

GERONTOLOGY-BASED THERAPEUTIC RECREATION (GBTR)

This is a list of the Gerontology-Based Therapeutic Recreation (GBTR) courses available at KPU.

GBTR 1100 CR-3

Introduction to Aging

Students will explore concepts, theories, demographics and trends of aging and the community resources available for the older adult. They will explore the role of the gerontology-based therapeutic recreation practitioner. Students will explore personal attitudes towards wellness and aging.

GBTR 1111 CR-3

Facets of Aging

Students will explore health challenges commonly found in the elder population and implications for the clients, societal relationships, and quality of life. They will explore client-focused care philosophy within the context of activity programming. Students will reflect on personal values and beliefs regarding death and dying.

GBTR 1120 CR-3

Program Planning and Design

Students will explore models of practice in gerontology-based therapeutic recreation. They will examine the process of program planning and reflect upon their role in the delivery of programs.

GBTR 1130 CR-1.5

Introduction to Fitness for Seniors

Students will learn the basis of human movement. They will design adapted exercise programs based on common health challenges experienced by seniors. Students will demonstrate a variety of exercises in a simulated environment.

Prerequisites: GBTR 1100 and GBTR 1111 and GBTR 1120

GBTR 1200 CR-2

Identity and Dementia

Students will explore the pathology of dementias and the variety of philosophies and models of practice in special care programming. They will integrate the concepts of personhood and client-centred care as they relate to persons with dementia and the community that supports them.

Prerequisites: GBTR 1100 and GBTR 1111 and GBTR 1120

GBTR 1210 CR-2

Dementia Care Programming

Students will identify adaptations needed for programming for people at different stages of dementia. They will explore a variety of concepts, models and philosophies for implementing programs for people with different types of dementia.

Prerequisites: GBTR 1200

GBTR 1235 CR-3

Recreation Assessment and Planning

Students will examine the continuing care system and professional roles and responsibilities of the gerontology-based therapeutic recreation practitioner. They will apply the principles of person-centred practice to the development of individualized recreation care plans.

Prerequisites: ECHS 1125 and ECHS 1135 and GBTR 1120

GBTR 1241 CR-2

Valuing Ethnicity and Diversity

Students will learn about prevalent ethnocultural beliefs, values, norms, and traditions and reflect on how these concepts affect gerontology-based therapeutic programs. They will explore their own cultural being and develop an awareness and understanding of ethnocultural groups different from their own.

Prerequisites: GBTR 1120

GBTR 1250 CR-2

Practicum I

Students will practice skills and apply theory while performing the duties of a gerontology-based therapeutic recreation programmer in external community settings. They will develop caring relationships with clients and respectful working relationships with peers and facility staff. Students will participate in seminars to discuss self, theory and practice issues.

Prerequisites: GBTR 1100 and GBTR 1111

GBTR 1255 CR-2

Practicum II

Students will practice skills and apply theory while performing the duties of a gerontology-based therapeutic recreation programmer in external community settings. They will develop caring relationships with clients and respectful working relationships with peers and facility staff. Students will participate in seminars to discuss self, theory and practice issues.

Prerequisites: GBTR 1250

GBTR 1320 CR-3

Leadership in Therapeutic Recreation

Students will analyze the different leadership roles and responsibilities of a gerontology-based therapeutic recreation programmer in the workplace. They will analyze and discuss the importance of being role models and leaders of programs involving residents, volunteers, staff and family members. Students will reflect on how individuals and organizations contribute to the advancement of the profession.

Prerequisites: GBTR 1120 and GBTR 1150 and ECHS 1115 and ECHS 1125

GBTR 1350 CR-2

Practicum III

Students will integrate and apply theoretical concepts from their coursework in a final practicum in an extended care or special care setting. They will develop caring relationships with clients and effective working relationships with peers and facility staff. Students will participate in seminars to discuss self, theory, and practice issues.

Prerequisites: GBTR 1255 and GBTR 1241