

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

RECR 2395: Recreation and Aging

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 1 h + Seminar 2 h + Field 1 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

Recreation and culture play a critical role in assisting people to live healthier, happier and meaningful lives as they age. This course highlights the benefits that older people derive from participating in recreation and culture and the risks of not staying physically and mentally active and socially connected. Students explore a combination of theories and practices to understand the history of recreation and cultural services and facilities for older people. A variety of best practices are identified and assessed and students critically investigate how recreation and cultural programming for older adults differs from other age categories and creates welcoming and accessible communities.

Prerequisites: None

Corequisites: None

Learning Outcomes:

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

- Describe the benefits of recreation and culture for the older adults
- Compare and contrast historical recreation and cultural services and facilities for older adults to current trends, issues and opportunities
- Explain the risks older adults face in not staying mentally and physically fit and socially connected
- Conduct an environmental scan of senior recreation and cultural services and facilities (private, public and non-profit) in a designated community
- Create an assessment of the recreational and cultural needs of a select group of older adults
- Identify and assess a variety of best practices of recreation and cultural programs and services for older adults used by Recreation professionals to build healthy communities
- Recommend adaptations to recreation and cultural activities and sports so that adults can remain active as they age.
- Illustrate how participation in recreation and cultural activities and sports can build relationships and counter loneliness and isolation in older adults

snəwəyət̚ leləm̚ Langara College acknowledges that we are located on the unceded territory of the Musqueam people.

- Illustrate how recreation and cultural programming for older adults differs from other age categories
- Develop action plans to make communities accessible and welcoming to a diverse population (generational, cultural, gender-LGBT) through recreation and cultural services

Instructor(s): TBA

Office: TBA **Phone:** 604 323 XXXX **Email:** TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Coursepack with current research material

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam %

Other Assessments %

(An example of other assessments might be:) %

Assignments: 40%

Field Experience: 30%

Participation: 30%

No final exam because this is a practical course that encourages application of knowledge and skills through real world assignments

Grading System: Letter grade

Specific grading schemes will be detailed in each course section outline.

Passing grade: C

This generic outline is for planning purposes only.

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Unit 1: Benefits of recreation and culture for individuals and the community

Unit 2: Risks of being mentally and physically inactive and socially disconnected

Unit 3: History and evolution of recreation and cultural services and facilities for older adults; Differences and similarities in recreation programming and cultural services for older adults and other age categories (tots, children, youth, adults)

Unit 4: Identifying recreational and cultural needs for each generation of older adults - spanning 65-100+ years (age, functionality, ethnicity, life experience, education, gender, and sexual orientation)

Unit 5: Identifying and evaluating recreation and cultural services and facilities for older adults in specific geographical neighborhoods/communities

Unit 6: Exploring best practices of recreation and cultural services for older adults to build healthy communities

Unit 7: Community-based senior's recreation centres and non-profit neighborhood facilities providing senior's services

Unit 8: Adaptive recreation and cultural services, facilities and programs for older adults

Unit 9: The social aspect of recreation/cultural activities and the role of recreation in building relationships – how this counters loneliness and isolation in older adults

Unit 10: The value of volunteering for older adults – the need to have meaningful things in life / sense of belonging

Unit 11 and 12: The role of recreation in creating accessible and welcoming communities; (age friendly, dementia friendly generational, cultural, gender-LGBTQ+)

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

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[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

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