MOHAWK VALLEY COMMUNITY COLLEGE

UTICA & ROME, NEW YORK

Course Outline

**RE105- Recreation Leadership and Activity Development**

Course Description: C-2, P-2, Cr-3

This course develops skills and techniques used in leading individual and group activities for all ages. The 11 program areas in the field of Recreation and Leisure are covered. Emphasis is placed on developing lesson plans and presenting activities. Field trips are included.

Co-requisite: RE100 Introduction to Recreation.

**Student Learning Outcomes**

The student will be able to:

1. Demonstrate a basic understanding of the specific and specialized skills and techniques used to lead individual and group activities for all ages.

2. Demonstrate the ability to develop lesson plans and lead selected activities as they relate to the recreation profession.

3. Adapt/modify all recreation activities to meet the need of special populations, focusing on inclusion.

4. Demonstrate the ability to work collaboratively to promote, organize and administer selected special events and tournaments.

5. Demonstrate a basic understanding of the “New Games/Project Adventure Philosophy” as it may apply in various recreation settings.

6. Evaluate the safety risks involved in each presented activity.

**Major Topics**

* Introduce the Eleven Program Areas
* Writing Lesson Plans- Game Lab Procedures
* Leadership in Recreation & Leisure; Strategies for Programming
* Leading Youth-Leader as a Teacher
* Principles of Games Leadership
* Leading Older People
* Leadership Objectives
* Attitudes & Stereotypes
* Working with People with Disabilities
* Leading Aquatic Activities
* Games Contests
* Leadership in the Outdoors/playgrounds/day camp activities
* Leading Cultural Festivals
* Cultural Arts

Updated: 07/2023