

GEORGE MASON UNIVERSITY
College of Education and Human Development
School of Recreation, Health, and Tourism Management

PRLS 417 —Processes and Techniques in Therapeutic Recreation
3 Credits
Spring 2022

DAY/TIME:	Online	LOCATION:	Online
Professor:	Natalie Haynes, CTRS, M.Ed., M.S.	EMAIL ADDRESS:	nteluk@gmu.edu
OFFICE LOCATION:	n/a	PHONE NUMBER:	703-408-4120
OFFICE HOURS:	By appointment	FAX NUMBER:	n/a

PREREQUISITES
PRLS 327 and PRLS 416

COURSE DESCRIPTION

Exploration of processes and techniques used in Therapeutic Recreation, with a focus on the nature and diversity of recreation and leisure activities, modalities and interventions, facilitation techniques and approaches, leadership roles and tasks, communication skills, clinical supervision, health and safety considerations, and the impact of the impairment and/or treatment on the individual.

COURSE OBJECTIVES

1. Explain and discuss the major theories/approaches used for intervention and counseling programs in regards to Therapeutic Recreation services.
2. Identify facilitation techniques that can be employed as interventions in Therapeutic Recreation programs.
3. Define the role of the professional therapist in regards to Therapeutic Recreation services.
4. Classify the characteristics of a professional therapist in regards to a Therapeutic Recreation Specialist.
5. Differentiate among the key aspects of successful communication in relation to Therapeutic Recreation services.
6. Justify the appropriate leadership styles to be used in regards to implementing Therapeutic Recreation services.
7. Compare the different leadership tasks a Therapeutic Recreation Specialist is expected to perform.
8. Summarize the roles of a clinical supervisor in a Therapeutic Recreation setting.
9. Illustrate the importance of understanding the medical needs of clients when planning and implementing Therapeutic Recreation services.

COURSE OVERVIEW

Students are held to the standards of the George Mason University Honor Code. You are expected to actively participate in discussions and fulfill all weekly assignments. **Assignments must be submitted on the specified date due or no credit will be given.**

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

7.03	Students graduating from the program shall be able to demonstrate entry-level knowledge about operations and strategic management/administration in parks, recreation, tourism and/or related professions.
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Course Delivery Method

This course will be delivered online (76% or more) using [select either a synchronous or an asynchronous] format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything

before @masonlive.gmu.edu) and email password. The course site will be available on [Day and/or Time].

Under no circumstances, may candidates/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.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers
To get a list of supported operation systems on different devices see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
 - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday and end on Sunday.

- 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 3 times per week. In addition, students must log-in for all scheduled online synchronous meetings.
- Participation:
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- 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 Issues:
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.
- Netiquette:
The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations:
Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

COURSE PERFORMANCE EVALUATION

Students are expected to submit all assignments on time on Blackboard.

REQUIRED TEXT

Austin, D. R. (2013). *Therapeutic recreation: Processes and techniques (7th ed.)*. Champaign, IL: Sagamore Publishing.

EVALUATION

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

Requirements: Weekly read the required chapters in addition to other documents.	Points
Discussion Board Moderator	20
Discussion Board Responses	15
Movie Paper	15
Quizzes	10
Midterm and Final Exam (worth 20 points each).	<u>40</u>
TOTAL	100

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

TENTATIVE COURSE SCHEDULE

DATE			TOPICS AFTER ORIENTATION TO COURSE	READINGS/ASSIGNMENT DUE
Week 1	Jan.	25	Orientation and Introduction	a. Chapter 1: Basic Concepts Chapter *QUIZ DUE: Chapter 1*
2	Feb.	1	Theories, Therapies, and Techniques	a. Chapter 2: Theories and Therapies b. Journal Article
3	Feb.	8	Theories, Therapies, and Techniques	a. Chapter 3: Facilitation Techniques <u>b. *CHAPTER 2 STUDENT MODERATOR*</u>
4	Feb.	15	Theories, Therapies, and Techniques	a. Chapter 3 Continued: Facilitation Techniques b. Journal Article <u>c. *CHAPTER 3 STUDENT MODERATOR*</u> *QUIZ DUE: Chapters 2-3*
5	Feb.	22	Service and Communication	a. Chapter 5: Helping Others <u>b. *CHAPTER 5 STUDENT MODERATOR*</u>
6	March	1	Service and Communication	a. Chapter 6: Communication Skills <u>b. *CHAPTER 6 STUDENT MODERATOR*</u> *QUIZ DUE: Chapters 5-6*
7	March	8	Midterm Exam	a. Exam on Chapters 1, 2, 3, 5,6 b. DUE DATE TBD
8	Mar.	15	Leadership Styles	a. Chapter 7: Being A Leader. b. Journal Article <u>c. *CHAPTER 7 STUDENT MODERATOR*</u>

DATE			TOPICS AFTER ORIENTATION TO COURSE	READINGS/ASSIGNMENT DUE
9	Mar.	22	Leadership Styles	a. Chapter 8: Specific Leadership b. *CHAPTER 8 STUDENT MODERATOR* *QUIZ DUE: Chapters 7-8*
10	Mar.	29	Supervision and Health Considerations	a. Chapter 9: Clinical Supervision b. Journal Article c. *CHAPTER 9 STUDENT MODERATOR*
11	Apr.	5	Supervision and Health Considerations	a. MOVIE PAPER due no later than Sunday April 12th at 11:59PM
12	Apr.	12	Supervision and Health Considerations	a. Chapter 10: Health and Safety Consideration *QUIZ DUE: Chapters 9-10*
13	Apr.	19	Health and Safety Considerations	a. *CHAPTER 10 STUDENT MODERATOR*
14	April	26	Final	a. Exam on all chapters and journal articles b. DUE DATE TBD

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

Professional Dispositions

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

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 <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason 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 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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments> . 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, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

