals to overcome barriers that may prevent participation in a healthy leisure lifestyle.
 - 4.3 Create a leisure participation plan.
- 5. Explain the importance of community leisure resources to the therapeutic recreation professional.**
 - 5.1 Discuss methods of acquiring knowledge of community facilities and resources helpful to the recreation therapist.
 - 5.2 Identify community services and programs available to the recreation therapist.

Evaluation Strategy

Grading System

A+ Honours	90-100%										
A+	85-89%	B+	75-79%	C+	65-69%	D+	55-59%	R	Repeat	U	Unsatisfactory
A	80-84%	B	70-74%	C	60-64%	D	50-54%	S	Successful	I	Incomplete

*For a complete detailed description please refer to the *Academic Calendar*.

Student Success

(Dial 5185 for Campus Life or 5301 for the Aboriginal Learning Unit)

Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies.

- Counselling helps with academic, career and personal/crisis issues.
- AccessAbility Services will accommodate you if you have physical, mobility, visual, auditory, medical and/or learning disabilities.
- Health Centre provides services to you in case of illness.
- Career Services offers career advice, resume and interviewing workshops.

Waiver of Responsibility

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