

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PRLS 310 – Program Planning and Design
Spring 210

DAY/TIME:	M 7:20-10:00 p.m.	LOCATION:	Science & Tech 1 Room 206
INSTRUCTOR:	Jenna Duarte	EMAIL ADDRESS:	Jduarte1@gmu.edu
OFFICE HOURS:	By appointment	PHONE NUMBER:	703-541-8314

PREREQUISITE: Either PHED 200, PRLS 210, SPMT 201, or TOUR 200 or Permission of Instructor (POI) per my email

COURSE DESCRIPTION:

The course provides the benefits-based components of programming across two degrees in RHT, the B.S. in Health, Fitness and Recreation Resources (HFRR) and FFR and the B.S. in Tourism and Events Management (TEM). It has been designed to include fundamental principles and techniques of the planning process for exercise science; health promotion; parks, outdoor, and therapeutic recreation; sport management; and tourism and events management. 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.

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 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 Health & Wellness Weekend Program Plan for RHT Portfolio (completed in teams to include a professional 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).

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 7:20 p.m., 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 [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❑ 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 [See www.gmu.edu/student/drc]
- ❑ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

PRLS 310 Tentative Class Schedule Syllabus
Spring 2010

DATE			TOPIC	READINGS/ASSIGNMENT
M	January	18	NO CLASS: HOLIDAY	
M	January	25	Introduction to PRLS 310- Syllabus Presentation, Assignments and Projects Discussion.	Homework: Purchase Text and READ Chapters 1 & 2
M	February	1	Lecture: Chapter 1-Basic Programming Concepts, Chapter 2-How Individuals Experience Leisure <u>In Class Exercise 1-2</u>	Homework: READ Chapters 3 & 4 Research a program you will observe & bring to class your program observation idea to class written down to turn in.
M	February	8	Lecture: Chapter 3-6 Key Elements of a Situated Activity System, Chapter 4-Outcome Based Programming <u>In Class Exercise 2-1</u> <u>Program Volunteer Idea</u>	Homework: READ Chapters 5 & 6 Develop Groups for Term Project
M	February	15	Lecture: Chapter 5-Developing Leisure Products, Chapter 6-Using Goals and Objectives in Programming Development	Homework: Study for Exam #1, Purchase Scantron and bring to class, READ Chapter 7
M	February	22	<u>EXAM #1 CHAPTERS 1-6</u> Lecture: Chapter 7-Developing the Agency's Programming Mission	Homework: READ Chapter 8 and Program Volunteer Sheet
M	March	1	<u>Due in Class: Program Volunteer Sheet</u> Lecture: Chapter 8-Developing Strategic Direction & Writing Program Management Goals	Homework: READ Chapter 9 Assignment: 4 Program Design forms and bring to class on October 20 th .
M	March	8	NO CLASS: Spring Break	

DATE			TOPIC	READINGS/ASSIGNMENT
M	March	15	<u>Due in Class: 4 Program Design Forms</u> Lecture: Chapter 9-Obtaining Participant Input, Team Meeting in Class	Homework: READ Chapters 10 & 11
M	March	22	Lecture: Chapter 10-Writing Program Design Goals, Chapter 11-Program Design; Review for Exam #2	Homework : READ Chapters 12 & 13
M	March	29	Lecture: Chapter 12-Creative Programming, Chapter 13-Preparing the Program Plan	Study for EXAM #2 and bring Scantron to class, READ Chapters 14
M	April	5	<u>EXAM #2 Chapters 7-13</u> Lecture: Chapters 14-Techniques for Program Promotion; Work in Groups on Program Plan.	Homework: READ Chapters 15, 17
M	April	12	Lecture: Chapter 15-Registration Procedures; Chapter 17-Developing a Program Pricing Philosophy	Homework: READ Chapters 18, 19
M	April	19	Lecture: Chapter 18-Determining Program Costs, Chapter 19-Pricing Program Services, Meet with Project Groups.	Homework: Work on Finalizing Program Plans for presentation on April 26 ALL GROUPS COME READY TO PRESENT
M	April	26	<u>Due in class: Final Program Project Binders and Group Presentations</u>	Homework: Study for FINAL EXAM (Chapters 14-19)
M	May	3	Group Presentations Continued...	Continue to study for FINAL EXAM
M	May	10	<u>EXAM #3 FINAL EXAM Chapters 14-19</u> 7:20-10:00 p.m.	

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