



# COURSE OUTLINE

**Course Name:** Health Promotion and Recreation

**Course Number:** OPTA 1134

**Number of Credits:** 3

**Effective Date:** September 2018

**Course Description:**

This course introduces students to the importance of healthy living and the role of the Occupational Therapy Assistant and Physical Therapy Assistant in promoting and maintaining good health through physical activity, recreation, nutrition and lifestyle choices. Students learn how recreational activities can promote health and wellness. They also learn how to implement various physical fitness programs and lead group exercise programs for older adults.

**School or Centre:**

School of Health Sciences

**Year of Study:**

1st Year Post-secondary

**Course History:**

Replacement Course

**Name of Replacing Course (if applicable):**

Fitness, Health and Wellness OPTA 1103

**Course Pre-requisites (if applicable):**

Successful admission to the program

**Course Co-requisites (if applicable):**

Semester 1 courses: OPTA 1131, 1132, 1133, 1135 and 1136

**PLAR (Prior Learning Assessment & Recognition)**

No  Yes (details below):

### **Instructional Strategies:**

Instructional strategies may include: Lecture, seminar, on-line learning, assignments, problem-based learning, videos, small group discussions, student-led review sessions, field trips and guest speakers. Lab activities will comprise a portion of this course.

### **Course Learning Outcomes:**

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

1. Explain factors which influence the health of people living in Canada
2. Describe the relationship between nutrition and health
3. Implement a physical fitness training program in a simulated environment.
4. Describe the principles of recreation on health and wellness
5. Demonstrate beginning understanding of recreation on peoples physical, cognitive and emotional health.
6. Demonstrate professional responsibilities for practice in residential care settings.

### **Program Learning Outcomes:**

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

1. Practise as an Occupational Therapist Assistant or Physical Therapist Assistant in a competent, professional, accountable and ethical manner.
2. Utilize evidence-informed rehabilitation knowledge to perform skills and implement assigned Occupational Therapy or Physical Therapy interventions.
3. Collaborate as a member of an interdisciplinary team within an evolving health care system.
4. Contribute to the development and maintenance of an effective practice environment through direct client care, organization and support of rehabilitation services.
5. Identify and report relevant information regarding the client's status and well-being to the appropriate interdisciplinary team member.
6. Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their families and other interdisciplinary team members.
7. Collect client information and complete client records.
8. Develop and implement strategies to promote professional competence within the role of the Occupational Therapist Assistant and Physical Therapist Assistant.
9. Promote, support and encourage health and wellness for self and others.

## Evaluation/Grading System

Grading System	Specify if 'Other':	Specify Passing Grade:
Letter Grades		70% or C- in both written and practical components of course

## Components and Weighting of the Assessment/Evaluation Plan:

Type	Percentage	Evaluation Plan (provide a brief explanation for each component especially if value exceeds 35%):
Quizzes/Tests	30	X 3
Lab Work	25	skills assessment
Assignments	15	X 1
Field Experience	25	as per rubric
Participation	5	as per rubric
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<b>Total</b>		<b>100</b>

## Learning Environment/Type

Instruction Type	Hours Per Instruction Type	Comments
L - Classroom	40	
B - Lab (Computer, Chemistry...)	20	
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<b>Total</b>		<b>60</b>

## Resource Material(s):

Resources are items in addition to tuition that the student is responsible for purchasing. Course resource information will be supplied by the department/instructor.

## Course Topics:

1. Overview of healthy living
2. Importance of health promotion
3. Recreation
4. Nutrition
5. Principles of physical fitness training
6. Stretching and strengthening
7. Exercise safety
8. Plan and lead a group exercise class for healthy older adult population
9. Professional behavior

## VCC Education and Education Support Policies

There are a number of **Education** and **Education Support** policies that govern your educational experience at VCC, please familiarize yourself with them.

The policies are located on the VCC web site at:

<http://www.vcc.ca/about/governance--policies/policies/>

To find out how this course transfers, visit the BC Transfer Guide at [www.bctransferguide.ca](http://www.bctransferguide.ca).

### FOR COMMITTEE USE ONLY

Approved by Curriculum Committee:	August 15, 2017	Approved by Education Council:	October 10, 2017
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