

**RTM 415OL: Leisure and Aging
SYLLABUS**

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Course Description:

The study of the bio-psycho-social aspects of aging as related to leisure and recreation. Implications for functional, environmental and leadership dimensions of leisure and recreation experience in later life. Structured community service-learning experience required of all students.

Course Objectives:

The overall goal of the course is to provide the student with knowledge and understanding necessary to perform effectively as planner, leader or facilitator of recreation and leisure activities for older adults, including intergenerational recreation experiences. Upon completion of the course the actively engaged student will:

1. Understand the physiological, sociological, and psychological characteristics of older adults in the United States.
2. Understand physiological, sociological and psychological profiles of older adults as they affect leisure participation and behavior, including theoretical frameworks.
3. Identify settings in which activities for older adults are designed and provided;
4. Understand the policies and programs supporting leisure activities for older adults in a variety of settings;
5. Determine the leisure interests and needs of older adults using a variety of techniques;
6. Plan, implement and evaluate individual and group activities that meet the leisure interests and needs of older individuals in a variety of settings;
7. Discuss/debate the influence of race, gender, ethnicity and social "class" on the leisure needs, interests and participation patterns among older adults;
8. Identify economic, political and demographic trends in leisure and recreation that hold implications for professional service to older adults.



Course Text

Paperback in the CSUN bookstore.

Francis A. McGuire, Rosangela K. Boyd, and Raymond E. Tedrick *Leisure and Aging Ulyssean Living in Later Life Third Edition.*

Course Content

The Aging Journey and Theoretical Perspectives on Aging.

Biological and Cognitive Processes.

Psychological Aging and the Importance of Leisure.

Enhancing the Leisure Experience, Time and Activities in Retirement.

Ethnicity and Gender.

Living environments, leisure and recreation in long-term care.

Evaluation and Grading Policy:

- Written assignments will be judged on content, organization, neatness, timeliness, syntax and spelling. All papers must:
-Assignments are to be typed and follow the APA Guidelines

-Assignments are to be clear and organized and reflect revision of material, including grammar, spelling, and typographical errors.

-Assignments are to avoid vagueness and unsupported generalizations.

-Assignments are to give proper credit to ideas, phrases and sentences of others.

Failure to give proper credit is plagiarism and will be awarded receive zero points.

<i>Grade</i>	<i>Points</i>
A	360-400
B	319-359
C	278-318
D	237-277
F	236 & below

Adherence of assignment guidelines	20%
Grammar, spelling, punctuation	15%
Writing in APA format	15%
Clarity of Thought, Logical Presentation	20%
Ability to Apply Learned Concepts	30%
Total	100%

Course Evaluation Point Breakdown:

Course "Buddy" 4 Papers (each worth 100 pts.)	400
Total Points Possible	400

Written assignments/papers will be judged on content, organization, neatness, timeliness, syntax and spelling. All papers must be clear and organized and reflect revision of material, including grammar, spelling and typographical errors. Follow the APA guidelines found in the book store.

-Avoid vagueness and unsupported generalizations and give proper credit to ideas, phrases and sentences of others-to not due so is plagiarism and will be given zero points. Zero points will be given to anyone turning in someone else's work.

-Assignments are due the week indicated, (send via email as an attachment); **one minute past the deadline date late work will be deducted 10%.**

All papers (NO EXAMINATIONS) are to be done in Microsoft word (not a zip file), in English, have a title page, page numbers, and 1" margins all around and 1 ½ "spacing between lines and 2 spaces between paragraphs, when appropriate footnotes and reference page.

The title page is centered on the first sheet, size 12 font and include;

1st line: Assignment Title
 2nd line: Your Full Name
 3rd line: RTM 330 OL Women and Leisure
 4th line: CA State University Northridge
 5th line: Date the assignment is turned in

FIRST PAPER	Point Value	DUE DATE	Total Pages
<p>TITLE: Buddy, Theory and Article</p> <p>Course Buddy: 70 years of age or older, someone you know or someone you can find who would be willing to share some information with you) write a short biography of your "buddy." Include their name, age; gender, widow, single, married, children, grandchildren, hobbies, highest education, career, how you found them, relationship to you and how you will be maintaining contact them and then discuss and then ask your buddy to define "successful aging" and whether he/she is an example of successful aging.</p>	100	4th week (To be turned in anytime from Sunday through Saturday midnight of that week)	4-5 pages not including title and reference page.

<p>Research and explain the various theories in chapter 2 and then explain how and why one or more of those theories best describes your course “buddy.”</p> <p>Include in this paper a newspaper article about an older person. Document the article (name of newspaper/ section/date/ page(s) article is found on) and describe how it illustrates one of the aging theories.</p>			
<p>SECOND PAPER</p>	<p>Point Value</p>	<p>DUE DATE</p>	<p>Total Pages</p>
<p>TITLE: Biological Changes & Alternatives</p> <p>Research and discuss biological, physical and memory changes. Discuss this topic with your “buddy”:</p> <ul style="list-style-type: none"> - Concerns/fears about physical changes and memory loss. -Life changed as a result of declines in physical functioning? -Include in your paper these discussions and the relative importance of physical versus social aging in shaping life. Which is more important and why? -Talk to your buddy about nursing/convalescent homes and his/her attitude about them. (Chapters 3,4,5 & 11) -Discuss alternative models, such as Eden Alternative, and get his/her opinion about these alternative facilities. <ul style="list-style-type: none"> -Visit a Nursing/Convalescent or Assisted Living facility; include the following: <ul style="list-style-type: none"> -the date, time of your visit, address and facility phone number, and contact person and title. -Describe the facility and the layout. -How did the facility smell when you walked in? -How many people does it serve? -How many staff? What experience and educational background do they have to work with seniors? -Did the staff go through a background check and finger printing? -Do they require TB and Drug Tests? -What kind of volunteer program do they have? -How do they handle natural disasters and medical emergencies? -What type of recreational activities do they provide? If someone doesn’t go to activities, how do they provide them with “quality of life?” <p>Your final summation; discuss what you learned about the facility, what type of rating they had after a recent state survey and your feelings during your visit. Is this a place you would want a loved one to go? Why or why not?</p> <p>Everything is to be turned in as one paper, not separate documents.</p>	<p>100</p>	<p>8th week</p> <p>(To be turned in anytime from Sunday through Saturday midnight of that week)</p>	<p>4-5 pages not including title and reference page.</p>
<p>THIRD PAPER</p>	<p>Point Value</p>	<p>DUE DATE</p>	<p>Total Pages</p>

<p>3. Senior Travel and Tourism Paper (Chapters 6-9)</p> <p>Discuss leisure and travel with your “buddy.”</p> <p>Include the following information about your buddy and anything else you discover:</p> <ul style="list-style-type: none"> -Has leisure and travel changed since retirement, if not retired or retired what they are doing for recreation and leisure? -Do they travel in or out of the country, and if they do, where have they gone and want to travel to? -What do they enjoy most and least about traveling? <p>-Visit a local travel agency (provide the name of the agency, date, time, location, phone number and travel agent you spoke to- if there is none in your community, go in and check with AAA, they offer travel and work with a number of seniors).</p> <ul style="list-style-type: none"> -What are the most common countries seniors travel to? -What are the preferred types of accommodations? -Do they prefer, for example, cruises or land tours, hotels, hostels etc? -How much money do they tend to spend on these tours? -Are there certain months that they travel more than others? -How many go on them? How long do they travel? -Find out as much as you can about seniors travel and tourism. -Who travels more, men or women, couples or singles? -If there is a natural disaster or medical emergency, how is that handled? <p>In your final summation discuss what you learned from this experience and how you felt about doing it. Would you recommend this travel agency to a friend or loved one-</p> <p>Why or why not?</p>	100	<p>11th week</p> <p>(To be turned in anytime from Sunday through Saturday midnight of that week)</p>	<p>4-5 pages not including title and reference page.</p>
FOURTH PAPER	Point Value	DUE DATE	Total Pages
<p>4. Seniors Recreation and Leisure (Chapters 6, 7,8 & 9)</p> <p>Visit a local Senior Recreation Center (Include the date and time of the visit, facility name, address, phone number, hours and days of operation and the person’s name and title you met with).</p> <p>Tour the facility and include in your paper:</p> <ul style="list-style-type: none"> - Facility lay out -Is there a fee? -What types of equipment and supplies are available -What programs and activities -How many seniors participate in the programs -Do they accommodate seniors using wheelchairs or walkers? -Are there more men than women, single, widow, married - What is the average income? -Are there medical services, social services, grief counseling? -Are meals served, is there a cost? -Day outings? Where do they go and how much does it cost? -Adult Day Care Program -What are the outcomes of the programs, activities and services being offered? -Who are the professionals that run the facility and programs? What type of experience and educational background do they have to work with seniors? -What type of background checks, education and training did they have? -Is there specialized staff such as Psychologists, Social Workers, and Recreation Therapists etc? -Do they have a volunteer program? 	100	<p>14 week</p> <p>(To be turned in anytime from Sunday through Saturday midnight of that week)</p>	<p>4-5 pages not including title and reference page.</p>

