

**Course Name:** REC108 Introduction to Recreation and Leisure Services  
**Credit Value:** 5  
**Prerequisite Course:** None

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### Course Description

This course will introduce students to the professional standards and skills required to succeed in a recreation career. Students will study the concepts of recreation and leisure and examine the significance of recreation to personal well being and self fulfillment.

Course themes include: philosophy of recreation, personal organizational skills, history of recreation, career opportunities, overview of recreation organizations, and the importance of art and culture in our society.

### PLAR Information

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### Course Learning Outcomes

Upon completion of this course, the student will have reliably demonstrated the ability to:

#### 1. Know the standards and skills associated with recreation services.

- 1.1 Identify potential recreation employment opportunities.
- 1.2 Inventory recreation agencies operating in North Bay and area.
- 1.3 Describe values and objectives inherent in government, private, commercial, and volunteer recreation agencies.
- 1.4 Discuss the role of the Ontario Ministry of Health Promotion.
- 1.5 Recognize the key elements of professionalism.
- 1.6 Describe Ontario's provincial standards for recreation students.
- 1.7 Relate the process to become a certified recreation professional in Ontario.
- 1.8 Identify opportunities for professional development of staff and volunteers.
- 1.9 Identify and access professional development resources and activities, which promote professional and personal growth.
- 1.10 Articulate skills within the recreation profession that are transferable to other professions.

#### 2. Comprehend concepts and philosophies associated with recreation.

- 2.1 Examine the concepts of time.
- 2.2 Draft and analyze a personal time inventory.
- 2.3 Differentiate between recreation and leisure.
- 2.4 Explain the benefits of recreation and their relationship to lifestyle enhancement.
- 2.5 Recognize the importance of recreation and leisure activities in a variety of settings including institutional settings.
- 2.6 Relate the benefits of a holistic approach to personal well being.
- 2.7 Promote the importance of recreation and leisure to a healthy lifestyle.
- 2.8 Promote an understanding of the relationship among wellness, recreation, and leisure.
- 2.9 List barriers to participating in recreation.
- 2.10 Consider philosophies and theories of recreation, play, and leisure from an historical and emerging perspective.
- 2.11 Develop and articulate a personal philosophy of leisure.
- 2.12 Plan and deliver effective leisure education presentations suitable to the audience and purpose.

#### 3. Utilize personal organizational skills.

- 3.1 Rate your personal organizational skills.
- 3.2 Identify barriers to becoming more organized.
- 3.3 List the advantages of being organized.
- 3.4 Organize self by using daily work list and maintaining long term planning calendar.

#### 4. Manage personal and recreation club finances.

- 4.1 Discuss Canada's Bank Act and list key banking services.
- 4.2 Describe the types of bank accounts.
- 4.3 Identify special types of cheques and explain the methods of endorsing cheques.
- 4.4 Write cheques, issue receipts, make change, and balance cash.

- 4.5 Prepare and adhere to a monthly personal budget.
  - 4.6 Account for and graph personal transactions for a specific period.
  - 4.7 Discuss the importance and basics of good bookkeeping practices.
  - 4.8 Gather evidence of business transactions through receipts and bills.
  - 4.9 Record transactions in receipt and disbursement journals.
  - 4.10 Summarize journal information into a financial statement.
- 5. Trace the historical development of recreation.**
- 5.1 Describe the importance of understanding the history of recreation.
  - 5.2 Relate the history of recreation for each of the following eras:
    - a. Early Civilization.
    - b. Industrial Revolution.
    - c. Middle Ages.
    - d. Colonial America.
    - e. Renaissance.
    - f. 19th Century.
    - g. Reformation.
    - h. 20th Century.
  - 5.3 Discuss the history of recreation in Ontario.
- 6. Assess modern recreation career opportunities, trends, and issues.**
- 6.1 Review recreation career job ads to examine qualifications required.
  - 6.2 Identify recreation employment web sites.
  - 6.3 Discuss modern trends and their impact on recreation.
  - 6.4 Promote the benefits of recreation programs in the work place.
  - 6.5 Identify major issues confronting the modern day recreation professional.
  - 6.6 Relate the process involved in adapting to and accepting change.
  - 6.7 Implement strategies for assisting individuals and groups to deal with the process of change.
  - 6.8 Develop strategies to facilitate change and deal with stress.
  - 6.9 Take into account the impact of demographic changes (e.g., aging population) on recreation and leisure services.
- 7. Analyze the services offered by various recreation organizations.**
- 7.1 Trace the historical growth of recreation associations in Ontario.
  - 7.2 Explain the purpose/benefits of recreation organizations.
  - 7.3 Apply knowledge of the structure, responsibilities, and operations of private, government, and non-profit recreation or related organizations involved in the delivery of community recreation services.
  - 7.4 List the services offered by major recreation organizations.
  - 7.5 Identify the purpose and value of recreation and related professional organizations at the regional, provincial, and national levels.
  - 7.6 Promote an awareness of available recreation opportunities.
  - 7.7 Describe the Parks Recreation Ontario organizational model.
  - 7.8 Discuss various professional recreation certification programs.
- 8. Appreciate the importance of art and culture in recreation.**
- 8.1 Define and identify the various forms of art.
  - 8.2 Inventory local, provincial, and federal art and cultural organizations.
  - 8.3 Attend and critique two art/cultural experiences.
  - 8.4 Present a biography of a famous artist.
  - 8.5 Create or research an arts/crafts project.
- 9. Demonstrate computer skills using various programs.**
- 9.1 Work in a LAN computer environment.
  - 9.2 Access on-line program courses and resources.
  - 9.3 Perform editing and formatting using MS Word program.
  - 9.4 Write a business letter using MS Word.
  - 9.5 Communicate using e-mail.
  - 9.6 Use the Internet to research recreation organizations.
  - 9.7 Prepare a cover letter and resume using MS Word.
  - 9.8 Aware of scheduling computer programs (CLASS).

## Evaluation Strategy

### Grading System

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A+ Honours	90-100%										
A+	85-89%	B+	75-79%	C+	65-69%	D+	55-59%	R	Repeat	U	Unsatisfactory
A	80-84%	B	70-74%	C	60-64%	D	50-54%	S	Successful	I	Incomplete

\*For a complete detailed description please refer to the *Academic Calendar*.

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### Student Success

#### (Dial 5185 for Campus Life or 5301 for the Aboriginal Learning Unit)

Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies.

- Counselling helps with academic, career and personal/crisis issues.
- AccessAbility Services will accommodate you if you have physical, mobility, visual, auditory, medical and/or learning disabilities.
- Health Centre provides services to you in case of illness.
- Career Services offers career advice, resume and interviewing workshops.

### Waiver of Responsibility

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.