

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PRLS 327-001—Foundation of Therapeutic Recreation -11306 (3)
Spring 2021

DAY/TIME:	Wed: 4:30p.m. - 7:10p.m.	LOCATION:	On-Line -- BlackBoard Ultra
PROFESSOR:	Patricia Harrison, CTRS, CPM	EMAIL ADDRESS:	pfrancke@gmu.edu
OFFICE LOCATION:	Off campus	PHONE NUMBER:	301-535-0592 (cell)

OFFICE HOURS: By appointment

PREREQUISITES: None

UNIVERSITY CATALOG COURSE DESCRIPTION

An introduction to the processes and techniques of therapeutic recreation to meet the unique needs of people with disabilities. This course examines the history, concepts, theories, and foundations of therapeutic recreation.

COURSE OVERVIEW

Students will gain a basic understanding of the disabilities, impairments and illnesses most often encountered in the provision of therapeutic recreation services. Course materials, lectures and field observations explore the nature and perceptions of disability and their implications for leisure; problems with stigma and stereotypes; and the principles of normalization and inclusion. Course readings and assignments introduce therapeutic recreation models; the role of TR for vulnerable populations and persons with disabilities and illnesses in health care and community settings. Students will examine the application of TR in prevention services and the link between social, psychological, and physical health. Course topics and assignments will provide students with a look at how the principles and techniques of therapeutic recreation programming are applied from a systems perspective to include client assessment, specific programming planning, activity analysis, documentation, adaptation, and program evaluation.

The course lecture and assignments provide practical application of knowledge gained throughout the course to enable successful completion of the final assignment, a *Therapeutic Recreation Specific Program Plan*. To acquire the necessary knowledge, there are five assignments including an off-site program observation. Each assignment progressively forms the basis for your final assignment, the *Therapeutic Recreation Program Plan*.

For written assignments, you can choose to follow the guidelines of either the *Publication Manual of the American Psychological Association* (APA) (6th Edition) or the *American Medical Association* (10th Edition).

COURSE DELIVERY METHOD

This course will use an on-line and self-study format to include online lecture, research sessions, group work, and student presentations which will provide students the opportunity to share and discuss ideas on applying knowledge learned. Unless otherwise noted in the course schedule, all on-line classes will be

held on Wednesdays, 4:30 to 7:00 pm. Students can access the classes via BlackBoard Ultra. Session access information will be emailed to students prior to each class.

- On-Line Lectures, Meetings and Group Work: On-line classes and group work are scheduled and will require connecting to Blackboard Ultra or another web-based group meeting format as scheduled. Under no circumstances, may students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.
- Student Presentations (on-line): Three sessions provide students the opportunity to briefly present completed assignments
- Self-Study: Three class sessions provide out of class time for individual research/self-study days or work sessions to complete assignments.
- Assignments: There are 5 assignments to assess the student's ability to apply learning materials.
- Post Lecture Quizzes: 5 Post lecture, on-line quizzes will assess learning of course objectives.

TECHNICAL REQUIREMENTS

Basic Course Technology Requirements

- This course will use the Blackboard learning system, available at <https://mymason.gmu.edu>. Students are required to have regular, reliable access to a computer with an updated operating system (recommended: Windows 10 or Mac OSX 10.13 or higher) and a stable broadband Internet connection (cable modem, DSL, satellite broadband, etc., with a consistent 1.5 Mbps [megabits per second] download speed or higher. You can check your speed settings using the speed test on this website.)
- Activities and assignments in this course will regularly use web-conferencing software (Blackboard Collaborate / Zoom). In addition to the requirements above, students are required to have a device with a functional camera and microphone. In an emergency, students can connect through a telephone call, but video connection is the expected norm.

Course Recordings, Materials and Student Privacy

- Students will need high-speed internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Course Recordings: Some/All of our synchronous meetings in this class will be recorded to provide necessary information for students in this class. Recordings will be stored on Blackboard and will only be accessible to students taking this course during this semester.
- Video recordings — whether made by instructors or students — of class meetings that include audio, visual, or textual information from other students are private and must not be shared outside the class
- Live video conference meetings (e.g. Collaborate or Zoom) that include audio, textual, or visual information from other students must be viewed privately and not shared with others in your household or recorded and shared outside the class

Testing with LockDown Browser

This course may use a LockDown Browser and a webcam for online exams. The webcam can be built into your computer (internal webcam) or can be the type of webcam that plugs in with a USB cable (external webcam). Watch [this short video](#) to get a basic understanding of LockDown Browser and the webcam feature. A [Quick Start Guide for Students](#) is also available.

- You will need the following system requirements for online exams:
 - Windows: 10, 8, 7
 - Mac: OS X 10.10 or higher
 - iOS: 10.0+ (iPad only). Must have a compatible LMS integration [Details].
 - Web camera (internal or external) & microphone
 - A reliable internet connection
 - Prior to your first exam, you must install LockDown Browser following the step-by-step instructions.
- To ensure LockDown Browser and the webcam are set up properly, do the following:
 - Start LockDown Browser, log into Blackboard and select this course.
 - Locate and select the Help Center button on the LockDown Browser toolbar.
 - Run the Webcam Check and, if necessary, resolve any issues or permissions your computer prompts.
 - Run the System & Network Check. If a problem is indicated, see if a solution is provided in the Knowledge Base. Further troubleshooting is available through the ITS Support Center.
 - Exit the Help Center and locate the practice quiz named [NOTE TO INSTRUCTOR: Create a brief practice quiz and insert name/location of quiz].
 - Upon completing and submitting the practice quiz, exit LockDown Browser.
- When taking an online exam that requires LockDown Browser and a webcam, remember the following guidelines:
 - Ensure you are in a location where you will not be interrupted
 - Turn off all other devices (e.g. tablets, phones, second computers) and place them outside of your reach
 - Clear your desk of all external materials not permitted — books, papers, phones, other devices
 - Before starting the test, know how much time is available for it, and that you have allotted enough time to complete it
 - Remain at your computer for the duration of the test.
 - Make sure that your computer is plugged into a power source, or that battery is fully charged.
 - If the computer or networking environment is different than what was used previously with the Webcam Check and System & Network Check in LockDown Browser, run the checks again prior to starting the test
- To produce a good webcam video, do the following:
 - Do not wear a baseball cap or hat with a brim that obscures your face
 - Ensure your computer or tablet is on a firm surface (a desk or table). Do NOT have the computer on your lap, a bed, or any other surface where the device (or you) are likely to move
 - If using a built-in (internal) webcam, avoid tilting the screen after the webcam setup is complete
 - Take the exam in a well-lit room and avoid backlighting, such as sitting with your back to a window.

- Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

EXPECTATIONS

Log in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 days before class and by noon on the day of class.

Participation: Students are expected to actively engage in all course activities throughout the semester, which includes:

- viewing all course materials
- attend all class sessions
- submit in advance all required presentations and assignments that will be presented to class
- actively participate in class discussions
- complete in-class exercises, and **pre-class discussion worksheets**
- submit all assignments by the due dates assigned.

Technical Competence: Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

Technical Difficulties: Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

Workload: Please be aware that this course is not self-paced. Students are expected to meet specific deadlines and due dates listed in the Class Schedule section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

Instructor Support: Students may schedule a one on one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

Accommodations: Learners who require reasonable accommodations must be registered with George Mason University Disability Services.

- If necessary, the instructor will consider course work and deadline accommodations for students experiencing illness or quarantine. The students are responsible for complying with all GMU policies for requesting accommodations.

COURSE OBJECTIVES

- Discuss the key factors influencing the development and practice of TR as a profession to include, historical events and legislation influences.
- Discuss the key foundational theories, concepts, and philosophy of therapeutic recreation.

- Demonstrate an understanding of therapeutic recreation programming models and principles and discuss the continuum theory in the delivery of leisure services for people with disabilities from treatment to independent recreation participation.
- Justify the health benefits of therapeutic recreation and discuss psychological and social implications of illness and disability.
- Distinguish between the roles of staff in the provision of therapeutic recreation in community and health care settings.
- Discuss the purpose and processes associated with group and individualized program planning.
- Analyze and design activities for therapeutic outcome: functional intervention, leisure education and recreation participation.
- Discuss the importance of and techniques for developing appropriate therapeutic relationships and utilizing social networks and family in the planning and provision of services.
- Identify key components of ethical behavior in therapeutic recreation, responsibilities for professional development, cultural competence, credentialing, and professionalism in therapeutic recreation services.

PROFESSIONAL ASSOCIATION STANDARDS:

Further, upon completion of this course, students will meet the following professional accreditation standards through the Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT):

7.01: Students graduating from the program shall demonstrate the following entry-level knowledge: a) the nature and scope of the relevant park, recreation, tourism or related professions and their associated industries; b) techniques and processes used by professionals and workers in these industries; and c) the foundation of the profession in history, science and philosophy.

REQUIRED READINGS

The course will use:

- Course Text: Carter, Marcia Jean; Van Andel, Glen E. (2011-02-01). Therapeutic Recreation: A Practical Approach (Page v). Waveland Pr Inc. (in lieu of using text, students may use library resources on the selected topics in order to prepare for discussion and assignments)
- Articles, Websites, documents and handouts
- Outside research and reading assignments

COURSE PERFORMANCE EVALUATION

- Unless otherwise noted, **assignments must be submitted to the designated assignment folder on our course Blackboard or to the VIA webpage <https://cehd.gmu.edu/aero/assessments/>**. This allows for an “originality check” and an official learning record of required academic competencies. You can also view your own originality report. **All written papers are to be submitted in WORD (doc) format.**
- Assignments are due at the beginning of class on the specific due date.
 - **Papers received after the beginning of class will be considered late and will receive a 10% deduction for submissions up to 24 hours after due date.**
 - **Late assignments received past the 24-hour period will receive a 20% deduction (per week) and no assignments will be accepted after 3 weeks post due date.** If you encounter extreme emergencies or are participating in a pre-approved university-

sponsored function, exceptions may be made; however, these must be discussed with me to determine if they fall in this category. I strongly encourage you to make a back-up copy of any work submitted since computers have been known to crash at the most inopportune times.

- **Class Participation**

- 20 points: Attend and arrive to class on time (attendance taken at the beginning of class); students may be excused for 1 class without a valid authorized excused absence.
- 20 points: Read materials and complete worksheets BEFORE class, listen attentively, and offer examples that demonstrate understanding of lecture content, ideas, or materials related to the topic
- 10 points: Assignments requiring oral presentations are presented in an interesting and thorough manner within time limits designated.

Assignment 1: Theories & Concepts Guiding the Practice of TR (100 points)

Write a 3 to 4 page paper that provides an overview of selected theory/concept to include: 1) who authored the theory; 2) a detailed description of the theory or concept; 3) the hypothesis of the theory or concept; 4) implications and/or value of the theory to people with disabilities and TR; 5) how the theory is applied within the field of TR; 6) give at least 4 specific examples of how you would take an activity and apply the theory. (References and Citation of research articles required)

******* Students volunteering to provide a short 10 min overall of the theory or concept during an in-class or online session will be allowed to “waive completion of” one quiz (worth 25 points).**

Assignment 2: Disability Profile (150 points)

Acquire a detailed understanding of a specific disability, their treatment needs, functional abilities, and the types of therapeutic recreation activity that meets the leisure related needs of the disability or diagnostic group. Students will prepare a Disability Profile and present key information to class. This assignment may be completed individually or in a small group (2-3 students). Students will use the associated course text chapter or research to prepare a 10-minute presentation for the class.

Assignment 3: TR Modalities and Facilitated Activities (150 points) pages 83 -101

Review a variety of facilitated therapeutic activities outlined in the course text. The facilitated techniques frame, guide, or inform the practice of therapeutic recreation. Students will prepare a 2 to 3-page overview of the use of specific TR Modality or Facilitated Activity; description, settings, populations, outcomes and specific techniques for applying the activity. Students will share their selected modality with class during class discussion.

Assignment 4: Development of Individual Program Plan (100 points)

Prepare an Individual Program Plan based on the individual featured in the video of “A Cerebral Game”. Present you plan during class discussion,

Assignment 5: Therapeutic Recreation – Therapeutic Recreation Specific Program Plan (300 points)

Develop a program plan for a specific disability group that includes rationale for program, purpose appropriate goals, objectives, performance measures, selected activities and evaluation methodology.

Post Lecture Assessment of Learning Objectives (150 points)

Complete 6 on-line quizzes to assess understanding of the critical concepts, theories, populations served, and methods used in the application of TR settings.

Class Participation (50 pts)

Students are expected to:

- Attend all classes (attendance taken at the beginning of class)
 - Points will be deducted for students that miss or are more than 45 minutes late (without excused absence) for class sessions: 10% 3 classes, 25 % 4 classes, 35% 5 classes, 50% 4 classes
- Read materials BEFORE class, listen attentively, and offer thoughts and examples that demonstrate understanding of lecture content, ideas, or materials related to the topic.

Graded Point System

Course grade is based on a point system, with a possible 1000 total points for assignments, exam, and participation.

Requirements	Points
Assignment 1 TR Foundational Theory	100
Assignment 2 Profile of Selected Disability	200
Assignment 3 Discussion of Selected Facilitated TR Interventions/Methods	100
Assignment 4 Therapeutic Recreation Program/Intervention Plan	300
Assignment 5 Preparation of Individual Program Plan	125
Class participation	50
Post session quizzes @ 25 points	125

Grading Scale

A+ = 1000 – 985	B+ = 899 – 885	C+ = 799 – 785	D = 600 – 690
A = 984- 930	B = 884 – 830	C = 784 – 730	F = 00 – 590
A- = 929 – 900	B- = 829 – 800	C- = 729 – 700	

Professional Disposition

Students are expected to exhibit professional behaviors and dispositions. See

<https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Class held Wednesday at 4:30 pm unless otherwise noted in the detailed class schedule attached. Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code system/>).

- 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 Mason email account, and for the activating their Mason email account and checking it regularly to view university communications. All communications to students are sent from the university, college, school, and program **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
- Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking: As a faculty member, I am required to report all disclosures of sexual assault, interpersonal violence, and stalking to Mason's Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason's confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730 or emailing titleix@gmu.edu.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
- For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.

COURSE SCHEDULE – Spring Semester 2021

Date	Topic	Required Reading	Assignment Information
January 20	<p>Intro to Therapeutic Recreation</p> <p>Topics covered: 1) Defining Therapeutic Recreation, 2) Philosophy of TR, 3) TR History, 4) Today's Health-Care System, 5) Professional Standards</p> <ul style="list-style-type: none"> ○ Discuss the history, factors and perspectives that have contributed to the current definition of therapeutic recreation ○ Identify the purpose of therapeutic recreation ○ Describe the basic nature of health-care delivery systems ○ Identify professional standards and ethics 	<p>Chapter 2</p> <p>PowerPoints</p> <p>Articles</p>	
February 3	<p>Topics Covered: Theories and Concepts guiding the practice, design and implementation of TR</p> <p>Identify 3 different theories that influence the practice of therapeutic recreation</p> <p>Identify how the theories are incorporated in TR service goals and outcomes and how they influence TR practice</p>	<p>Research articles from students</p>	<p>Quiz 1 due</p>
February 10	<p>Research Day – no class</p> <p>Research Assignment 1: theories, concepts and influencers</p> <p>Research Assignment 2: facilitated TR approaches/interventions</p>	<p>Research for selected topics using text, articles, journals</p>	<p>Quiz 2 due</p>
February 17	<p>Topics Covered: 1) Purpose and Use of Sensory Therapy Rooms, 2) Techniques for Working with People with Disabilities and Inclusion</p> <p>Guest: Sandi Dallhoff, Division Director for FXC Therapeutic Recreation</p>	<p>Articles for sensory room</p>	<p>Assignment 1 Due</p>
February 24	<p>Therapeutic Recreation Practice Models</p> <ol style="list-style-type: none"> 1) Identify 3 different models that help conceptualize the practice of therapeutic recreation 2) Identify the roles, settings, and responsibilities common to therapeutic recreation 3) Identify the service goals and outcomes of therapeutic recreation 	<p>Chapter 1</p>	<p>Quiz 3 due</p>
March 3	<p>Discussion of Facilitated TR Activities (assignment 2)</p> <p>Student Presentations</p>	<p>Chapter 3</p> <p>Students present 3 to 4 summary slides</p>	<p>Assignment 2 Due</p>

Date	Topic	Required Reading	Assignment Information
March 10	<p>Self-Study – No class</p> <p>Assignment 3: Disability Research</p>		
March 17	<p>Disability Profiles Presentations</p> <p>1) Musculoskeletal, Neuromuscular, Neurological System Impairments; 2) Sensory and Hidden Impairments; 3) Cognitive Impairments; 4) Psychological Impairments; 5) Juvenile/Adult Incarceration; 6) Social Impairments; 7) Children and Youth in Health Care; 8) Aging Process; 9) Chronic Diseases (HIV, Obesity, Diabetes)</p>	<p>Chapters 6, 7, 8, 9, 10, 11, 12</p> <p>Student presentation of disability profile</p>	<p>Assignment 3 due</p>
March 24	<p>Specific Program Planning and the Therapeutic Recreation Process</p> <p>1) Describe components of TR Process and specific program plans (group and individual plans) to include assessment, planning, implementation, and evaluation (APIE) of group & individual program plans</p> <p>2) Identify professional standards of practice and competencies that influence program planning</p> <p>Developing Program Goals, Objectives, Measures and Activity analysis</p> <p>3) Write measurable goals, objective statements, and performance measures using TR Programming formats</p> <p>4) Describe the processes used to select activities and strategies appropriate to meet program objectives</p>	<p>Chapter 4 pages 107 – 152</p> <p>PowerPoint</p> <p>Articles</p> <p>Worksheets</p>	
March 31	<p>Review and discussion of Sample Group and Individual Plans</p> <ul style="list-style-type: none"> • Overview of Individual Service Planning and Documentation • APIE-D Assessment, Individual Planning, Evaluation and Documentation <p>Preview of Video documentary – A Cerebral Game</p> <p>Guest Speaker: Sandi Dalhoff, TR Division Director</p>	<p>Chapter 4 (Pages 110 – 121)</p> <p>PowerPoint</p> <p>Work sheets</p>	<p>Quiz 4 due</p>
April 7	<p>Opportunity for consultation and review of student’s draft TR Program/Intervention Plan</p> <ul style="list-style-type: none"> • After class instructions, Students will have an opportunity to share their ideas for their program/ intervention plan and begin work on the plan 		<p>Assignment 4 due</p>

Date	Topic	Required Reading	Assignment Information
	<ul style="list-style-type: none"> Opportunity to schedule 1:1 consultation with instructor to review drafts, brainstorm approach 		
April 14	Presentation of Student's TR Specific Program (Intervention) Plan		Assignment 5 Due
April 21	Final Assessment and Review of Course Learning Objectives		Quiz 5 due

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

Therapeutic Recreation Program/Intervention Plan

	Unsatisfactory	Minimal	Competent	Outstanding
Rationale for Intervention - Describe the treatment for areas for intervention associated with the disability, and describe how this program will meet those needs. COAPRT 7.02	Missing required element AND does not demonstrate understanding of the content area subject	Missing required element OR does not demonstrate understanding of the content area subject	Required element but does not fully present element	Includes required element; demonstrates understanding of the element
Purpose of Program COAPRT 7.02	Missing required element AND does not demonstrate understanding of the content area subject	Missing required element OR does not demonstrate understanding of the content area subject	Required element but does not fully present element	Includes required element; demonstrates understanding of the element

Theories and Concepts Applied COAPRT 7.02	Missing required element AND does not demonstrate understanding of the content area subject	Missing required element OR does not demonstrate understanding of the content area subject	Required element but does not fully present element	Includes required element; demonstrates understanding of the element
Structure and Resources COAPRT 7.02	Missing required element AND does not demonstrate understanding of the content area subject	Missing required element OR does not demonstrate understanding of the content area subject	Required element but does not fully present element	Includes required element; demonstrates understanding of the element
Evaluation Plan COAPRT 7.02	Missing required element AND does not demonstrate understanding of the content area subject	Missing required element OR does not demonstrate understanding of the content area subject	Required element but does not fully present element	Includes required element; demonstrates understanding of the element

