

SAMPLE ASSIGNMENTS



Suggested Schedule for Evening Class 1X per week

Date	Course Materials and Assignments	Notes
	Introduction, Name Plates, What is old? Terminology https://www.youtube.com/watch?v=IYdNjrUs4NM Chapter 1 Online Reading Competency Pretest	
	The Facts *Chapter 1 and 2 Quiz (10 points)	
	Healthy Aging and the Compression of Morbidity Andrew Weil Health Aging DVD or Video Clips *Chapter 3 Online Reading (Quiz 10 points) Biological Factors and Theories of Aging and Longevity *Complete the Health Calculator for class. Bring the results to class. https://www.livingto100.com/ Blue Zone Ted Talk *Chapter 4 Online Reading (Quiz 10 points)	
	Chronic, Acute Health Conditions and Geriatric Syndromes Websites review Review Evidence-Based Practice in Recreational Therapy: Chronic Health Conditions and Recreational Therapy Interventions Assignment Group work exploring reputable websites (NIH Aging, CDC, Alzheimer's Association) *Chapter 5 Online Reading (Quiz 10 points)	
	Psychological Perspectives, Mental Health, and Mental Disorders Discussions Review Dementia Practice Guidelines Protocols Review Nursing Home Tool Kit http://www.nursinghometoolkit.com/index.html Review Assessment Assignment Watch Still Dreaming DVD and complete discussion questions *Chapter 6 Online Reading (Quiz 10 points)	

	<p>Theoretical concepts to inform Recreational Therapy Practice Discussion, Validation Video Organize in-class Assessment Presentation *Chapter 7 Online Reading (Quiz 10 points)</p>	
	<p>Assessing Older Adults *Assessment Presentations (10 points) Review Protocol Assignment *Chapter 8 Online Reading (Quiz 10 points)</p>	
	Spring Break	
	<p>Interventions for Older Adults *Due Evidence-Based Practice in Recreational Therapy: Chronic Health Conditions and Recreational Therapy Interventions Review Protocol Assignment Psychosocial Interventions - Creative Writing, Time Slips, Reminiscence, poetry, journaling, bibliotherapy *Chapter 9 Online Reading (10 points)</p>	
	<p>Review Protocol Assignment Sensory Interventions–Simple Pleasures, Sensory Items, Animal-Assisted Therapy, Sensory Cooking</p>	
	<p>Cognitive Interventions–Brain Fitness, Games, Computer-Based Interventions *Due Review Evidence-Based Practice in Recreational Therapy Behaviors in Dementia Care</p>	
	<p>Physical Interventions–Physical - Chair Volleyball, Tetherball, Wheelchair Biking, walking programs, Falls prevention *Review website and complete scavenger hunt (10 points) https://www.cdc.gov/physicalactivity/inactivity-among-adults-50plus/index.html</p>	
	<p>Relaxation/Stress Management Interventions–Yoga, Tai Chi, Guided Imagery, Breathing, Progressive Muscle Relaxation, Aroma Therapy, Reiki Work on presentation</p>	
	*Evidence-Based Presentations and Protocols due	
	<p>The Roles of the Recreational Therapist and Job Settings *Chapter 10 and Chapter 11 Online quiz (10 points) *Clinical Observations Due and Discussion Final Reflections and Competency posttest</p>	
	Comprehensive Final	