

M: Course Objectives / Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. Discuss chronic health conditions and their impact on quality of life
2. Examine evidence based interventions for chronic health conditions and discuss how these can inform therapeutic recreation practice
3. Design evidence based therapeutic recreation programs for individuals with chronic health conditions
4. Apply leadership techniques for evidence based TR programs, self management and behavior change
5. Discuss models of chronic disease prevention and management and the role of therapeutic recreation within them.

N: Course Content:**Chronic Health Conditions**

- Common chronic health conditions such as cardiovascular disease, respiratory disorders, arthritis, osteoporosis, diabetes, obesity, sensory impairments
- Chronic health conditions and the International Classification of Functioning (ICF)
- Impact of chronic health conditions on one's ability to live well

Best Practices and Evidence Based Interventions

- Evidence based interventions for different chronic health conditions
- Link to, and inform TR practice
- Program protocol format to design evidence based TR programs for individuals with chronic health conditions

Leadership

- Individual leadership of evidence based TR programs for groups
- Self management program models and techniques
- Behavior change models

Chronic Disease Prevention and Management

- Current models
- Role of therapeutic recreation within different models
- Role of leisure education – particular application of Serious Leisure

O: Methods of Instruction

- Lecture/discussion
- Case studies
- Media
- Community service learning
- Technology – digital camera filming

P: Textbooks and Materials to be Purchased by Students

T.B.A.

Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations. Typical means of evaluation would include a combination of:

- Tests
- Written assignments
- Leadership presentation

This is a letter graded course.

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR. If not available for PLAR, please provide rationale.

Open for PLAR

Course Designer(s): G. Paterson

Education Council / Curriculum Committee Representative

Interim Dean: Gary Tennant

Registrar