

LOCK HAVEN UNIVERSITY OF PENNSYLVANIA
LOCK HAVEN, PA

RECREATION MANAGEMENT

RECREATION SERVICES FOR PEOPLE WITH DISABILITIES
RECR275

I. Introductory Information:

- A. Department Name: Recreation Management
- B. Department Catalog Number: RECR275
- C. Course Title: Recreation Services for
People with Disabilities
- D. Semester Hours of Credit: 3
- E. ~~Clock Hours Per Week:~~ 3
- F. Overlays: None
- F. Restrictions Upon Student Registration: Recreation
management majors or by permission of the instructor.

II. Description of the Course:

Catalog Description:

An introduction to recreation services for people with disabilities. The course provides an overview of disabling conditions, attitudes toward people with disabilities, appropriate terminology, legislation that impacts disability services, and accessibility issues. Techniques for working with people with disabilities that include adaptation, evaluation procedures, and needs assessment and modification will be addressed. It is designed to meet the National Recreation and Park Association's (NRPA) competencies for accreditation.

III. Exposition:

A. Objectives:

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

1. Identify prevailing societal attitudes toward people with disabilities and the means by which to change and/or further those attitudes. (NRPA 8.15)
2. Utilize appropriate and positive terminology when discussing and working with people with disabilities. (NRPA 8.15)
3. Recognize leisure/recreation as a basic human right and as a result the need to provide inclusive recreation programs. (NRPA 8.10, 8.14, 8.15)
4. Articulate the benefits and importance of recreation programming for people with disabilities. (NRPA 8.01, 8.03)
5. Identify legislation that impacts the provision of recreation services for people with disabilities. (NRPA 8.37, 8.38, 8.39)
6. Follow legislative mandates in the provision of inclusive recreation services. (NRPA 8.37, 8.38, 8.39)
7. Analyze activities for physical, cognitive and social/affective benefits. (NRPA 8.21, 8.22)
8. Evaluate recreation programs and services based on measures for inclusive recreation practices. (NRPA 8.21, 8.22, 8.24)
9. Modify activities, programs, and facilities to eliminate barriers to participation and allow for inclusive recreation practices. (NRPA 8.14, 8.24)
10. Identify principles and procedures of universal design for appropriate social, cultural, and environmental design of leisure services, areas, and facilities. (NRPA 8.24)
11. Serve as an advocate for people with disabilities. (NRPA 8.15)
12. Explain the differences between clinical therapeutic recreation and recreation services for people with disabilities. (NRPA 8.15)
13. Discuss the historical significance of disability legislation and the disability movement and the impact on current recreation services and programming for people with disabilities. (NRPA 8.02)

B. Activities and Requirements:

1. Participate in class discussions. (NRPA 8.01, 8.02, 8.03, 8.10, 8.14, 8.15, 8.24, 8.37, 8.38, 8.39)
2. Participate in role playing situations based on attitude change and accessibility awareness. (NRPA 8.10, 8.14, 8.37)
3. Complete all written exams.
4. Complete written assignments including an advocacy letter, an activity analysis and an accessibility report. (NRPA 8.03, 8.10, 8.14, 8.15, 8.21, 8.22, 8.24, 8.37, 8.38, 8.39)
5. Evaluate current recreation services and demographic statistics within a designated area and determine the potential need for inclusive recreation programming. (NRPA 8.10, 8.14, 8.21, 8.22, 8.24, 8.38, 8.39)
6. Design an inclusive recreation program using the concepts of universal design, activity analysis, and activity modification. (814, 8.15, 8.21, 8.22, 8.24, 8.38, 8.39)
7. Wheelchair exercise

C. Major Units and Time Allotted:

1. Introduction to Therapeutic Recreation and Services for People with Disabilities (NRPA 8.15, 8.10, 8.14, 8.01, 8.03) (2 hours)
 - a. Need for Recreation Services for People with Disabilities
 - b. Benefits of Inclusive Recreation Services for People with Disabilities.
 - c. Therapeutic Recreation vs. Inclusive Recreation Services
2. Attitudes and Behaviors Toward People with Disabilities (NRPA 8.15, 8.10, 8.03, 8.14) (6 hours)
 - a. Appropriate Terminology
 - b. Concepts of Normalization, Mainstreaming, and Least Restrictive Environment
 - c. Understanding Disability Culture
3. Barriers Toward Participation (NRPA 8.14) (4 hours)
 - a. Intrinsic
 - b. Environmental
 - c. Attitudinal
 - d. Communication
4. History and Legislation (NRPA 8.24, 8.37, 8.38, 8.39) (5 hours)
 - a. ADA
 - b. IDEA
 - c. Rehabilitation Acts
 - d. Architectural Barriers Act

- e. Current Use of Legislation
 - f. Universal design

 - 5. Recreation Programming for People with Disabilities (NRPA 8.14) (7 hours)
 - a. Parks and Recreation
 - b. Outdoor Programming
 - c. Arts and Disability
 - d. Wheelchair Sport, Paralympics, and Special Olympics

 - 6. Disabling Conditions (3 hours)
 - a. Physical
 - b. Cognitive
 - c. Emotional
 - d. Social

 - 7. Accessibility (NRPA 8.21, 8.22) (3 hours)
 - a. Standards
 - b. Facility Design

 - 8. Needs Assessment, Program Evaluation, and Modification (NRPA 8.21, 8.22, 8.24, 8.14) (12 hours)
 - a. Needs Assessments
 - b. Program Evaluation
 - c. Activity Analysis
 - d. Activity Modification
 - e. Adaptive Equipment and Technology
 - f. Universal Design

 - 9. Exams (3 hours)
- D. Materials and Bibliography:
- 1. Suggested text:

Dattilo, J. (2002). *Inclusive leisure services: Responding to the rights of people with disabilities* (2nd ed.). State College, PA: Venture.
 - 2. Other materials:
 - a. Videos
 - b. Selected readings
 - 3. Bibliographic support:

Adams, J. (1995). *Getting people involved in life and activities: Effective motivating techniques*. State College, PA: Venture.

Anderson, L. & Kress, C. B. (2003). *Inclusion: Including people with disabilities in parks and recreation opportunities*. State College, PA: Venture.

Ellmo, W. & Graser, J. (1995). *Adapted adventure activities: A rehabilitation model for adventure programming and group initiatives*. Dubuque, IA: Kendall-Hunt.

Kreidler, B. (2002). *Growing with care: Using greenery, gardens, and nature with aging and special populations*. State College, PA: Venture.

Smith, R., Austin, D., & Kennedy, D. (2001). *Inclusive and special recreation: Opportunities for persons with disabilities (4th ed.)*. New York, NY: McGraw-Hill.

Stumbo, N. J. (1999). *Intervention activities for at-risk youth*. State College, PA: Venture.

Stumbo, N. J. & Peterson, C. (2003). *Therapeutic recreation program design: Principles and procedures (4th ed.)*. Pearson Education: Upper Saddle, NY.

Stumbo, N.J. & Thompson, S (1986). *Leisure education: A manual of activities and resources*. Peoria, IL: Central Illinois Center for Independent Living and Easter Seal Leisure Resource Center.

IV. Standards:

Grades will be assigned in accordance with the grading policies of the University and will be based on the quality of work demonstrated by the students in meeting the course requirements.

V. Rationale and Impact:

- A. This course is designed to meet the professional needs of leisure and recreation professionals as they enter the work force. Awareness and knowledge of programming for people with disabilities is an important and necessary part of understanding client and community needs.
- B. This course is designed for recreation management majors.
- C. Existing academic programs or departments will not be affected by this proposal.

VI. Cost and Staff Analysis: None

VII. Date approved by the University president:

Signature of the President

Date