



AAP-112 – Activity for Well Being

Health and Human Services

Effective Term & Year: Fall 2024

Course Outline Review Date: 2029-03-01

Program Area: Health

Description:

This course builds on AAP 111 to assist students in gaining the knowledge and skills that will allow them to function effectively in the Activity Assistant role. The course emphasizes a client-centered approach and effective communication skills in planning, implementing, and evaluating activities that promote optimal well-being of clients, both individually and in groups. The significance of purposeful activity is examined, while considering the influence of personal interests, values, self-concept, and cultural perspective on activity preferences, and participation.

Program Information:

This course is a requirement of the Activity Assistant Associate Certificate.

Delivery Methods: Online

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	30
Seminar/Tutorials	
Laboratory/Studio	

Practicum/Field Experience

Co-op/Work Experience

Other

Total 30

Course Requisites:

- Completed the following:
 - [AAP111](#) – Framework for the Activity Assistant Role (1)

Flexible Assessment: No

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrollment Service office.

Textbook Resources:

All required readings and notes will be available on COTR's online course webpage.

Learning Outcomes:

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

- articulate the impact of purposeful activity on individual well-being, and demonstrate an understanding of how personal interests, values, self-concept, and cultural perspective shape activity preferences;
- implement a client-centered approach in program planning, effectively using information from client assessments to tailor activities to individual need;
- demonstrate an in-depth understanding of the principles involved in facilitating one-to-one and group programs for individuals experiencing physical and cognitive limitations;
- produce detailed documentation that supports client-centered care and enhances collaboration within interdisciplinary care teams; and
- explain the program evaluation process, emphasizing the importance of continuous

evaluation in assessing the success of program objectives.

Course Topics:

- Understanding Purposeful Activity
- Principles in Program Planning
- Principles in Program Implementation
- Documentation Procedures
- Evaluating Program Effectiveness

See instructor syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: Online

Assessment Type	% of Total Grade
Discussion & Reflection	30%
Program Planning Portfolio	30%
Weekly Exercises Resource Development	40%
Total	100%

Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
 - Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.