

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

**Park Recreation Leisure Service 310 Program Planning and Design Section 002**  
**Spring 2015**

DAY/TIME:	M 7:20pm-10:00pm	LOCATION:	East 201
INSTRUCTOR:	Jennae Duarte, C.T.R.S.	EMAIL ADDRESS:	jduarte1@gmu.edu
OFFICE LOCATION:	TBD	PHONE NUMBER:	703-541-8314
OFFICE HOURS:	By appointment	FAX NUMBER:	703-787-4980

**PREREQUISITES/COREQUISITES**

PHED 200, PRLS 210, SPMT 201, HEAL 205 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 OBJECTIVES**

At the completion of this core course towards a B.S. 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 (kinesiology); health promotion; parks, outdoor, or therapeutic recreation; sport management; or tourism and events management.
3. Prepare measurable objectives 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 towards a 490 internship, and/or for professional placement.

**COURSE OVERVIEW**

Using theoretical models, students will design a written plan that outlines all of the programs to be accomplished in **(a) twelve activities** using **(b) ten program classifications** with the “**Health and Wellness Weekend**” as the theme **of at least (c) fourteen hours in length**. It will be designed as if it would occur in the future on the Fairfax Campus and incorporate **(1)** the Johnson Center; **(2)** Patriot Center; **(3)** Aquatic and Fitness Center; **(4)** Student Unions; **(5)** outdoors spaces; and **(6)** one off-site venue in Fairfax County. During the semester, you will also be required to volunteer/observe for a program of your choice and write up a program observation and report.

**PROFESSIONAL ASSOCIATION STANDARDS**

Further, upon completion of this course, students will meet the following professional accreditation standards for COAPRT:

- 7.02: Students graduating from the program shall be able to demonstrate the ability to design, implement, and evaluate services that facilitate targeted human experiences and that embrace personal and cultural dimensions of diversity.

**NATURE OF COURSE DELIVERY**

Face-to-face

**REQUIRED READING**

Rossmann, J. Robert and Schlatter, Barbara E. (2011). *Recreation Programming: Designing Leisure Experiences* (Sixth Edition). Illinois State University: Sagamore Publishing.

## EVALUATION

This course will be graded on a point system, with a total of 450 possible points.

	<u>Points</u>
Requirements (Handouts will be distributed separately)	
Three Exams (worth 75 points each)	225
Written <b>Health &amp; Wellness Weekend</b> Program Plan for RHT Portfolio (completed in teams to include an oral presentation)	150
Program Volunteer Assessment	30
Class Participation (paper/pencil class exercises, etc.)	45
<b><u>TOTAL</u></b>	<b>450</b>

## GRADING SCALE

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

**All assignments are due Monday at 7:20 PM, 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.

### **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.

## TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT
M	January	26	Syllabus Presentation, Introduction to PRLS 310, discussion of assignments.	Homework: READ Chapters 1 & 2
M	February	2	Chapters 1 & 2: Foundations for Programming and How Individuals Experience Leisure	Homework: READ Chapters 3 & 4
M	February	9	Chapter 3 & 4: 6 Key Elements of a Situated Activity System & Outcome Based Programming	Homework: READ Chapters 5 & 6 Decide and email me the recreation program you are going to doing your volunteer assessment on.
M	February	16	Chapter 5 & 6: Developing Leisure Products & Using Goals and Objectives in Programming Development	Assignment: Develop Groups for Term Project and email me the names of your group members. Bring a Scantron and pencil to class <b>Study for EXAM #1</b>

DATE			TOPIC	READINGS/ASSIGNMENT
M	February	23	<b>EXAM #1 on Chapters 1-6</b> Go through Project Outline in depth Meet with your groups in class	Homework: READ Chapter 7 & Chapter 8
M	March	2	Chapter 7: Developing the Agency's Programming Mission Chapter 8 Developing Strategic Directions	Homework: Read Chapter 9. <b>Finish program volunteer assessment</b>
M	March	9	<b>No Class SPRING BREAK</b>	
M	March	16	Chapter 9: Obtaining Participant Input Meeting with your project groups in class <b>Due in Class: Program Volunteer Assessment</b>	Homework: READ Chapters 10 & 11 Assignment: 4 Program Design forms (per group)
M	March	23	Chapter 10 & 11: Writing Program Design Goals & Program Design	Homework : READ Chapters 12 & 13, finish 4 Program Design Forms (per group)
M	March	30	Chapters 12 & 13: Creative Programming & Preparing the Program Plan <b>Due in Class: 4 Program Design Forms</b>	Study for EXAM #2 and bring Scantron to class, Homework: Read Chapters 14 & 15
M	April	6	<b>EXAM #2 on Chapters 7-13</b> Chapter 14 & 15: Techniques for Program Promotion; Work in Groups on Program Plan.	Homework: READ Chapters 16, 17, 18
M	April	13	Chapter 16 & 17: Registration Procedures Chapter 18: Developing a Program Pricing Philosophy	Homework: READ Chapters 20, 22
M	April	20	Chapter 20: Program Evaluation Techniques Chapter 21: Developing a Comprehensive Evaluation System Chapter 22: Making Decisions About Program Services	Homework: Prepare for final group presentations. Finalize programs.
M	April	27	<b>DUE in Class: Final Program Plans; Group Presentations</b>	Final Programs are due and presentations.
M	May	4	<b>Reading Day</b>	Homework: Study for FINAL EXAM (Chapters 14-22) bring Scantron to class
M	May	11	<b>FINAL EXAM Chapters 14-22</b> <b>7:20pm-10:00pm</b>	

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

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>].
- 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/policies/responsible-use-of-computing/>].
- 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.

### *Campus Resources*

- 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>].

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

