

**PROGRAM OF RECREATION AND LEISURE STUDIES  
DEPARTMENT OF COUNSELING AND HUMAN DEVELOPMENT SERVICES  
THE UNIVERSITY OF GEORGIA**

RLST 4030 Lab  
Therapeutic Recreation Facilitation Techniques Lab  
Fall 2004, Lab: Fridays, 12:20-2:15 p.m.  
Room 213 Ramsey Center and Other Locations as Announced

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**Office Hours:** 10:15 – 12:15 Tuesdays and Thursdays (Other office meetings may be arranged by appointment)

**Purpose:** RLST 4030L provides students with experiential learning activities related to facilitation techniques used in therapeutic recreation.

**Course Policies:** All policies governing UGA course proceedings, including student actions and instructor actions shall be followed in this course. Policies regarding course assignments grading and participation that are mentioned in this syllabus shall be enforced as described. Students are expected to do their own work for all course assignments. Any student found plagiarizing a written assignment or falsifying a course requirement will either receive a failing grade for the course or is referred for disciplinary action. See handout entitled, "On Plagiarism." All students are responsible for maintaining the highest standards of honesty and integrity in every phase of their academic careers. The penalties for academic dishonesty are severe and ignorance of the policies is not an acceptable defense. All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.

**Participation:** The interactive nature of this course requires consistent attendance. You are expected to (a) read and synthesize assigned readings prior to labs, (b) arrive to labs promptly, (c) be actively involved in lab activities, and (d) dress appropriately for lab activities to ensure safe participation for you and clients. You are encouraged to participate in labs by asking and answering questions, sharing ideas, experiences, and resources. If you encounter a problem that affects your participation in this course, **contact me immediately**. Any student who needs accommodation or other assistance in this course should make an appointment with me during the first week of classes. **\*\*Allergies\*\*:** We will have at least one occasion to interact with animals and if you have allergies that may prevent you from safely interacting with these animals, please contact me during the first week of class.

**Absences:** Students are expected to be prepared for each lab period and will be presented with quizzes related to lab experiences during class periods. Verification (e.g. Health Center) must be provided to support requests for absences.

**Evaluation of Course and Course Instructor:** Students will participate in a mid-point and an end-of-semester evaluation and are encouraged to submit recommendations for course improvements on a continuing basis throughout the semester.

Day	Date	Lab Topic	Location	Facilitator	Clients in Session
Friday Lab 1	August 27	Animal-Assisted Therapy	Athens Area Council on Aging Adult Day Care Center	Eve Anthony Keith Adams Lynne Cory	Older Adults with Dementia
Tuesday Lab 2	August 31	Transfer Techniques	Classroom	Beth Taylor, PT	No Clients
Friday Lab 3	September 3	Reminiscence	Athens Area Council on Aging Senior Center	Chelsea Murphy Chris Hill	Older Adults
Friday Lab 4	September 10	Activity Therapy Symposium	Rock Eagle Conference Ctr.	Multiple	No Clients
Friday Lab 5	September 17	Adaptive PE Class	Clarke Central High School	Faith Huff Jane Boyd	High School Students with Multiple Disabilities
Friday Lab 6	September 24	Music Therapy	Classroom	Kyshona Armstrong	No Clients
Friday Lab 7	October 1	Adaptive Recreation	Gaines School Elementary	Erika Douglas	Elementary Students with Multiple Disabilities
Friday Lab 8	October 8 12:00 noon	Therapeutic Use of Exercise	Lay Park Gymnasium	Leslie Black	Hope Haven Clients
Friday Lab 9	October 15	Aquatic Therapy	Classroom Ramsey Swimming Pool	Brenda Wright, CTRS/ATRIC	No Clients
Friday Lab 10	October 22	In-Service Project Work Day	N/A	N/A	N/A
Friday	October 29	No Lab FALL BREAK	N/A	N/A	N/A
Friday Lab 11	November 5	Expressive Arts  <b>*Activity Binder Due*</b>	Gaines School Elementary	Erika Douglas	Elementary Students with Multiple Disabilities
Friday Lab 12	November 12	Community Reintegration and Recreation (Community Outing)	Georgia Square Mall	Lynne Cory Nathalie Guerin	No Clients
Friday Lab 13	November 19	Autism In-Service	TBA	LionHeart School	No Clients
Friday	November 26	NO LAB: Thanksgiving Break	N/A	N/A	N/A
Friday Lab 14	December 3	Final Project: In-Service Presentation	Room 213	Students	No Clients

### Course Performance Measures

**Activity Resource Binder:** Choose **6 facilitation techniques** from your text and/or the list of techniques on your class syllabus NOT addressed in the text. Find **5 activities** for each technique. Write-up each activity using the following format: Activity Name, Facilitation Technique, Target Participants, Time Allotment, Number of Participants, Staffing Needs, Goal, Objectives, Activity Setting, Equipment, Content, Process, Evaluation, Adaptations, and Source. **Students should have a mix of ages for target populations (e.g., children, adolescents, adults), and disabilities (e.g., mental health, mental retardation, substance abuse, physical disability, dementia).** Please submit activity files in a binder with indexes for each facilitation technique selected. This project is designed to assist students in developing a resource that will be helpful to them during internships and while working as TR Specialists. Students are encouraged to choose techniques and activities they would feel comfortable implementing following successful completion of this course. Please choose techniques and activities that would be easily explained and justified to a supervisor. (6 techniques x 5 activities x 15 format items x .5 per item) **225 points.**

**Facilitation Technique In-Service Presentation:** This in-service presentation will be a combination of a student's facilitation technique paper and the justification for why the technique was selected for the identified RLST 4040 agency and its clients. The purpose of the presentation is to provide students with the opportunity to simulate a treatment team presentation or an in-service presentation. These types of presentations are required in most internships and will allow students to "get their feet wet" before internships. The **10-15 minute** presentation will include: An introduction, definitions, effectiveness (supported by research), appropriateness for the clients served, and why the technique was selected for the agency. Additionally, students should be prepared to answer questions from the class following the presentation. The above 5 areas will be addressed in the presentation with each section represented by 10 points for a total of **50 points.**

**Total Points:** 275 points

**Grading System:**

- 275 - 246 points = A
- 245 - 219 points = B
- 218 - 191 points = C
- 190 - 164 points = D
- 163 points and below = F