

ORIGINAL COURSE IMPLEMENTATION DATE:

REVISED COURSE IMPLEMENTATION DATE:

May 2018 September 2023

COURSE TO BE REVIEWED (six years after UEC approval):

February 2029

Course outline form version: 09/08/2021

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Full Title: Play, Expressive, and Nature-Based Practices Short Title: Play, Expressive, Nature-Based Faculty: Faculty of Education, Community, & Human Dev. Studies Calendar Description: The therapeutic and developmental value of play across contexts is examined. Historical and contemporary play theory, application, and skills/strategies for engaging in play in trauma-informed, inclusive, and culturally relevant ways are explored and experienced. Children's right to play, Indigenous perspectives of outdoor play, nature-based pedagogy, and expressive therapies are highlighted. Note: Students with credit for CYC 770 cannot take this course for further credit. Prerequisites (or NONE): Admission to the Bachelor of Arts in Child and Youth Care and (45 university-level credits or department head's permission). Corequisites (if applicable, or NONE): Prefcorequisites (if applicable, or NONE): Prefcorequisites (if applicable, or NONE): Prefcorequisites (fi applicable, or NONE): Prefcorequisites (if applicable, or NONE): Special Topics course: No (If yes, the course will be offered under different letter designations representing different topics.) Directed Study course: No (If yes, the course will be offered in multiple delivery modes Expected frequency: Every other year Maximum enrolment (inclintant and Recognition (PLAR)) PLAR is available for this course. Scheduled Laboratory Hours Labs to be scheduled independent of lecture hours: \(\text{N} \) \ \ \ \ \ \ \ \ \ \ \ \ \	Course Code and Number: CYC 470		Number of Credits: 3 Course credit policy (105)					
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Faculty Council approval Date of meeting: December 2, 2022	Department approval				Date of meeting:	Oct 19, 2022		
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Undergraduate Education Committee (UEC) approval Date of meeting: February 24, 2023	Undergraduate Education Committee (UEC) approval				Date of meeting:	February 24, 2023		

Learning Outcomes (These should contribute to students' ability to meet program outcomes and thus Institutional Learning Outcomes.)

Upon successful completion of this course, students will be able to:

- 1. Identify historical and contemporary theoretical perspectives on play interventions for infants, children, youth and young adults.
- 2. Critique play/expressive, and nature-based therapies and their uses with diverse and Indigenous infants, children, youth and young adults.
- 3. Weave understandings of relationally and culturally safe play, expressive therapies, and outdoor play and nature-based pedagogy into Indigenous, diverse, and inclusive perspectives.
- 4. Integrate techniques of play/expressive therapy and nature-based practices into their skills.
- 5. Assess when to use various techniques of play/expressive therapy and nature-based activities in their practice with infants, children, youth, and young adults.
- 6. Differentiate between a medium such as play, and the therapy it can produce.
- 7. Design several innovative techniques to engage with infants, children, youth and young adults.

Recommended Evaluation Methods and Weighting (Evaluation should align to learning outcomes.)

Assignments: 40%	Project: 40%	Holistic assessment: 20%
%	%	%

Details:

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Instructional Methods (Guest lecturers, presentations, online instruction, field trips, etc.) Seminars/tutorials/workshop, experiential and cultural learning activities

Texts and Resource Materials (Include online resources and Indigenous knowledge sources. <u>Open Educational Resources</u> (OER) should be included whenever possible. If more space is required, use the <u>Supplemental Texts and Resource Materials form.</u>)

Туре	Author or description	Title and publication/access details	Year
1. Textbook	Landreth, G.	Play Therapy: The Art of the Relationship	2012
2.			
3.			
4.			
5			

Required Additional Supplies and Materials (Software, hardware, tools, specialized clothing, etc.

Additional play materials/supplies which will be available to order and ship to students from the UFV bookstore.

Course Content and Topics

- Historical and contemporary theoretical perspectives of play
- The developmental and therapeutic value of play in the context of growth, development, learning and healing
- Observing and assessing play in infants, children, youth, and young adults
- Play, expressive therapies, outdoor play, and nature-based pedagogy through Indigenous, diverse and culturally relevant perspectives
- Influence of environment on play: children's right to play
- Skills/strategies for engaging in play in trauma-informed, inclusive, and culturally relevant ways
- Guiding infants, children, youth, and young adults to psychological health through the use of play, expressive therapies, outdoor play and nature-based practices