Course Prefix and Number: CHD 235

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;
I. 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