Creation date: August 29, 2022
Revision date:

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

RECR 3120: Promoting Wellness within Communities

Course Format:
[Course format may vary by instructor. The typical course format would be:]

Lecture 2.0 h + Seminar 1.0 h + Lab. 1.0 h

Credits: 3.0   **Transfer Credit:** For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

Students investigate the role recreation practitioners play in the development of wellness in individuals, organizations, and communities. Students assess their own wellness and create personal plans for behavioural changes to contribute to a balanced lifestyle. Building on this personal experience, students research and analyze wellness in organizations and communities to make informed recommendations for improving organizational and community wellness.

Registration in this course is restricted to students admitted to the Bachelor of Recreation Management and the Diploma in Recreation Leadership.

Prerequisite(s): Completion of a minimum of 60 credits including a minimum "C" grade in six credits of university-transferable English or communications; or permission of the department.

Learning Outcomes:

Upon successful completion of this course, students will be able to…
- Explain and analyze the components of wellness and the benefits of wellness and a balanced lifestyle for individuals, groups, organizations and communities
- Develop, implement and evaluate a personal wellness strategy
- Research, analyze and recommend wellness strategies for organizations (employees and volunteers)
- Research, analyze and recommend wellness initiatives and partnerships for communities
- Identify and critique current trends, issues and best practices in personal, organizational and community wellness

Instructor(s): TBA
Office: TBA   **Phone: (604) 323-XXXX**
Office Hours: TBA   **Email: TBA**

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Textbook and Course Materials:
[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

For textbook information, visit https://mycampusstore.langara.bc.ca/buy_courselisting.asp?selTerm=3|8

Note: *This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.*

Assessments and Weighting:
Final Exam
Other Assessments
[An example of other assessments might be:]

Information unavailable, please consult Department for details.

Grading System:
Specific grading schemes will be detailed in each course section outline.

Information unavailable, please consult Department for details.

Topics Covered:
[Topics covered may vary by instructor. An example of topics covered might be:]

Information unavailable, please consult Department for details.

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As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

E1003 - Student Code of Conduct
F1004 - Code of Academic Conduct
E2008 - Academic Standing - Academic Probation and Academic Suspension
E2006 - Appeal of Final Grade
F1002 - Concerns about Instruction
E2011 - Withdrawal from Courses

Departmental/Course Policies:

Information unavailable, please consult Department for details.

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