

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

**PRLS 310 – Program Planning and Design**  
**Fall 2010**

<b>DAY/TIME:</b>	T 4:30-7:10 PM	<b>LOCATION:</b>	ENT-274
<b>INSTRUCTOR:</b>	Jennae Duarte, C.T.R.S.	<b>EMAIL ADDRESS:</b>	<a href="mailto:Jduarte1@gmu.edu">Jduarte1@gmu.edu</a>
<b>OFFICE HOURS:</b>	By appointment	<b>PHONE NUMBER:</b>	703-541-8314

**PREREQUISITE:** PHED 200, PRLS 210, SPMT 201, or TOUR 200

**COURSE DESCRIPTION:**

Fundamental principles and techniques of the planning process for health, fitness, and recreation programs. Covers specifying an area of need; goals, objectives, and mission statement; generating solutions; and selecting a program design for implementation.

**COURSE OVERVIEW**

Using theoretical models, students will design a written plan that outlines all of the programs to be accomplished in **(a) twelve activities** using **(b) ten program classifications** with the “**Health and Wellness Weekend**” as the theme **of at least (c) fourteen hours in length**. It will be designed as if it would occur in the future on the Fairfax Campus and incorporate **(1)** the Johnson Center; **(2)** Patriot Center; **(3)** Aquatic and Fitness Center; **(4)** Student Unions; **(5)** outdoors spaces; and **(6)** the Community Centers in Fairfax County. During the semester, you will also be required to volunteer/observe for a program of your choice and write up a program observation and report.

Based on lectures, the text, and outside sources, this course’s written program plan creates the beginning of a student major’s RHT portfolio. Each student will add to their portfolio's theme driven program plan throughout their future semesters' coursework, including core courses HEAL 323, PRLS 450, PRLS 460 and the 490-General Education synthesis internship course. The portfolio has provided validation to employers to hire both interns and employees.

Further, upon completion of this course, students will meet the following professional accreditation standards for NRPA Council on Accreditation:

8.16	Knowledge of the role and content of leisure programs and services.
8.17	Ability to develop outcome oriented goals and benefits for individuals and groups.
8.18	Understanding of human growth and development throughout the life cycle including the contributions a of leisure to growth, development and self-expression.
8.20	Understanding the concept and use of leisure resources to facilitate participant involvement.
8.28	Ability to formulate, plan for implementation, and evaluate extent to which goals and objectives for the leisure service and for groups and individuals within the service have been met.

## **COURSE OBJECTIVES:**

At the completion of this core course towards a B.S. in either Health, Fitness and Recreation Resources or Tourism and Events Management in RHT, students should be able to:"

1. Formulate a personal programming philosophy.
2. Justify the plan's benefits for participants after choosing program elements within their concentration of either exercise science; health promotion; parks, outdoor, and/or therapeutic recreation; sport management; or tourism and events management.
3. Prepare measurable goals relevant to their target participants and setting.
4. Accurately demonstrate in the program plan the responsibilities of a programming professional.
5. Complete a polished plan for submission that can be used in future RHT courses, for documentation towards a 490 internship, and/or for professional placement.

## **REQUIRED READING:**

Rossman, J. Robert and Schlatter, Barbara E. (2008). *Recreation Programming: Designing Leisure Experiences* (Fifth Edition). Illinois State University: Sagamore Publishing.

## **EVALUATION:**

Three Exams (worth 75 points each)	225
Written <b>Health &amp; Wellness Weekend</b> Program Plan for RHT Portfolio (completed in teams to include an oral presentation)	150
Program Observation and Report	30
Class Participation (pop quizzes, paper/pencil exercises, etc.)	<u>45</u>
	450 Points Possible

## **UNIVERSITY SNOW POLICY**

When there is a change in the university schedule due to inclement weather or other circumstances, the announcement will be made available on the university switchboard (703-993-1000), Arlington (703-993-8999) and Prince William campus (703-993-8350) information lines, and the university website ([www.gmu.edu](http://www.gmu.edu)).

## **Attendance Policy**

Mason Catalog: "Students are expected to attend the class periods of the courses for which they register. In-class participation is important to the individual student and to the class as a whole. Because class participation may be a factor in grading, instructors may use absence, tardiness, or early departure as de facto evidence of non-participation. Students who miss an exam with an acceptable excuse may be penalized according to the individual instructor's grading policy, as stated in the course syllabus."

### **There is NO make-up work.**

Accordingly, in this course, absences, tardiness, or early departure are considered de facto evidence of non-participation. Three tardies and/or early departures (including putting head on the desk and closing one's eyes) equal one absence. Three or more absences without advance permission or a doctor's note on letterhead will result in 0 points for Class Participation.

**If you miss a class, it is your responsibility to obtain class materials (notes, handouts, etc.) from sources other than the instructor.**

### **GRADING SCALE**

**All assignments are due at 4:30 PM, the beginning of class on the assigned day. No late work will be accepted without a doctor's note on letterhead.** Written work is to be typed and spell checked to avoid point deduction. Tests must be taken on assigned days unless approved ahead of time and **no class participation make-ups** will be available. Ninety percent of the total points possible equal an A, eighty percent equals a B, seventy percent equals a C, sixty percent equals a D, and fifty percent equals an F in the course.



- All students are held to the standards of the George Mason University Honor Code (for details, see <http://www.gmu.edu/catalog/9798/honorcod.html>)
- University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Resources and inform the instructor in writing, at the beginning of the semester (for procedures & details, see <http://ods.gmu.edu>)
- For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

### **OTHER USEFUL CAMPUS RESOURCES:**

UNIVERSITY LIBRARIES: "Ask a Librarian" <http://library.gmu.edu/mudge/IM/IMERef.html>

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS): (703) 993-2380; <http://caps.gmu.edu>

UNIVERSITY POLICIES: The University Catalog, <http://catalog.gmu.edu>, is the central resource for university policies affecting students, faculty, and staff conduct in university affairs.

**PRLS 310 Class Schedule Syllabus**

DATE			TOPIC	READINGS/ASSIGNMENT
T	August	31	Syllabus Presentation, Introduction to PRLS 310, discussion on assignments.	Homework: Purchase Text and READ Chapters 1&2
T	September	7	Chapters 1 & 2: Foundations for Programming and How Individuals Experience Leisure <b><u>In class assignment</u></b> – Exercise 1.2	Homework: READ Chapters 3 & 4
T	September	14	Chapter 3 & 4: 6 Key Elements of a Situated Activity System & Outcome Based Programming <b><u>In class Assignment</u></b> -Complete Exercise 2.1	Homework: READ Chapters 5 & 6 Sign up for to volunteer for a Therapeutic Recreation Program
T	September	21	Chapter 5 & 6: Developing Leisure Products & Using Goals and Objectives in Programming Development	Homework: READ Chapter 7; <b>Purchase Scantron and bring to class</b> Study for EXAM #1
T	September	28	<b>EXAM #1 on Chapters 1-6</b> Chapter 7: Developing the Agency's Programming Mission	Assignment: Develop Groups for Term Project
T	October	5	Go through Project Outline in depth Meet with your groups in class	Homework: READ Chapter 9 Assignment: 4 Program Design forms and bring to class (per group)
T	October	12	<b>NO CLASS (Columbus Break)</b>	
T	October	19	<b>Due in Class: 4 Program Design Forms</b> Chapter 9: Obtaining Participant Input Mandatory Team Meeting in Class;	Homework: READ Chapters 10 & 11
T	October	26	Chapter 10 & 11: Writing Program Design Goals & Program Design	Homework : READ Chapters 12 & 13
T	November	2	Chapters 12 & 13: Creative Programming & Preparing the Program Plan	Study for EXAM #2 and <b>bring Scantron to class</b>

DATE			TOPIC	READINGS/ASSIGNMENT
T	November	9	<b>EXAM #2 on Chapters 7-13 (no Chapter 8)</b> Chapter 14 & 15: Techniques for Program Promotion; Work in Groups on Program Plan.	Homework: READ Chapters 14 & 15
T	November	16	Chapter 16 & 17: Registration Procedures	Homework: READ Chapters 16 & 17
T	November	23	<b>Due in Class: Volunteer Observation</b> Chapter 18: Developing a Program Pricing Philosophy; Work on Program Plans in class	Homework: READ Chapters 18 & 19
T	November	30	Lecture: Determining Program Costs and Pricing Program Services; Work on Program Design Plans in class	Homework: Work on Finalizing Program Plans for presentation
T	December	7	<b>DUE in Class: Final Program Plans;</b> Group Presentations	Homework: Study for FINAL EXAM (Chapters 14-18) <b>bring Scantron to class</b>
T	December	14	<b>FINAL EXAM Chapters 14-18</b>	

*Note: Faculty reserves the right to alter the schedule as necessary.*

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