

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: CHD 235

Credits: 3

Course Title: Health and Recreation for School-Age Children

Course Description: Examines the physical growth of school-age children and the role of health and recreation in school-age child development. Explores the use of medication, misuse of drugs, health issues of children, and the availability of community resources. Lecture 3 hours per week.

General Course Purpose: Students will gain knowledge in growth, health, and recreation of school-age children. This course is a requirement for the certificate in school-age care.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon successful completion of the course, the student will be able to:

- a. Plan, implement and discuss the elements of an effective school-age child care program;
- b. Provide opportunities for play, recreation, and rest;
- c. Explore environments, equipment, and resources to suit a range of ages;
- d. Implement plans that consider the issues in providing for enrichment/homework within the setting;
- e. Discuss the importance of developing program plans that are inclusive of children and young people:
 - with special needs
 - from diverse cultural backgrounds
 - from ethnic groups
- f. Identify strategies for successful program planning to include short-term planning, medium-term planning, long-term planning;
- g. Explore strategies to ensure a strong focus on play/recreation;
- h. Discuss the play, recreation, and rest needs of children and young people in the school-age child care setting;
- i. Consider ways the social skills of children and young people can be supported through play and recreation;
- j. Develop a range of activities that address the developmental, recreational, interest, and creative needs of children and young people;
- k. Explore a range of environments (indoor and outdoor) suitable for a school-age child care setting;
- l. Identify appropriate equipment/resources suitable for use with/by children and young people aged 6 to 18 years; and
- m. Examine the role and responsibilities of the school-age child care worker in supervising and supporting children and young people with their homework.

Major Topics to Be Included:

- a. Collaborative program planning
- b. Play, recreation, and rest
- c. Environment, equipment, and resources

d. Homework/enrichment

Effective Date of Course Content Summary: September, 2009