



## **Recreational Programs for Women CEWM 5171**

New Orleans Baptist Theological Seminary  
Christian Education Division

Judi Jackson, PhD  
Adjunct Professor  
Hardin Student Center  
3939 Gentilly Blvd.  
New Orleans, LA 70126  
(504) 282-4455 ext. 8072  
jjackson@nobts.edu

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*The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church.*

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### **Purpose of the Course**

The purpose of this course is to provide quality, supplemental training specifically focused in the area of recreational programs for women's ministry.

### **Core Values**

*Doctrinal Integrity* – Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. The doctrinal statements used in our evaluations are our Articles of Religious Belief and the Baptist Faith and Message Statement.

*Spiritual Vitality* – We are a worshiping community, with both personal spirituality and gathering together as a Seminary for the praise and adoration of God and instruction in His Word.

*Mission Focus* – We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries.

*Characteristic Excellence* – What we do, we do to the utmost of our abilities and resources as a testimony to the glory of our Lord and Savior Jesus Christ.

*Servant Leadership* – We follow the model of Jesus and exert leadership and influence through the nurture and encouragement of those around us.

Annually, the President will designate a core value that will become the focus of pedagogy for the year. For the 2015-2016 academic year, that Core Value is *Mission Focus*.

### **Curriculum Competencies**

This course will address the following curriculum competencies:

1. *Biblical Exposition*: The student will explore biblical teachings about ministry to women.
2. *Christian Theological Heritage*: The student will explore theological and historical background for women's ministry.

3. *Disciple Making*: The student will learn to train others by sharing spiritual lessons learned through personal research, study, and life experience.
4. *Interpersonal relationships*: The student will explore relationship-building through recreational activities, enhancing skills of instruction and encouragement while developing participants in life skills and improving their self-esteem.
5. *Servant Leadership*: The student will discover how to serve those engaged in recreational programs as well as lead them in developing spiritually, physically, socially, and mentally.
6. *Spiritual and Character Formation*: The student will facilitate leadership training, modeling intentional ministry through the use of recreational programs.
7. *Worship Leadership*: The student will increase skills for leading women in the church.
8. *Administration*: The student will learn to provide competent administration of recreational programs.

### **Catalog Course Description**

This course is designed to examine the role of recreation in women's ministry. Often used as "front door" events, personal fitness, weight control, and craft programs will be among the areas to be explored.

### **Student Learning Outcomes**

By the completion of this course, each student should be able to accomplish the following:

1. *Cognitive*: Research and understand the diverse recreational opportunities available for implementation in women's ministry programming.
2. *Affective*: Value the use of various strategies for recreational programs for women in the local church.
3. *Psychomotor*: Apply her knowledge and comprehension of the role of recreation in a balanced women's ministry.

### **Required Readings**

The following texts and resources are required reading for class discussions and are to be read in their entirety unless otherwise specified.

1. Brown, Stuart. *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*. New York: Avery Trade, 2010. ISBN: 978-1-58333-333-4
2. Broslma, Judy. *Crafts Galore! The Ultimate Guide for Girlfriends*. Loveland, CO: Group Publishing, 2007. ISBN: 978-0-7644-3557-4 (Out of print; instructor has copies for sale.)

3. Wuellner, Jill. *Icebreakers Galore! The Ultimate Game Guide for Girlfriends*. Loveland, CO: Group Publishing, 2007. ISBN: 978-0-7644-3625-3

### **Teaching Methodology**

**Units of Study.** Topics will include:

1. Philosophy and Ministry of Recreation
2. Fitness / Nutrition
3. Mixers and Icebreakers
4. Arts and Crafts
5. Personal Enrichment

**Teaching Method.** This course will utilize lecture and interactive discovery-learning and will be team-taught. The student should expect different presentation formats to enhance the learning motif.

### **Assignments and Evaluation Criteria**

1. Students will engage in weekly assignments and discussion boards, contributing to the group learning process with significant and timely submissions.
2. Students will read course textbooks and related articles as assigned. Students will submit a statement verifying completion of their reading on the final exam.
3. Students will complete a final examination.
4. Students will submit an interview project.

### **Interview Project**

Student will contact a church presently offering one of the recreational programs reviewed in the course and conduct an interview to determine

1. the success of the program
2. how the need for the program was determined
3. how the program was promoted
4. response to the program
5. strengths/weaknesses of the program
6. other issues pertinent to the program.

The project report should be approximately five-to-seven pages, typed and double-spaced following *A Manual for Writers of Term Papers, Theses, and Dissertations* by Kate Turabian, published by University of Chicago Press. It may be verbatim-style or as a paragraph-by-paragraph report.

Students must submit assignments and the final exam for grading in accordance with the instructions of the course professor. **Please note:** any course requirements received after the specified submission deadline (i.e., four weeks after the class) will be subject to a late penalty. All requirements must be received by the end of the semester or the student will receive a course grade of an "F." Please note that students may not receive an Incomplete for any Internet course (as per the policy on Incomplete Work in the 2015-2016 Graduate Catalog, [www.nobts.edu](http://www.nobts.edu)).

## Course Evaluation

This course will follow the grading system for the Graduate School:

A = 93-100	50% = Weekly Assignments/Discussion Boards
B = 85-92	25% = Interview Project
C = 77-84	25% = Take Home Final Examination
D = 70-76	
F = Below 70	

## Course Policies

**Netiquette:** *Appropriate Online Behavior:* Each student is expected to demonstrate appropriate Christian behavior when working online on the Discussion Board. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

**Blackboard:** You are responsible to check Blackboard for grades, assignments, course documents and announcements. You are also responsible for maintaining current information regarding email address on the Blackboard system and SelfServe.

**Academic Honesty Policy:** All NOBTS students, whether on-campus, internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

**Plagiarism:** A high standard of personal integrity is expected of all students. Copying another person's work, submitting downloaded material without proper references, submitting material without properly citing the source, submitting the same material for credit in more than one course, and other such forms of dishonesty are strictly forbidden. Although anything cited in three sources is considered public domain, we require that all sources be cited. Any infraction will result in failing the course. Any infraction will be reported to the Dean of Students for further action.

**Correspondence with the Professor:** Every effort is made to respond to emails and phone calls within 24-48 hours, excluding weekends. Please feel free to contact me with any question you may have regarding this course.

**Assignment Formatting:** Unless otherwise noted, all assignments are to be created in Turabian format. All papers must be written in third person unless otherwise instructed, and created in 12 pt. Times New Roman font.

## Course Schedule/Assignments

### **Unit/Week One:**

Syllabus Review; Student Introductions; Introduction to Recreation (Philosophy and Ministry)

*Obtain and begin reading the required textbooks including*

- Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul
- Crafts Galore! The Ultimate Guide for Girlfriends
- Icebreakers Galore! The Ultimate Game Guide for Girlfriends

*Read provided supplemental material (Chapter 1 of John Garner's Recreation and Sports Ministry). Write a 2-3 page summary (double-spaced), giving particular attention to the cultural descriptives and offering examples of how this applies specifically to the 21st century woman.*

### **Unit/Week Two:**

Play with a Purpose

*Continue reading the textbook Play: How It Shapes the Brain ..., giving special attention to integrating these concepts into a philosophy of recreation in women's ministry. Create and submit one discussion question (and appropriate answer) from each chapter.*

### **Unit/Week Three:**

Using Mixers in Ministry

*Review the textbook Icebreakers Galore: The Ultimate Game Guide for Women and complete the following:*

- a. *Prepare a list of 5 significant game leadership principles with explanation as needed.*
- b. *Pick your 10 favorite activities (at least 5 should come from this book), and type them up including the following: Activity level; Game setting; Materials/Props needed; Number of participant; Purpose of activity; Game directions; and Variations and/or trouble-shooting issues*

### **Unit/Week Four:**

Fitness: Personal and Church Programs; With All My Strength (practicum)

*Prepare a powerpoint (10-slide minimum) focusing on*

- a. *the value of personal fitness in the life of a Christian woman*
- b. *the role of fitness programs/activities in a local church women's ministry*

*Complete fitness assessments, measuring your cardiorespiratory wellness, muscular endurance, and flexibility. (Assessment guidelines to be provided)*

### **Unit/Week Five:**

Nutrition: What's Out There and How the Options Compare

*Research and compare three different biblically-based nutrition/weight-loss programs according to provided parameters.*

### **Unit/Week Six:**

Arts and Crafts: More than Beads and Bows (*continued on next page*)

Review the textbook *Crafts Galore: The Ultimate Guide for Girlfriends* and complete the following:

- a. Provide a five-point rationale for inclusion of a craft event or program within the scope of a local church women's ministry.
- b. Pick two crafts listed in the book; research the cost of preparing each craft and viability of using each in a ministry setting. Extra credit: complete the crafts, sending photos and evaluation of the process.

### **Unit/Week Seven:**

#### Personal Enrichment Activities

Ask three women (preferably different age decades) what they like to do in their spare time (hobbies, interests, etc.). Then, choose one interest of each person and briefly develop a ministry idea based on each. For example, if one woman loves to read in her spare time, develop a ministry idea around a possible Book Club. Be sure to specify how your ideas can be evangelistic- or discipleship-oriented.

### **Unit/Week Eight:**

#### Final Exam

### **Selected Bibliography**

Adams, Chris, comp. *Women Reaching Women: Beginning and Building a Growing Women's Ministry* (revised, expanded). Nashville: LifeWay Press, 2005.

Baack, Sharon and Brad Smith. *Adventure Recreation 2*. Nashville: Convention Press, 1994.

Brosma, Judy. *Crafts Galore! The Ultimate Guide for Girlfriends*. Loveland, CO: Group Publishing, 2007.

\_\_\_\_\_. *Devotions Galore: Warm-ups, Wrap-ups, and Prayers for Women's Groups*. Loveland, CO: Group Publishing, 2008.

Brown, Stuart. *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*. New York: Penguin Books, 2009.

Bure, Candace Cameron. *Reshaping It All: Motivation for Physical and Spiritual Fitness*. Nashville: B & H Publishing Group, 2011.

Colbert, Don. *The Seven Pillars of Health*. Lake Mary, FL: Siloam Press, 2007.

\_\_\_\_\_ and Kyle Colbert. *Get Fit and Live*. Lake Mary, FL: Siloam Press, 2010.

Connally, Dale. *Games with a Purpose 2*. Nashville: Convention Press, 2001.

Conner, Ray. *The Ministry of Recreation*. Nashville: Convention Press, 1992.

- Couey, Dick and Tommy Yessick. *Fit to Serve Him Longer... and Better*. Nashville: LifeWay Press, 1998.
- Dockery, Karen. *Fun Friend-Making Activities for Adults Groups*. Loveland, CO: Vital Ministry, 1997.
- Focus on the Family. *Crafts and Activities for Women's Ministry*. Ventura, CA: Gospel Light Publications, 2005.
- Garner, John. ed. *Recreation and Sports Ministry: Impacting Postmodern Culture*. Nashville: Broadman & Holman, 2003.
- Howard, Gina. *Using Crafts in Ministry*. Nashville: LifeWay Press, 2000.
- Hughes, Page. *Party with a Purpose*. Birmingham: New Hope Press, 2003.
- Ladd, Karol K. *Party Mix: 21 Creative Plans for Fun Fellowship*. Nashville: Broadman & Holman Publishers, 1997.
- Lewis, Carole. *First Place 4 Health*. Ventura, CA: Regal Books, 2008.
- Lewis, John, Laura Andrews, and Flip Kobler. *The Complete Guide to Church Play Production*. Nashville, TN: Convention Press, 1997.
- Mattingly, Don and Lisa Wilson. *Togatherings: Fellowship, Folks and Fun*. Nashville: Convention Press, 1993.
- Reynolds, Steve. *Bod 4 God: The Four Keys to Weight Loss*. Ventura, CA: Regal Books, 2009.
- Rice, Wayne and Mike Yaconelli. *Play It!* Grand Rapids, MI: Youth Specialties/ Zondervan, 1986.
- Rice, Wayne and Mike Yaconelli. *Play It Again!*. Grand Rapids, MI: Youth Specialties/Zondervan, 1993.
- Siler, George. *Games with a Purpose*. Nashville: Convention Press, 1994.
- Smith, Allie Marie and Judy Halliday. *HEAL: Healthy Eating and Abundant Living: Your Diet-Free, Faith-Filled Guide to a Fabulous Life*. Loveland, CO: Group Publishing, 2008.
- TerKeurst, Lysa. *Made to Crave: Satisfying Your Deepest Desire with God, Not Food*. Grand Rapids, MI: Zondervan Publishing, 2010.
- Terry, Patricia Hart. *Made for Paradise: God's Original Plan for Healthy Eating, Physical Activity, and Rest*. Birmingham, AL: New Hope Publishers, 2007.

Tullos, Matt and Christy M. Haines, comp. *101 Scripts for Stage, Street, and Sanctuary*. Nashville, TN: Church Street Press, 1995.

Warren, Rick, Daniel Amen, and Mark Hyman. *The Daniel Plan: 40 Days to a Healthier Life*. Grand Rapid, MI: Zondervan, 2013.

Willis, Laurette. *The Busy Women's Guide to Total Fitness*. Eugene, OR: Harvest House Publishers, 2007.

\_\_\_\_\_. *Praise Moves* (DVD). Eugene, OR: Harvest House Publishers, 2006.

Woods, Len. *Getting Kids to Mix*. Wheaton, IL: Victor Books, 1993. (Out of print)

Wuellner, Jill. *Icebreakers Galore! The Ultimate Game Guide for Girlfriends*. Loveland, CO: Group Publishing, 2007.