

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

Fall 2004: Therapeutic Recreation Facilitation Techniques: RLST 4030  
Fall 2004, Class: Tuesdays and Thursdays  
213 Ramsey Center

**Instructor:**

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

**Purpose:** RLST 4030 provides students with information on 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. Students are expected to (a) read and synthesize assigned readings prior to class, (b) arrive to class promptly, and (c) be actively involved in class activities. Students are encouraged to participate in class by asking and answering questions, sharing ideas, experiences, and resources, and debating issues. If a student encounters a problem that affects participation in this course, **contact the instructor immediately**. Any student who needs accommodation or other assistance in this course should make an appointment with the instructor during the first week of classes. **\*\*Allergies\*\*:** The class will have at least one occasion to interact with animals and if students have allergies that may prevent them from safely interacting with these animals, please contact the instructor during the first week of class.

**Chapter Content and Lab Quizzes:** Students are expected to be prepared for each class period and will be presented with quizzes over the course content assigned for a particular day. Each quiz will occur within the first ten minutes of class and students arriving late to class will not be given additional time to complete the quizzes. Failure to attend class on the day of a quiz without prior arrangement will result in a zero for the quiz. Verification (e.g. Health Center) must be provided to support requests for absences.

**Exam Policies:** Exams will be given at the beginning of each scheduled class. Students arriving late to class will not be given additional time to complete the exam. Failure to attend class on the date of an exam without prior arrangement will result in a zero for the exam. Verification (e.g., from 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.

**This course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.**

## Course Time Line

Day	Date	Content	Location	Instructor or Facilitator
Thursday Class 1	Aug. 19	Introduction Syllabus Review	Room 213	Lynne Cory
Friday Class 2	Aug. 20	<b>Class Topics:</b> Professional Preparation, Standard Precautions, Goals and Objectives	Room 213	Nathalie Guerin Lynne Cory
Tuesday Class 3	Aug. 24	<i>Quiz 1: Chap. 13</i> <b>Class Topic:</b> Therapeutic Use of Animals (Chap. 13)	Room 213	Lynne Cory
Thursday Class 4	Aug. 26	<b>Class Topics:</b> Use of : 1. Physicians Desk Reference (PDR) 2. Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV) and other resources	Room 213	Lynne Cory
Tuesday Class 5	Aug. 31	<b>Class Topic:</b> Transfers, Equipment, Types of Assistance (Minimum, Moderate, Maximum)	Room 213	Beth Taylor, PT
Thursday Class 6	Sept. 2	<i>Quiz 2: Chap. 12</i> <b>Class Topic:</b> 1. Beep Baseball Tournament Info  2. Reminiscence (Chap. 12)	Room 213	Roger Keeney Leslie Black Nathalie Guerin
Tuesday Class 7	Sept. 7	<i>Quiz 3: Chap 5</i> <b>Class Topic:</b> Assistive Technology (Chap. 5) * NCPAD website	Room 213	Lynne Cory
Thursday Class 8	Sept. 9	<i>Quiz 4: Behavior Modification (Chap 1-4)</i> <b>Class Topics:</b> Behavior Modification (Chap 1-4)	Room 213	Lynne Cory
Tuesday Class 9	Sept. 14	<i>Quiz 5: Chap. 3 and AT Symposium</i> <b>Class Topics:</b> 2. Anger Management (Chap. 3)	Room 213	Lynne Cory
Thursday Class 10	Sept. 16	<i>Quiz 6: Chap. 8 and Behavior Mod. (5-8)</i> <b>Class Topics:</b> 1. Behavior Modification (Chap. 5-8) 2. Moral Development (Chap. 8) 3. Final Project (Info Sheet Due)	Room 213	Lynne Cory
Tuesday Class 11	Sept. 21	<b>Class Topic:</b> Horticulture Therapy	Room 213	Patti Bell, CTRS
Thursday Class 12	Sept. 23	<i>Quiz 7: Chap. 7</i> <b>Class Topics:</b> 1. Leisure Education (Chap. 7)	Room 213	<b>Grad Student:</b> Annie Hagberg
Tuesday Class 13	Sept. 28	<i>Quiz 8: Chap 2</i> <b>Class Topic:</b> Adventure Therapy (Chap. 2)	Room 213	<b>Grad Student:</b> Matthew DeLorey
Friday Class 14	Oct. 1 12:30- 1:30 p.m.	<i>Quiz 9: Chap 4</i> <b>Class Topic:</b> Aquatic Therapy (Chap. 4)	Room 213	Brenda Wright, CTRS, ATRIC
Friday Lab 7	Oct. 1 1:45-3:45 p.m.	<b>Lab:</b> Aquatic Therapy	Ramsey Pool	Brenda Wright, CTRS, ATRIC

Tuesday Class 15	Oct. 5	<i>Quiz 10 Chap 14</i> <b>Class Topics:</b> 1. Therapeutic Use of Exercise (Chap.14) 2. AIMFREE assessment	Room 213 Ramsey Gym	Lynne Cory
Thursday Class 16	Oct. 7	<i>Quiz 11: Behavior Modification (11-15)</i> <b>Class Topics:</b> 1. Final Project Review 2. Behavior Modification (Chap.11-15)	Room 213	Lynne Cory
Tuesday Class 17	Oct. 12	<b>Mid-term Exam And Mid-term Course Evaluation</b>	Room 213	Proctor TBA
Thursday Class 18	Oct. 14	<b>No Class: Project Workday</b>		
Tuesday Class 19	Oct. 19	<i>No Quiz</i> <b>Class Topics:</b> 1. Return of Midterm Exams 2. Turn in summaries of 5 journal articles 3. Therapeutic Use of Horses (Chap.11)	Room 213	Lynne Cory
Thursday Class 20	Oct. 21	<i>Quiz 12: Chap 17</i> <b>Class Topic:</b> Therapeutic Use of Sports (Chap. 17)	Room 213	<b>Grad Student:</b> K.B. Hoffman
Tuesday Class 21	Oct. 26	<i>Quiz 13: Chap. 9 and Chap. 15</i> <b>Class Topic:</b> 1. Stress Management (Chap. 9) 2. Therapeutic Use of Humor (Chap. 15)	Room 213	Nathalie Guerin
Thursday	Oct. 28	<b>NO CLASS -- FALL BREAK</b>		
Friday	Oct. 29	<b>NO LAB -- FALL BREAK</b> <b>***Volunteers needed for BlazeSports Basketball Tournament at UGA this Weekend***</b>	Ramsey Gym Central	
Tuesday Class 22	Nov. 2	<i>Quiz 14: Chap. 18</i> <b>Class Topic:</b> Values Clarification (Chap. 18)	Room 213	Lynne Cory
Thursday Class 23	Nov. 4	<i>Quiz 15: Chap 6</i> <b>Class Topic:</b> Expressive Arts (Chap. 6)	Room 213	<b>Grad Student:</b> Heather Purdin
Tuesday Class 24	Nov. 9	<i>Quiz 16: Community Reintegration</i> <b>Class Topic:</b> Community Reintegration and application of assessments to reintegration, activity analysis	Room 213	Lynne Cory Nathalie Guerin
Thursday Class 25	Nov. 11	<i>Quiz 17: Community Recreation</i> <b>Class Topic:</b> Community Recreation and application of assessments to recreation, activity analysis <b>*Turn in draft of final project</b>	Room 213	Lynne Cory Nathalie Guerin
Tuesday Class 26	Nov. 16	<i>No Quiz: Turn in Summary from Lab 12</i> <b>Class Topic:</b> Facilitation Techniques used with Clients with Autism	Room 213	Guest Speaker TBA
Thursday Class 27	Nov. 18	<i>Quiz 18: Autism and Chap. 9, 10</i> <b>Class Topic:</b> Yoga and Tai Chi	Room 213	Guest Speaker TBA
Tuesday Class 28	Nov. 23	<i>No Quiz: Return and Review of Final Project Draft:</i> In-class workday <b>* What AV equipment needed for In-Service Presentations?</b>	Room 213	Lynne Cory
Thursday	Nov. 25	<b>NO CLASS: Happy Thanksgiving!</b>		

Tuesday Class 29	Nov. 30	Final Project: In-Service Presentations	Room 213	Student Presenters
Thursday Class 30	Dec. 2	Final Project: In-Service Presentations	Room 213	Student Presenters
Friday Lab 14	Dec. 3	Final Project: In-Service Presentations	Room 213	Student Presenters
Tuesday Class 31	Dec. 7	Final Project: In-Service Presentations	Room 213	Student Presenters
Thursday Class 32	Dec. 9	Final Day of Classes: *Last Day to turn in Projects *Review for Final Exam *Course Wrap-up *Course Evaluation	Room 213	Lynne Cory
Thursday FINAL EXAM	Dec. 16	<b>Comprehensive Final Exam:</b> 12:00 noon – 3:00 p.m.	Room 213	Lynne Cory

### Course Materials and Fees

Dattilo, J. (2000). *Facilitation techniques in therapeutic recreation*. State College, PA: Venture.

Dattilo, J., & Murphy, W. (1987). *Behavior modification in therapeutic recreation*. State College, PA: Venture.

Activity Therapy Symposium Fee: \$ 15.00 (includes lunch)

### Other Important Resources

Christopher and Dana Reeve Foundation: Web Address for Christopher and Dana Reeve Paralysis Resource Center  
<http://www.paralysis.org>

For Paralysis Resource Book: <http://www.paralysis.org/team/ProductRequestForm.cfm>

NCPAD Website: [www.ncpad.org](http://www.ncpad.org)

Melcher, S. (1999). *Introduction to writing goals and objectives: A manual for recreation therapy students and entry-level professionals*. State College, PA: Venture.

### Course Performance Measures

**Chapter Content and Lab Quizzes:** 18 quizzes will be given during the course of the semester. Each quiz is worth 5 points. **(18 x 5 points = 90 points);**

**Facilitation Technique Paper:** using the list below, select a facilitation technique that would be appropriate at the RLST 4040 agency you have selected. Your assignment is to research and develop your selected facilitation technique as described in your text. In other words, you are developing another chapter for our text. You will write: an introduction, provide definitions, descriptions, history, theoretical foundations, effectiveness, 2 intervention exercises, conclusion, 3 discussion questions, and resources and references. **You are to determine the length of your paper; whatever is needed to develop your technique. The assignment must be at least 10 pages. The grade will not be assigned based on length but rather quality after 10 pages. Ten sections are required and each section will be graded for content and format (80% content and 20% format). 100 Total points.**

**Facilitation Techniques (Choose from this list, DO NOT use a technique discussed in our text)**

**Relaxation – (Biofeedback, Guided Imaginery; Progressive Muscle Relaxation) or you can choose one of these**

**Hortitherapy**

**Magic**

**Massage Therapy**

**Assertiveness**

**Grief Management**

**Pain Management**

**Bibliotherapy**

**Meditation**

**Cinema Therapy**

**Aromatherapy**

**Poetry Therapy**

**Journaling**

**Exams: (2 x 100 points =200)**

**Exams**

Exam 1 = 100 points

Exam 2 = 100 points

Total: 200 points available from exams  
90 points available from quizzes,  
100 points available from facilitation technique paper

**Total Points: 390 points**

**Grading System: A = 390-350 B = 349-311 C =310-272 D = 271-233 F = 232 and below**