



CERW6274 Recreation and Wellness in the Senior Years

New Orleans Baptist Theological Seminary
Christian Education Division

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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 and its ministries.

Purpose of the Course

The purpose of this course is to instruct students in the fundamentals of recreation and wellness as these relate to senior adults.

Core Value Focus

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 worshipping community, emphasizing 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 2014-2015 academic year, this Core Value is *Spiritual Vitality*.

Curriculum Competencies Addressed

This course will address the following curriculum competencies:

1. *Effective servant leadership*: Demonstrate a competency in administration of senior ministry activities, programs, and leadership development.
2. *Interpersonal relationships*: Develop the ability to build relationships with senior adults as well as facilitate relationship-building among them.
3. *Disciple making*: Understand that the ultimate purpose of recreation and wellness in the senior years is to be able to serve God longer and better.

Course Description

In this course, students will explore the changing dynamics of today's senior adult and the implications of ministry in the areas of recreation and wellness. Recreational programs will be limited to those lifetime sports and activities that can be implemented into the program of a local church.

Student Learning Outcomes

At the completion of the course, students should be able to:

1. Describe the characteristics of senior adults in today's society.
2. Understand the importance of recreation and wellness in the senior years.
3. Develop a holistic philosophy of recreation and wellness as related to senior adults.
4. Formulate a plan for incorporating recreation and wellness into the senior adult ministry in the local church.
5. Demonstrate a degree of competency in leading recreation and wellness activities.
6. Identify resources available for senior adult recreation and wellness.

Required Readings

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

Required Text

Gibson, Heather, and Jerome Singleton. *Leisure and Aging: Theory and Practice*. Champaign, IL: Human Kinetics, 2012.

Optional Texts (Contact instructor before ordering.)

Allen, Lynn, ed. *Active Older Adults: Ideas for Action*. Champaign, IL: Human Kinetics, 1999.

Cooper, Kenneth H. *Regaining the Power of Youth at Any Age*. Nashville: Thomas Nelson, Inc., 1998.

Moffatt, Marilyn, and Carole Lewis. *Age-Defying Fitness*. Atlanta, GA: Peachtree Publishers, 2006.

Course Teaching Methodology

Units of Study

- Unit 1: The Aging Journey
Demographics and Biological Aspects
Cognitive Processes
Psychological Aging
- Unit 2: The Importance of Leisure
Meanings and Motivation
Ethnicity and Gender: Impact on Leisure
- Unit 3: Leisure and Healthy Aging
--Related to Physical Well-being
--Related to Social Well-being
--Related to Emotional Well-being
--Related to Spiritual Well-being
- Unit 4: The Role of Community in Healthy Aging
Programming for Fitness in the Church
Programming for Recreation in the Church
Resources and More

Teaching Methodology. The course will include a variety of teaching methods including lecture, powerpoint, discussion, presentation, and activity (to be adapted for delivery systems: in-class, hybrid, workshop, internet, etc.).

Assignments and Evaluation Criteria

Pre-assignments:

1. Each student will read the required book (and additional journal articles as assigned) and be prepared to participate in class discussions and to respond to examination questions.
2. Each student will conduct three interviews, one from each stage of senior adulthood: young-old, 55-64; middle-old, 65-75; and old-old, 75 and older. The focus of each interview is to be life satisfaction, particularly as it relates to the person's perception of his/her involvement in recreation and wellness activities. Begin the double-spaced, typed interview report with an introduction of the person and how the student is acquainted

with him/her. Continue with a review of the interviewee's assessment of his/her personal life; areas may include but are not limited to physical health, mental well-being, emotional adjustment, support system, financial resources, marital status, living arrangements, activity level, church/community involvement, and spiritual strength. This report may be submitted in verbatim or summary format, and will be presented in class.

3. Each student will collect magazine, newspaper, journal articles, pictures, and brochures (printed material related to senior adult wellness and/or recreation). These will be used during an in-class project and as part of the class participation grade.
4. Each student will research mixers/icebreakers activities appropriate for the senior adult population. Directions for a series of five mixers and/or activities should be typed and include any equipment/supply needs as well as facility limitations and purpose of the activities.

Post-assignments:

5. A written examination based on class discussions, required readings, lectures, and other related experiences will be completed on the final day of class.
6. Each student will submit a written plan for incorporating recreation and wellness into the programming of a local church senior adult ministry. The plan should include activities for one calendar year. Be sure to describe the purpose of each activity as well as sufficient details for implementation.

Interviews	25%
Class Participation/Reading Assignments	25%
Final Exam	25%
Recreation/Wellness Ministry Plan	25%

Course Policies

The student will be expected to have access to online resources to download teaching and presentation documents in the Seminary's BlackBoard system.

Students who choose to present assignments via electronic mediums need to present those documents in a Microsoft Word (.doc or .docx) format. WordPerfect and PDF files will not be accepted for grade via electronic format.

Policy on Late Work: Due dates and times for all work are specified. The best possible grade for work submitted after the due date is a C (84).

Academic Integrity: Each student is responsible for the academic integrity of his/her work. The following are examples of violations of academic integrity: cheating on an exam, plagiarism, turning in work done by someone else, and submitting a paper which has been submitted in

another class. These and other violations of academic integrity may result in failure of the course.

Absences: Please reference the NOBTS Graduate Catalog for absence policy.

Course Schedule

The class is scheduled to follow the traditional on-campus workshop schedule, beginning at 1 p.m. on Monday and concluding at 11 a.m. on Friday. Adjustments to this schedule may be made at the discretion of the instructor.

Selected Bibliography

Allen, Lynn, ed. *Active Older Adults: Ideas for Action*. Champaign, IL: Human Kinetics, 1999.

Blair, Steven N. *Living with Exercise*. Dallas: American Health Publishing Company, 1991.

Blair, Steven N., Andrea L. Dunn, Bess H. Marcus, Ruth Ann Carpenter, and Peter Jaret. *Active Living Every Day: 20 Weeks to Lifelong Vitality*. Champaign, IL: Human Kinetics, 2001.

Cavanaugh, John C. *Adult Development and Aging*, 2nd ed. Pacific Grove, CA: Brooks/Cole Publishing Company, 1993.

Clark, Janie. *Exercise Programming for Older Adults*. New York: The Haworth Press, 1996.

Cooper, Kenneth H. *It's Better to Believe*. Nashville: Thomas Nelson, Inc., 1995; also published as *Faith-Based Fitness*, 1995.

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Cordes, Kathleen A., and Hilmi M. Ibrahim. *Applications in Recreation & Leisure for Today and the Future*, 2nd ed. Boston: WCB/McGraw-Hill, 1999.

Couey, Dick P. and Tommy Yessick. *Fit to Serve Him Longer...and Better*. Nashville: LifeWay Press, 1998.

Cousins, Sandra O'Brien and Tammy Horne. *Active Living Among Older Adults: Health Benefits and Outcomes*. Philadelphia: Brunner/Mazel, 1999.

Cunningham, Walter R. and John W. Brookbank. *Gerontology: The Psychology, Biology, and Sociology of Aging*. New York: Harper & Row Publishers, 1988.

Curb, Dolph L. et al. *Growing Older, Growing Wiser: A Guide to Healthier Senior Years*. Nashville: Family Touch Press, 1993.

- Ettinger, Walter H., Brenda S. Mitchell, and Steven N. Blair. *Fitness After 50: It's Never Too Late to Start!* St. Louis: Beverly Cracom Publications, 1996.
- Gibson, Heather, and Jerome Singleton. *Leisure and Aging: Theory and Practice*. Champaign, IL: Human Kinetics, 2012.
- Hill, Robert D. *Seven Strategies for Positive Aging*. New York: W. W. Norton & Company, Inc., 2008.
- Hutchinson, James H. *Ten Steps to Successful Retirement*. Baton Rouge, LA: James Hutchinson, 1989.
- Johnston, John G. *Forward Together: A New Vision for Senior Adult Ministry*. Nashville: LifeWay Press, 1998.
- McGuire, Francis A., Rosangela K. Boyd, and Raymond T. Tedrick. *Leisure and Aging: Ulyssean Living in Later Life*. Champaign, IL: Sagamore Publishing, 1996.
- Michaels, Evelyne. *Encyclopedia of Health and Aging*. Rocklin, CA: Prima Publishing, 1997.
- Moffatt, Marilyn, and Carole Lewis. *Age-Defying Fitness*. Atlanta, GA: Peachtree Publishers, 2006.
- Pipher, Mary. *Another Country: Navigating the Emotional Terrain of Our Elders*. New York: Riverhead Books, 1999.
- Robertson, Paul E., ed. *The Theological Educator: Ministering to the Aging*. New Orleans: New Orleans Baptist Theological Seminary Faculty, 1996.
- Shephard, Roy J. *Aging, Physical Activity, and Health*. Champaign, IL: Human Kinetics, 1997.
- Staying Active, Staying Ageless*. Fort Worth: A/R Christian Aerobic Resource, 1998.
- Turner, Jeffrey S., and Donald B. Helms. *Lifespan Development*, 5th ed. (Fort Worth: Harcourt Brace College Publishers, 1995).
- Van Norman, Kay A. *Exercise Programming for Older Adults*. Champaign, IL: Human Kinetics, 1995.
- Watkins, Derrel R., ed. *Practical Theology of Aging*. Binghamton, NY: The Haworth Pastoral Press, 2003.
- Yessick, Tommy. *Building Blocks for Longer Life and Ministry*. Nashville: Convention Press, 1997.