GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism  

PRLS 310 - Program Planning and Design (001)  
SPRING 2011  

Day/Time: T/R 9:00 - 10:15 AM  
Location: PW-BRH 131  

Instructor: Elizabeth Coberly  
Email: ecoberly@gmu.edu  
Office: N/A  
Phone Number: 540-837-9398 8am-9pm  
Office Hours: T/R 10:15-10:45 AM  
Fax Number: N/A  
By Appointment  

PREREQUISITE(S): PHED 200, PRLS 210, SPMT 201, or TOUR 200.  

COURSE DESCRIPTION: Fundamental principles and techniques of the planning process for health, fitness, and recreation programs. Covers specifying an area of need; goals, objectives, and mission statement; generating solutions; and selecting a program design for implementation.  

COURSE OVERVIEW: The course provides the benefits-based components of programming across all concentrations and two degrees in RHT. It has been designed to include fundamental principles and techniques of the planning process for exercise science; health promotion; parks, outdoor, and therapeutic recreation; sport management; and tourism and events management. Using theoretical models, students will design a Written Program Plan that outlines all of the programs to be accomplished in (a) twelve(12) Program Design Forms using (b) ten (10) program classifications around a to be announced (tba) theme for at least (c) fourteen (14) hours in length. It will be designed as if it would occur in the future in and at a location on the Prince William Campus. Based on lectures, the text, and outside sources, this course's Written Program Plan creates the beginning of a student major's RHT portfolio. Each student will add to their portfolio's theme driven Written Program Plan throughout their future semesters' coursework, including core courses HEAL 323, PRLS 450, PRLS 460, and the 490-General Education synthesis internship course. The portfolio has provided validation to employers to hire both interns and employees and students have used their Written Program Plan on their site.  

COURSE OBJECTIVES: At the completion of this core course towards a BS in Health, Fitness, and Recreation Resources (HFRR) and Tourism and Events Management (TEM) in RHT students should be able to:  

1. Formulate a personal programming philosophy.  
2. Justify the Written Program Plan's benefits for participants after choosing program elements within their concentration/degree of either exercise science;
health promotion; parks, outdoor, and/or therapeutic recreation; sport management; or tourism and events management.

3. Prepare measurable goals relevant to their target participants and setting.

4. Accurately demonstrate in the **Written Program Plan** the responsibilities of a programming professional.

5. Complete a polished **Written Program Plan** for submission that can be used in future RHT courses, for documentation toward a 490 internship, and/or for professional placement.

Further, upon completion of this course, students will meet the following professional accreditation standards for NRPA Council on Accreditation for Parks, Recreation, Tourism & Affiliated Programs:

8.09 **Understanding of the roles, interrelationships, and use of diverse delivery systems addressing recreation, park resources, and leisure.** Content to consider: *An understanding of the public, private, profit, and not-for-profit delivery systems that address the leisure needs of the public, how they work together, and their importance.*

8.10 **Understanding of the importance of leisure service delivery systems for diverse populations.** Content to consider: *The impact of leisure service delivery systems on a wide diversity of populations, (i.e., mental, physical, aged, youth, multicultural etc.).*

8.13 **Understanding of the variety of programs and services to enhance individual, group, and community quality of life.** Content to consider: *content and purpose of programs and services that relate to individual and group goals and values, benefits of the leisure experience, theories of programming, knowledge of participant behavior, and participant-driven programs that promote quality of life.*

8.14:02 **Development of outcome-oriented goals and objectives.** Content to consider: *Development of outcome-oriented goals and objectives based upon formal needs assessment.*

8.14:03 **Section and coordination of programs, events, and resources.** Content to consider: *Availability and accessibility of programs, resources and facilities; the social and physical environment of the setting within the greater community; and the integration and coordination with public, nonprofit and private sectors of programs within and outside the direct service area.*

8.14:05 **Preparation, operation, and maintenance of venues.** Content to consider: *Planning, organizing, developing, and scheduling of routine, preventive, and emergency maintenance and operational tasks; managing of operational and maintenance personnel; and maintenance and replacement of equipment, natural resources, and structure and systems maintenance.*

ACADEMIC INTEGRITY: GMU is an Honor Code University; please see the University Catalog for a full description of the code and the honor committee process. The principle of academic integrity is taken very seriously and violations are treated gravely. What does academic integrity mean in this course? First, it means that when you are responsible for a task, you will be the one to perform that task. When you rely on someone else’s work in an aspect of the performance of that task, you will give full credit in the proper, accepted form. Another aspect of academic integrity is the free play of ideas. Vigorous discussion and debate are encouraged in this course, the firm expectation that all aspects of the class will be conducted with civility and respect for differing ideas, perspectives and traditions. When in doubt, please ask for guidance and clarification.

EVALUATION: This course will be graded on a percentage point system, with a total of 100 possible percentage points.

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Percentage Points</th>
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</thead>
<tbody>
<tr>
<td><strong>3 Exams at 12.5 % Each</strong></td>
<td>37.5%</td>
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<tr>
<td><strong>Written Program Plan</strong> for RHT Portfolio (completed in teams to include a marketing presentation)</td>
<td>32.5%</td>
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<tr>
<td><strong>Volunteer</strong> for community program and Evaluate (individually volunteer, completing hours and evaluation)</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Class Participation</strong> (pop quizzes, paper/pencil exercises, etc.)</td>
<td>10%</td>
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<tr>
<td><strong>4 Analysis Paragraphs</strong> of professional articles on program programming and the relevance (or lack of) for your <strong>Written Program Plan</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100%</td>
</tr>
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Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>94-100</td>
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<tr>
<td>A-</td>
<td>90-93</td>
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<tr>
<td>B+</td>
<td>88-89</td>
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<tr>
<td>B</td>
<td>84-87</td>
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<tr>
<td>C+</td>
<td>78-79</td>
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<td>C</td>
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<td>80-83</td>
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<td>C-</td>
<td>70-73</td>
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<td>D</td>
<td>60-69</td>
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<td>F</td>
<td>0-59</td>
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ASSIGNMENTS:

Attendance Policy: Mason Catalog: "Students are expected to attend the class periods of the courses for which they register. In-class participation is important to the individual student and to the class as a whole. Because class participation may be a factor in grading, instructors may use absence, tardiness, or early departure as de facto evidence of non-participation. Students who miss an exam with an acceptable excuse may be penalized according to the individual instructor's grading policy, as stated in the course syllabus."

There is NO make-up work.
Accordingly, in this course, absences, tardiness, or early departure are considered de facto evidence of non-participation. Three tardies, and/or early departures (including putting head on the desk and closing one's eyes) equal one absence. Class Participation grades are taken daily and any unexcused absence will result in a 0 for that day. Three or more absences without advance permission or a doctor's note on letterhead will result in 0 points for Class Participation in the final grade.

If you miss a class, it is your responsibility to obtain class materials (notes, handouts, etc.) from sources other than the instructor. Only then should you approach the instructor for questions.

All assignments are due at 9:00AM, the beginning of class on the assigned day. No late work will be accepted without a doctor's note on letterhead. Written work is to be typed and spell checked to avoid point deduction. Tests must be taken on assigned days unless approved ahead of time and no class participation make-ups will be available.

Assignment Summaries

WRITTEN PROGRAM PLAN FOR RHT PORTFOLIO 32.5%
Each student must purchase 1 soft, 3-ring binder for you and the team will purchase 1 soft 3-ring binder team copy. All binders need typed and professionally labeled index tabs. No plastic sleeves may be used in either the individual or team binder. Both the individual's binder for each team and the team's binder will look exactly alike and be turned in all together. Each individual will get their copy back and the team's identical copy retained for future programming purposes.

The typed title page embellished with pictures and clip art will appear on the first page of both individual and team copies. Each index tab will be typed and professionally labeled with the numbered parts of the Program Plan listed below (Part 1). The first index label will say #1 (Mission and Philosophy); next #2 (Need for the Program); followed by #3 (Design Goals of the Program); then #4 (Operation Details); then #5 (Program Design Forms); and last #6 (Program Evaluation). Throughout the semester as each numbered item is completed, embellish pages with pictures, clip art, and appealing consistent fonts to enhance the overall professional appearance.

VOLUNTEER
Each individual will - independent of his/her team - work as a volunteer for a specific event in the Fairfax, Loudoun, or Prince William communities. Activities, days, times, and evaluation criteria will come later. Students will not pass the course without completing the volunteer component, including contact hours and evaluation of the event.

PROFESSIONAL ARTICLE ANALYSIS
For each article analysis, each individual will - independent of his/her team - research a recently published article in a professional journal and write up to a single page paper addressing (1) the important information you gleaned from the article (2) how you could use that information as a program planner (3) why you think the information is or isn't helpful (4) complete citation using APA style required.

For the fourth article analysis, an individual may substitute an original press release (similar to the example on p.262 of the text) for the article analysis.

You have two options for Article submission: typed and submitted to the instructor on the due date or via Blackboard before 9AM on the due date. If you choose to submit via Blackboard, the Analysis must be in the proper format and saved as a pdf.

Examples of Professional Journals:

- **AAHPERD**  The Journal of Physical Education, Recreation & Dance (www.aahperd.org) by the American Alliance of Health, Physical Education, Recreation, & Dance
- **AAPRA**  Journal of Park and Recreation Administration (www.aapra.org) by the American Academy for Park and Recreation Administration
- **NIRSA**  RSJ -- Recreational Sports Journal (www.nirsa.org) by the National Intramural-Recreational Sports Association
- **NRPA**  Parks & Recreation Magazine (www.nrpa.org) by the National Recreation and Park Association
  Therapeutic Recreation Journal (www.nrpa.org) by the National Recreation and Park Association

- Students must adhere to the guidelines of the George Mason University Honor Code [See http://academicintegrity.gmu.edu/honorcode/].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See http://ods.gmu.edu/].
- Students must follow the university policy for Responsible Use of Computing [See http://universitypolicy.gmu.edu/1301gen.html].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students’ personal experience and academic performance [See http://caps.gmu.edu/].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See http://writingcenter.gmu.edu/].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See http://rht.gmu.edu].
TENTATIVE COURSE SCHEDULE:

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<thead>
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<th>DATE</th>
<th>TOPIC</th>
<th>READING</th>
<th>ASSIGNMENT DUE</th>
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<tbody>
<tr>
<td>T</td>
<td>January 25</td>
<td>Introduction &amp; Syllabus</td>
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<tr>
<td>R</td>
<td>27</td>
<td>Basic Concepts</td>
<td>Ch1</td>
</tr>
<tr>
<td>T</td>
<td>February 1</td>
<td>Experiencing Leisure</td>
<td>Ch 2</td>
</tr>
<tr>
<td>R</td>
<td>3</td>
<td>Key Elements</td>
<td>Ch 3</td>
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<tr>
<td>T</td>
<td>8</td>
<td>OBP</td>
<td>Ch 4</td>
</tr>
<tr>
<td>R</td>
<td>10</td>
<td>Guest: Charvis Campbell</td>
<td>1st Article Analysis</td>
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<tr>
<td>T</td>
<td>15</td>
<td>Experience Economy</td>
<td>Ch 5</td>
</tr>
<tr>
<td>R</td>
<td>17</td>
<td>Guest: Maria Auger</td>
<td></td>
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<tr>
<td>T</td>
<td>22</td>
<td>PDC</td>
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<tr>
<td>R</td>
<td>24</td>
<td>Test I</td>
<td></td>
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<tr>
<td>T</td>
<td>March 1</td>
<td>The Program Plan</td>
<td>Ch 13</td>
</tr>
<tr>
<td>R</td>
<td>3</td>
<td>Mission Statements, Written Program Plan Site Presentation</td>
<td>Ch 7 2nd Article Analysis</td>
</tr>
<tr>
<td>T</td>
<td>8</td>
<td>Goals &amp; Objectives</td>
<td>Ch 6</td>
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<tr>
<td>R</td>
<td>10</td>
<td>Program Management Goals</td>
<td>Ch 8</td>
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<td>15</td>
<td>No Class-Spring Break</td>
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<td>R</td>
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<td>T</td>
<td>22</td>
<td>Program Design Goals</td>
<td>Ch 10</td>
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<td>R</td>
<td>24</td>
<td>Test II</td>
<td>3rd Article Analysis</td>
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<tr>
<td>T</td>
<td>29</td>
<td>Participant Input</td>
<td>Ch 9</td>
</tr>
<tr>
<td>R</td>
<td>31</td>
<td>Program Design</td>
<td>Ch 11</td>
</tr>
<tr>
<td>T</td>
<td>April 5</td>
<td>Creative Programming, Age Groups</td>
<td>Ch12, Ages &amp; Stages</td>
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<tr>
<td>R</td>
<td>7</td>
<td>Program Promotion</td>
<td>Ch 14</td>
</tr>
<tr>
<td>T</td>
<td>12</td>
<td>Scheduling</td>
<td></td>
</tr>
<tr>
<td>R</td>
<td>14</td>
<td>Guest: Noah Coberly</td>
<td>4th Article Analysis or Press Release</td>
</tr>
<tr>
<td>T</td>
<td>19</td>
<td>Staffing</td>
<td>Ch 16</td>
</tr>
<tr>
<td>R</td>
<td>21</td>
<td>Making Decisions</td>
<td>Ch 22</td>
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<tr>
<td>T</td>
<td>26</td>
<td>Test III</td>
<td>Volunteer Timesheet &amp; Analysis</td>
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<tr>
<td>R</td>
<td>28</td>
<td>Group Presentations</td>
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<td>T</td>
<td>May 3</td>
<td>Group Presentations</td>
<td></td>
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<tr>
<td>R</td>
<td>5</td>
<td>Group Presentations</td>
<td></td>
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<tr>
<td>TBA</td>
<td>TBA</td>
<td>Pickup Graded Group Projects during assigned exam period.</td>
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</tbody>
</table>

Note: Faculty reserves the right to alter the schedule as necessary.

WRITTEN PROGRAM PLAN FOR RHT PORTFOLIO (from text Ch 13)
I. THE PROGRAM PLAN

A. Enticing Overall Program Design Title - Make sure that not only your overall program plan title is enticing but also each individual Program Design Form has a unique title to attract clients like those featured in Fairfax County Parktakes, for example.

B. Mission and Programming Philosophy
   1. Mission
   2. Programming Philosophy - What is your program trying to achieve, including overall benefits for the client?

C. Need for the Program - Convince Mason RAC personnel of the need for your program plan Obesity Tsunami based on referenced data.

D. Design Goals of the Program - Required a total of 10 objectives (a combination of program and behavioral objectives) as defined in class and presented in the text. The objectives must be specific, observable, and measurable for future evaluation.

E. Operation Details.
   1. Venue Arrangements - A specific listing of all areas to be used in the Written Program Plan in and around the RAC. All venues should be specifically described to include a map of the facility and/or layout of the overall facility.
   2. Special Arrangements - Contractual arrangements for transportation, outside entertainment coming in, or concessions should be listed on this page. For example: "Arrangements with a local bus company will be negotiated to pick up participants at their residence and return them." Parade permits; liability insurance; or special maintenance services can also be listed in a generic way like the above example.
   3. Inclusion Plan - Agencies are required to provide reasonable accommodations in programming for people with disabilities. If not they could face a suit due to the Americans with Disabilities Act (ADA). Based on the class lectures and references from the Office of Disability Services website http://ods.gmu.edu list ways to make the program inclusive perhaps through such examples as:
      a. Adaptive equipment or assistive devices will be available upon request.
      b. An individual coach will be available for people who need one-on-one assistance.
      c. Specific accommodations and/or modifications based on your target population...grandparents (seniors), parents (adults), teens, children, infants, and any age group who may have a physical or mental challenge.
d. State if specific modifications can be found on each program plan form.

4. **Equipment and Supply Needs** - List 2 itemized inventories:
   a. All necessary equipment needed to run the entire program from the **Program Design Forms** including the number necessary (but not cost*)
   b. All necessary supplies needed to run the entire program from the **Program Design Forms** including the number needed for the maximum number of clients.

5. **Promotion Plan** - A web page which can be clicked on from the Mason website to convey:
   a. All w's - who, what, when, and where
   b. Beneficial outcomes for participants or why to engage in this program.
   c. Target market punch using words, font, and colors to attract that participant.

6. **Budget and Pricing Information** (will be taught in another course and added later).

7. **Registration Plan** (not in this initial plan).

8. **Staffing and Staff Orientation Plan** -- A list of all permanent staff needed to run the program.
   a. Use fictitious names.
   b. Each staff's job title.
   c. Certifications and/or expertise for each.

8a. **Staffing and Staff Orientation Matrix** as described in class that shows the staff for all 12 activities over at least 14 clock hours using 10 program classifications:
   a. Who is to be...
   b. ...Teaching what
   c. Location they are to report to facilitate.
   d. When they are to report.

9. **Management Plan** (will be taught in another course and added later).

10. **Cancellation Plan** -- Events don't cancel themselves. In case of rain, if any part of the plan is outside, state a back up space or alternate date planned. List a contingency plan if promised transportation doesn't arrive on time. For purposes of this plan, assume PW will have qualified staff as backups.

11. **Set-Up** -- Assume custodial crew will set up each space prior to participants' arrival. Provide usual layouts for **Program Design Forms'** activities within each programmed space used to show:
   a. Arrangement of chairs and/or desks and big equipment
b. Speaker or leader's position among participants.
c. Any specific atmosphere can be detailed here.

12. Safety Checks -- Attempts are made to anticipate all types of risks associated with your plan. List the names of any forms that will be on file to be utilized when running the program plan. Samples of the forms are optional.

F. Twelve (12) Program Design Forms -- With each Program Design Form; assume you are not facilitating so everything must be spelled out. As a result, each Description of Activity must be a detailed blueprint, lesson plan, and cookbook-like description that someone else can pick up and facilitate. Complete references using APA style are required for each Program Design Form so that the facilitator could acquire further information. All Program Design Forms require a complete reference at the bottom.

1. Researched sources may include databases, journals, magazines, the web, books, manuals, etc... that identifies examples, equipment, or DVDs to be used for that activity. Be sure to use the right format appropriate for each activity.

2. Use ten (10) Program Classifications -- 10 of the 12 activity classifications on p81 of the text must be used at least once as an activity on a Program Design Form.

3. Program Design form hours -- Each Program Design Form must run for at least 30 minutes in length and no more than 90 minutes. The total number of programmed hours must be a minimum of 14 clock hours.

4. Important -- To be worthy of a Program Design Form, there must be an instruction component. Activities that run themselves can be a part of the program plan design, but are not worthy of a Program Design Form.

G. Program Evaluation (will be taught in another course and added later).
SAMPLE ARTICLE ANALYSIS

Analysis of: "Article on Program Planning" by Author Name
by
Student First & Last Name

Paragraph one discusses the information contained in the article: the author's theory or research. You may want to include two or three specific facts you gleaned from the article.

Paragraph two develops paragraph one through the lens of a program planner. You need to explain how the author's theory could be put into practice by a programmer. This may also be where you tell the reader why you think the author's research would be helpful or harmful to your work as a programmer. However, if the paragraph is too long, you may choose to put it in another paragraph.

Paragraph three is a nice and concise summary of the points you have made in your analysis.

Bibliography

Author Last, Author First Initial. (####year). Name of the article is in plain type. Title of the Journal is in italics. Followed by Journal #, Page #s.
Volunteer Hours Timesheet

Please PRINT clearly unless otherwise specified.

Student Volunteer Information

Name: (First) _____________________________   (Last) _____________________________

Total Number of Student Volunteer Hours: __________

Program Information

Title: ______________________________________________________________________

Agency: _____________________________________________________________________

Location: ___________________________________________________________________

Date: ______________  Program's Scheduled Time:  From: __:__ AM/PM  To: __:__ AM/PM

To be completed by the program supervisor

Student Volunteer arrived at __:__ AM/PM  Student Volunteer left at __:__ AM/PM

Please answer Yes or No to these statements:

• The student volunteer was properly dressed.  YES / NO
• The student volunteer arrived on time and prepared.  YES / NO
• The student volunteer was helpful.  YES / NO
• The student volunteer asked appropriate questions.  YES / NO
• The student volunteer interacted with the served population in an appropriate manner.

Please Print Your Name: _________________________________________________________

Please Sign Your Name: _________________________________________________________

Please Print Your Title: __________________________________________________________

Phone: (______)______-________  Email: __________________________________________

Thank you very much for your time and assistance.
To be completed by the student

Please attach a typed statement (APA style) addressing as many of following topics as you can:

- What did you expect?
- Were your expectations met?
- What did you witness?
- Who was the target population?
- Do you have any thoughts concerning the target population?
- Were the target population's needs met?
- Do you think the target population enjoyed the program? Why?
- Describe the setting (you may use a map).
- List or describe any equipment.
- Describe the role of the programmer in the program.
- Describe your role in the program.
- Do you think the program is transferrable? Why?
- Do you think the program was a success? Why?
- Is this a program YOU would like to conduct in your future career? Why?

Please attach any handouts from the program.

Please attach a copy of any agenda or lesson plan or program design forms you may have been provided with.

Please attach any promotional materials for the program.