

**Youth Recreation Activity Worker
Certificate Program
School of Continuing Education
Red River College**

**Full Time
Program Outline**

Youth Recreation Activity Worker Certificate Program

DESCRIPTION

The Youth Recreation Activity Worker program is designed to prepare youth to work with inner city children & youth to provide healthy recreational activities at after school and drop in recreation programs. Students who successfully complete this certificate will have advanced standing in the Child & Youth Care Diploma Program.

ENTRANCE REQUIREMENTS

(Will vary depending on funding requirements and advisory committee)

Students will be selected using the following criteria:

- 18 to 29 years of age
- reside in the inner city
- Grade 12 or equivalent
- Applicants may apply for special admission through a combination of formal education, informal education, and/or work experience.
- Fluency in English
- Able to read at prescribed level -- tested using Degree of Reading Power standardized test.
- Able to work evenings
- Good health
- Security clearance through a criminal records check and child abuse registry check completed.
- Experienced employment barriers

Prospective students will be required to attend an information session.

PROGRAM OUTLINE

Core Courses

Life Skills for the Youth Recreation Professional
Introduction to Psychology
Child & Adolescent Development
Interpersonal Communications
Observation & Documentation
A Context for Practice with Indigenous Peoples
College Prep. & Professional Development
Computer Fundamentals
Emergency First Aid with CPR C
Family Dynamics
Practicum and Integration Seminar 1
Practicum and Integration Seminar 2
Issues for Youth at Risk
Youth Criminal Justice Issues

The Child and Youth Care Professional
Interventions in Youth Recreation Practice
Activities Programming for Youth

Impact of Maltreatment and Trauma
Non-Violent Crisis Intervention

Driver's Education (class 4 & 5)

Courses that are transferable to other programs must be completed with a C+ grade.

REGISTRATION INFORMATION

For registration information call the Winnipeg Boys and Girls Club: 204- 982-4948

Youth Recreation Activity Worker Course Descriptions

Life Skills for the Youth Recreation Professional (64 hours) CHYC-1028

This course will start with an introduction to successful strategies for the college student including activities to improve study skills, team building, self-esteem and self-awareness. This course will give the students the opportunity to discuss both personal and professional challenges with the instructors and within a group. Upon completion of this course the student will have a broader knowledge of behaviors so that they may choose appropriate and self-fulfilling responses as Youth Recreation Professionals. Employment related skills necessary to successfully gain and maintain a career as a Youth Recreation Professional, such as portfolio development, resume and cover letter writing, interview skills and job search skills, will also be covered in the course.

Introduction to Psychology (48 hours) PSYC-1001

This course is an introductory study of general and developmental psychology. It is designed for students in health care programs and as such, is aimed at practical application of social science knowledge in the helping relationships. It emphasizes fundamental principles of growth and development. Key concepts of personality motivation, emotional behavior and methods of coping/adapting are included. Overall, the student is expected to gain insight into the roots of human behavior from both a physical and psychological perspective.

Family Dynamics (36 hours) CYCP-1057

Family Dynamics is an introduction to the study of family as a system. The course begins with an overview of basic family systems theory and will then focus each student's attention on her or his family of origin. This self-study approach is seen as an aid to recognition of issues that may affect the student's ability to work with vulnerable youth and families.

The Child and Youth Care Professional (48 hours) CYCP-1025

This course is an introductory course to the field of child and youth care. The student will explore the professional tasks of a child and youth care practitioner and the challenges of being a member of this profession including professional behavior, attire and conduct. An overview of the professional roles and future trends and issues will be studied.

Child & Adolescent Development (48 hours) CYCP-1032

This course begins with an overview of the major theoretical perspectives and research methods of contemporary human developmental research. Discussion then turns to an exploration of development from a chronological perspective, beginning with conception, then moving through the stages of infancy and toddler-hood, early childhood, middle childhood, concluding with adolescence. Within each period, discussion is structured around the physical, motor, cognitive and social-emotional aspects of development. Selected topics of interest will be explored in greater detail. A central theme of the course is the complex interaction between the environmental and biological factors that correspond to development.

Interpersonal Communications (48 hours) CYCP-1004

This course is designed to give the student an introduction to interpersonal communications. Course content provides an overview of communication, self-concept, perceptions, and an understanding of how interpersonal relationships work. The course focuses on the theory and listening skills development in the helping process with a particular emphasis on working with vulnerable children & youth.

Activities Programming for Youth (36 hours) CYCP-1018

This course is designed to equip students with the attitudes, conceptual frameworks and skills to develop appropriate recreational activities for young people. Students will be able to program activities to facilitate leisure, educational and therapeutic goals for themselves and others.

Observation and Documentation (30 hours) CYCP-1024

This course will assist Child and Youth Care practitioners in developing communication skills that are required in this profession. The following areas will be emphasized: observation, recording, reporting, grammar and spelling skills, and verbal presentation to a small audience. Students will be encouraged to develop a positive self image through interactions with college personnel and child and youth care professionals.

A Context for Practice with Indigenous Peoples (36 hours) CYCP-1022

The course will acquaint Child and Youth Care students with issues affecting Aboriginal children, youth, and families. Historical context and its relationship to contemporary issues facing Aboriginal children, youth, and families is highlighted. The course will identify ways in which Child and Youth Care professionals can incorporate an Aboriginal worldview to adapt their care practices with Aboriginal children, youth, and families.

Non-Violent Crisis Intervention (8 hours) NVCI-1004

This course will provide the student with an opportunity to acquire the knowledge and skills to intervene and defend themselves in non-violent and violent confrontation using anger management and assertiveness skills. Students who successfully complete this course receive a Certificate in Non-Violent Crisis Intervention.

The Impact of Maltreatment and Trauma (48 hours) CYCP-2067

The course is intended to help the student explore the impact of neglect, abuse, and other forms of trauma on the developing young person. The student will learn to identify the physical and behavioral symptoms associated with maltreatment and trauma as well as the impact of the trauma on the physical, social, intellectual, emotional and sexual development of the young person. Students will develop an understanding of the healing process and learn intervention strategies which can be used in their work with young people who have been traumatized. These healing processes can also apply to the student personally if neglect, abuse or trauma is an unresolved issue in their own lives.

College Prep. and Professional Development (30 hours) CYCP-1005

Students will learn strategies and techniques to support them to become successful learners in the college environment. Employability skills are also a foundation for this course, and students will learn how to develop skills that will enhance their performance as Youth Recreation

professionals. The Youth Recreation professional has the potential to fulfill a variety of roles. This course intends to challenge students to broaden their horizons on many levels, including developing practical expertise as a Youth Recreation Activity Worker and learning how to conduct oneself as a professional.

Youth Criminal Justice Issues (36 hours) CYCP-1008

This course provides an introduction to the construction and responses to youth crime. These processes are examined in historical and contemporary contexts. Attention is focused on the social impact of the young offender including media portrayal as well as the role of the youth recreational practitioner. A series of related topics such as youth corrections and gangs will also be introduced.

Issues for Youth at Risk (48 hours) CYCP-1021

“Youth at Risk” are some of the most vulnerable people in our society. They are faced with many issues and are at-risk of harm. This course is designed to be an introduction to the current areas and issues facing youth today and begin to explore assessment, planning, advocacy and support skills for youth care professionals. Some examples of relevant topics for discussion in this course would include healthy sexuality and relationships, youth suicide, substance abuse, bullying, homelessness, sexual exploitation, and FASD.

Computer Fundamentals (12 hours) COMP-1272

This course offers students a "hands-on" approach to the world of microcomputers. Students become computer literate by learning the terminology associated with microcomputers and receiving an introduction to the Windows operating system, Word and Power point.

Emergency First Aid with CPR C (8 hours) HEAL-1846

This course is designed for individuals who may be required to give first aid in an emergency to stabilize an injured person.

Practicum and Integration Seminar 1 (Seminar 20/Practicum 128 hours) CYCP-1006

This first practicum and Integration Seminar course focuses on developing a caring approach to establishing therapeutic relationships in a youth recreational setting with an emphasis on professionalism, teamwork, communication skills, and activity planning. The seminar portion of the course allows students to describe their experiences and provide support and feedback to classmates as they share connections between classroom learning and practice.

Practicum and Integration Seminar 2 (Seminar 24/Practicum 208 hours) CYCP-2003

Practicum and Integration Seminar 2 continues to focus on establishing therapeutic relationships in order to support the positive growth and development of your people in recreational programs. The student will become more involved with activities and routings in the setting including documentations, planning and implementing activities, using discipline to teach and setting clear boundaries. Students are expected to record examples of how they meet specific competencies of youth recreation practice. The seminar portion of the course allows students to describe their experiences and provide support and feedback to classmates as they share connections between classroom learning and practice.

Interventions in Youth Recreation Practice (48 hours) CYCP-1020

This course will introduce the student to the main concepts of best practice in youth recreation. We will focus on behavioural principles and develop interventions that will assist young people and their families from a variety of settings in a positive way. Youth care work in the context of the therapeutic milieu, or the “reclaiming environment” will be examined closely, as well as meeting the needs and identifying the strengths of young people with troubling behaviours will be discussed.

OPTIONAL

Driver Education -- Class 5 (15 hours) TRAN-3024

This course prepares students for the Class 5 vehicle road test through Manitoba Driver and Vehicle Licensing. In addition to 15 in-class hours of instruction, students will each receive in-car training (10 hours observation, 10 hours driving).

Driver Education -- Class 4 (3 hours) TRAN-3023

This in-car workshop serves as a refresher of the Class 5 License to prepare students for the Class 4 Written and Road tests from Manitoba Driver and Vehicle Licensing.