

Montgomery County Community College
 ESW 220
 Directing Fitness and Recreational Programs for Active and Aging Adults
 3-3-0

COURSE DESCRIPTION:

Designed for students in health sciences, physical education and human services, and for Gerontological service/care workers; to include YMCA employees, nursing home administrators, nurses, recreational therapists, occupational therapists, community recreation leaders, and health care advocate. Content covered will include an introduction into the field of gerokinesiology, basic theories of exercise, aging and recreation, the design of individual and group recreational and fitness programs and the social, psychological, and physical issues of an aging population.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Identify the physical, cognitive, and psychosocial aspects of aging and how these characteristics impact on the provision of recreation services.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Case Studies Exams

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
2. Explain the various social theories of aging.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Exams Research Project Create a Program
3. Develop an appropriate fitness and/or recreational program.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Create a Program
4. Develop current schedules based on the philosophical practical and theoretical perspectives of program planning.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Exam Case Studies Create a Program

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
5. Explain the concepts of leisure and recreation as it relates to the aging process.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Exam Case Studies Create a Program
6. Identify a continuum of activity for older adults by examining the types of recreation programming available on all levels of the continuum.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Create a Program Case Studies Research Project
7. Recognize existing leisure constraints and list specific recreation objectives, strategies, and techniques applicable to the aging adult.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Create a Program Case Studies Research Project

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
8. Acquire methods of client tracking and apply them to program development.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Create a Program Case Studies
9. Identify current issues and future trends affecting recreation programs for older adults within the context of functional fitness.	Group Discussions/ Blackboard Discussions Internet Web Sites Assigned Readings Lecture Role Playing Reaction Papers to Current Practices, Theories, or Issues Presentations Written Assignments Examinations Field Trips Research Project Case Studies	Research Project Create a Program Exams

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

SEQUENCE OF TOPICS:

- A. Course Introduction
- B. Physiology of Fitness
 1. Components of physical fitness applied to the aging population
- C. Fitness Theories Related to Active and Inactive Adults
 1. Physiological measurements and senior adult fitness testing
 2. Precautionary measures
- D. Fitness Activities Specifically Geared for Active and Inactive Older Adults and Rationale behind These Activities

1. Functional fitness activities
2. Activities for those with physical conditions or post rehabilitative needs
3. Tai Chi
- E. Psychological Issues Related to Exercise and Fitness
- F. Recreational Activities
 1. Low-organizational, minimal rules, limited equipment, limited objectives group recreational activities for adult day care
 2. Activities in retirement communities with resources
 3. Activities for recreation centers
 4. Forming recreational groups
- G. Low-Organizational, Team and Fitness-Oriented Group Games
- H. Dance Activities for Active Adults
 1. Line dancing
 2. Aerobic dance
- I. Team Activities
 1. Senior Games structure at tri-county, state and international levels
- J. Emergency Procedures and Risk Management
 1. Care and prevention of injuries
 2. Risk management issues
- K. Healthy Lifestyle Choices

LEARNING MATERIALS:

Jones and Rose. (2005). *Physical Activity Instruction of Older Adults*. Champaign, IL: Human Kinetics Publishing.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by:		Date:
Revised by:	Lois Butcher-Poffley, Carol Sievers and Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification:	Dr. John C. Flynn, Jr.	Date: 9/11/2009
Revised by:	Dr. Anne Livezey	Date: 6/2012
VPAA/Provost or designee Compliance Verification:	Victoria L. Bastecki-Perez, Ed.D.	Date: 6/18/2012
Revised by:	Dr. Anne Livezey	Date: 1/8/2018
VPAA/Provost or designee Compliance Verification:		Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.