

RPTA 121: INNOVATIONS IN RECREATION FOR HEALTH AND WELLNESS

In Workflow

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Approval Path

1. Mon, 08 Mar 2021 22:36:57 GMT
Marty Wilson (mcwilson): Approved for RPTA Committee Chair
2. Mon, 08 Mar 2021 22:37:32 GMT
Marty Wilson (mcwilson): Approved for RPTA Chair
3. Tue, 16 Mar 2021 22:44:29 GMT
Heather Thompson (heather.thompson): Approved for HHS College Committee Chair
4. Wed, 17 Mar 2021 00:05:30 GMT
Mary Maguire (maguirem): Approved for HHS Dean

New Course Proposal

Date Submitted: Mon, 08 Mar 2021 22:30:48 GMT

Viewing: RPTA 121 : Innovations in Recreation for Health and Wellness

Last edit: Mon, 08 Mar 2021 22:30:47 GMT

Changes proposed by: Erik Luvaas (210464684)

Contact(s):

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Catalog Title:

Innovations in Recreation for Health and Wellness

Class Schedule Title:

Innovations in Recr for Health

Academic Group: (College)

HHS - Health & Human Services

Academic Organization: (Department)

Recreation, Parks, and Tourism Administration

Will this course be offered through the College of Continuing Education (CCE)?

No

Catalog Year Effective:

Fall 2021 (2021/2022 Catalog)

Subject Area: (prefix)

RPTA - Recreation, Parks, and Tourism Administration

Catalog Number: (course number)

121

Course ID: (For administrative use only.)

TBD

Units:

3

In what term(s) will this course typically be offered?

Fall, Spring

Does this course require a room for its final exam?

Yes, final exam requires a room

Does this course replace an existing experimental course?

No

This course complies with the credit hour policy:

Yes

Justification for course proposal:

In Fall 2020, Dr. Sheppard (RPTA) was assigned by the College (HHS) to assist Dr. Becker (KINS, HLSC Program Director) in redeveloping the HLSC program, including increasing targeted course content especially at the upper division level (which had been identified as a programmatic priority). Following a collaborative review during curriculum redevelopment, RPTA 121 was designed to provide an additional upper division course choice primarily for HLSC majors. As such, the focus of the course is on the health and wellness outcomes of engagement in recreation, parks and tourism settings, with a focus on innovative programs and opportunities. For example, leisure travel programs for targeted stress reduction, nature-based recreation to reduce symptoms of chronic inflammation, or parks infrastructure development impacting broad community health outcomes. As innovations in the field develop, so will the course content.

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)

This course provides an introduction to the outcomes and benefits of engagement in recreation, parks, and tourism activities. Examines how play, recreation, and engagement in nature, travel, and social activities contribute to enhancing the health and wellness of individuals and society. Innovative trends and issues will be explored from a holistic health perspective looking at quality of life.

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Does this course have prerequisites?

No

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):

Lecture

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1WTU per unit)

Lecture Units

3

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes: Describe outcomes using the following format: 'Students will be able to: 1), 2), etc.'

By the end of the course students will be able to:

1. Describe the foundational and emerging theories explaining the benefits of recreation and wellness to human health and wellbeing.
2. Examine health and wellness outcomes of recreation and leisure.
3. Apply recreation strategies for personal care and health benefits.
4. Outline how quality of life evidence-based practice may influence public policy and health strategies.
5. Explore current trends and innovations in recreation, health, and wellbeing.

Attach a list of the required/recommended course readings and activities:

RPTA 121 Supplementary Required Readings List.docx

Assessment Strategies: A description of the assessment strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above.

Course learning outcomes will be met through a variety of assessments including class participation, quizzes, discussion boards/ journals, reflective papers and research essays of varying length, and a mid-term and final exam. The Graded Course Activities table in the syllabus outlines how each assessment is linked to course learning outcomes. A condensed version of the table is below.

Participation in Class Meetings and Canvas Activities (ELO 1-5)

Quizzes (15 quizzes x 10 points) (ELO 1-5)

10 Journal Entries/Peer Reply (ELO 1-5)

Current Trends in Health & Wellness Paper (ELO 5)

Time Analysis Paper (ELO 2-3)

Personal Resiliency Paper (ELO 1-5)

Professional Practice Paper (ELO 4-5)

Mid-term Exam (ELO 1-5)

Final Exam (ELO 1-5)

For whom is this course being developed?

Majors in the Dept

Minors in the Dept

Majors of other Depts

Is this course required in a degree program (major, minor, graduate degree, certificate?)

No

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Integrative learning
Personal and social responsibility
Intellectual and practical skills

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Please attach any additional files not requested above:

HLSC 121 Innovations in Recreation for Health and Wellness.docx

Key: 14467