



EFFECTIVE: JANUARY, 2007
CURRICULUM GUIDELINES

A. Division: Educational Division Effective Date: January, 2007

B. Department / Program Area: Faculty of Child, Family and Community Studies: Therapeutic Recreation Revision New Course

If Revision, Section(s) Revised: **H**
 Date of Previous Revision: 25 November 2004
 Current Date: 15 May 2006

C: THRT 2309 **D:** Physical Fitness: Assessment and Programming **E:** 3

Subject & Course No.	Descriptive Title	Semester Credits
F: Calendar Description: This course prepares the student to plan, implement and evaluate recreation and health programs involving physical fitness for people of different ages, cultures and abilities.		

G: **H:** Course Prerequisites:

Activity Selection and Adaptation

- Activity analysis
- Activity adaptations for physical fitness
- Choose appropriate fitness activities based upon activity analysis
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