



**Douglas
College**

Course Information

A: Division: **Instructional Division**

Date: **16 September 1997**

Program: **Therapeutic Recreation**

Revision of Course
Information form:
Dated:

THRT 114

Wellness, Health, Recreation

Therapeutic Recreation

Semester Credit

Subject & Course No.

Descriptive Title

Summary of Revisions: (Enter date & section) Eg:

and Section C.B.H.

Calendar Description: The purpose of this course is to provide

students with the opportunity to explore the principles
practices of wellness. Through exploration of wellness from
global and personal perspectives students will be able to
develop leisure and recreation programs designed
to promote health and wellness. Students will also develop a basic

Type of Instructional Course: Semester

Lecture/Practice: 60 Hrs.

Enrolment in T.R. Program

Laboratory: Hrs.
Seminar: Hrs.
Clinical Experience: Hrs.
Field Experience: Hrs.
Practicum: Hrs.

I: Course Corequisites:
Nil

J: Course for which this Course is a Prerequisite

top: Hrs.

dio: Hrs.

THRT 210, 221, 222, 226, 230, 310, 312, 314,

331, 339, 410, 423, 425, 426, 427

Student Directed Learning

ALL BOOKS AND MATERIALS to be Purchased by Students

P. Content

Person/Phenomenological perspective

~~Therapeutic Recreation Program~~

~~Health Promotion Ther~~

programming from a holistic, client-centered, ecological perspective
therapeutic recreation programs designed to promote physical
stress management, relaxation, self-esteem, friendships and
tion skills, inner peace and joy

• prog
develops
fitness,
socializa

- recognizes the importance of self awareness, self responsibility, lifestyle choices and decision making in health promotion

Human Anatomy and Physiology

described using general

• the principal systems of the human body will be described in directional terms.

Skeleton will be reviewed. The structure and

the components of the human skeleton

functions of bone and bone growth and development will be described.

articulations of the human skeleton will be examined with reference to their
of movement which they allow. The general

structures and the types

classification of joints and the body's lever systems will be described.

the principal skeletal muscles in different regions of the body will be identified and the type of movement of each will be described.

~~Therapeutic Recreation Program~~

~~Health Promotion Ther~~