Department of: Health and Leisure

Title of Course: Youth Development Through Leisure

Course No. RC 345

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
   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
   1. Facilitation Skills
   2. Assessing
   3. Planning
   4. Preparing
   5. Leading
   6. Evaluating

D. Current Issues in Youth Development
   1. Deviance
   2. Conformity
   3. At-risk Youth
   4. Risk Management
   5. Supervision

TOTAL: 45 hours

VI. Textbooks:

Additional Resources:
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%