

Department of: Health and Leisure

Course No. RC 345

Title of Course: Youth Development Through Leisure

New: X

I. Catalog Description and Credit Hours: Understanding developmental stages of youth and the impact of recreational programs on character, identity, and personal growth. Focus on facilitating changes in leisure behavior. (3 credit hours)

II. Prerequisites: RC 245

III. Course Objectives:

Upon successful completion of this course the students will be able to:

- A. Thoroughly understand and articulate the stages of human development through adolescence.
- B. Demonstrate understanding and awareness of basic helping skills.
- C. Describe the roles that character education and personal effectiveness programs play in assisting in the development of young people's morals, values, and ethics.
- D. Understand the importance of leisure and recreation in the delivery of youth development programs.
- E. Develop, lead, and evaluate leisure and recreation programs that assist young people with character and identity development.
- F. Articulate the types of social factors that influence young people's lifestyle choices.

IV. Expectations of Students:

- A. Students will participate in all class meetings and are expected to have completed pertinent assignments prior to class meetings
- B. Students will be expected to fully participate in experiential laboratory and out-of-class experiences as described by the course outline at the beginning of the semester.
- C. Students will achieve satisfactory grades on tests, reports, journals, class activities, and other assignments.

V. Course Content:

- A. Developmental Stages
 1. Childhood: The Emergence of Leisure
 - a. Infant
 - b. Toddler
 - c. Pre-school
 - d. Early Elementary
 - e. Pre-adolescence
 2. Adolescence: Finding a Self to be Enjoyed
 - a. Early Adolescence
 - b. Adolescence

Hours

9

B. Character Development and Identity Formation	12
1. Morals	
2. Values	
3. Ethics	
4. Social Competence	
5. Emotional Development and Intelligence	
6. Relevance of Leisure in Identity Formation	
7. Derailment of Identity Formation in Leisure	
8. Leisure Identity and Stabilization	
C. Leadership Strategies in Youth Development	12
1. Facilitation Skills	
2. Assessing	
3. Planning	
4. Preparing	
5. Leading	
6. Evaluating	
D. Current Issues in Youth Development	12
1. Deviance	
2. Conformity	
3. At-risk Youth	
4. Risk Management	
5. Supervision	
TOTAL:	45 hours

VI. Textbooks:

Stumbo, N.J. (1999). *Intervention activities for at-risk youth*. State College, PA: Venture.

Additional Resources:

Benson, P.L., Galbraith, J. & Espaland, P. (1998). Free Spirit Publishing. *What kids need to succeed* (Rev. ed.).

Edginton, S.R. & Edginton, C. (1994). *Youth Programs: Promoting Quality Services*. Champaign, IL: Sagamore

VII. Basis for Student Evaluation:

A. Written Exams and Quizzes	50%
B. Journals and Observation	25%
C. Youth Development Leadership and Presentations	25%