



What do all of these people have in common?



**We are currently
accepting
applications for**

Sept. 2008

**Recreation
Leadership
Diploma Program**

**At
Langara College**

**[www.Langara.bc.ca/
recreation](http://www.Langara.bc.ca/recreation)**

They are our future recreation professionals

Students in the recreation leadership diploma program at Langara College always have some good stuff going on. Currently our second year students are getting ready for their last term as intern students in Recreation organizations throughout the lower mainland January—April 2008. Internship is a great opportunity for them to use the knowledge and theory they have learned at college in the field—and work with some excellent recreation professionals. There are a lot of Aha! moments when their academic work and practical experience collide in a clear understanding of how things can really work in recreation.

Our first year diploma students are wrapping up their first term that was jam-packed with courses on diversity, leadership, facilities and environments, recreation philosophy, and a challenging 5 day Outward Bound field school.

The Recreation Leadership Diploma combines a strong foundation in the concepts and theory of recreation and leisure with leadership, communication and business skills development

tailored to a recreation practitioner. Practical experience is emphasized throughout the program, both in the classroom and in the field. Students gain a well rounded and thorough understanding of the field of recreation, including facilities and other environments. Each student has the opportunity to develop their personal portfolio within the recreation field, and to directly apply their knowledge during internship.

Graduates of the Recreation Leadership Diploma have the skills, knowledge and ability for direct leadership, instructor, and some entry-level supervisory jobs. With experience and on-going professional development, graduates can build a career in recreation, or put this leadership skill-set to use in another field.

We are currently accepting applications for Fall 2008. If you are interested in the program, or have staff, family or friends who you think may benefit from an education in Recreation Leadership, please check out our website or contact us.

Langara College

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Rec News is the newsletter from the Faculty of the Recreation Department at Langara College. Our purpose is to connect and inform perspective students, current students, grads and recreation professionals about what is happening in the Langara Recreation Leadership Program. (604) 323-5276 www.langara.bc.ca/recreation or www.langara.bc.ca/recweb Newsletter Editor Janet Ready

“Real Life” Projects

Help Keep Faculty Connected to the Field

This past summer I had a chance to be involved in some projects out in the field. I find it is very interesting to participate in these projects and it gives me a chance to stay connected with what is going on in the recreation world.

Arena Ice Maker Course

On behalf of the Recreation Facilities Association of BC (RFABC) I act as one of the instructors for the three-day Arena Ice Maker Course. One of the projects this year was to do an update of the course manual. Working alongside Jamie Rennie, Ed Dockter, Bob Grant and Mike Bryson we were able to produce a very good document for people participating in the course. One side benefit of being involved in this work is that much of the material has also been integrated into the handouts for the two facilities courses here at Langara College.



The students in the RFABC Arena Ice Maker Course held near Sidney, BC proudly display their ice logo painting skills as one of their learning outcomes.

Hockey Line Dimension Charts

To enhance the ice maker course teaching materials I helped put together some very detailed hockey line dimension charts. You would think it would be as simple as going to the web, downloading the charts and then printing them off. I soon discovered that this was not the case and spent a lot of time gathering the appropriate information together to draft up the charts. Right in the middle of the process Hockey Canada brought out the new changes

to their hockey lines so back to the drawing boards! The latest version of these charts can now be viewed at: www.rfabc.com

Playspace Safety Course

I also teach the one-day Playspace Safety Course for the RFABC. With the introduction of the new 2007 CSA (Z614-07) Standard for Children's Playspaces and Equipment I thought it was time to update the student manual for this course as well. This work was completed by the end of the summer and it is also being used as an updated handout in one of the facilities courses here at Langara College.



Photo Caption: Ensuring children's playspaces comply with the appropriate CSA Standards is a very important issue for parks and recreation practitioners to deal with.

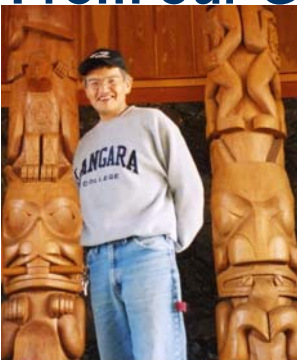
Western Hockey League History Article

The Western Hockey League (WHL) has had a long tradition of teams being based in BC. I thought it would be interesting to put together a pictorial history of the facilities that have been used in the province by the WHL and a listing of the various teams that have played in them. If you would like to see this article please feel free to visit: www.rfabc.com.

Vince Kreiser,

Faculty and Program Coordinator,
Recreation Leadership Diploma Program

From our Grads



My most enjoyable experiences at Langara College, was with our dedicated Instructors. It is through their personalities, unique teaching styles and techniques that

brought forth positive attributes that were hidden within. Through their support and guidance, I could see more clearly the direction and path I was heading in my career and life.

Currently I am the Recreation Director for New Aiyansh Village Government. This is a First Nation's Village located about 80 km north of Terrace. During the past two years we have planned, developed, and implemented coordinated and structured pro-

grams for all age groups in the community, which will be always ongoing.

One of the projects we are working on, and are very excited about is, a Partnership Agreement with YMCA Canada, we've had a YMCA in New Aiyansh for 118 years. Through this Partnership Agreement, YMCA Canada will have a template that will give them the opportunity to access First Nations Communities across Canada.

Alvin Wright, 2005 Grad

What do grads have to say about the Recreation Program?

My interest in pursuing a career in the field of recreation started in high school when I began volunteering at a number of community youth groups. For years on, it continued to be an interest of mine by making a difference in the community. I learned of the Langara Recreation Program through friends and colleagues that were past graduates. The program is well known throughout the industry and it was definitely given positive feedback. I enrolled, was accepted and entered into first year in 2005. And so my journey as a Recreation Student began.

During the two years, I continued to volunteer and worked as a Front Desk Attendant

for the City of Richmond. It kept my mind "in the loop" of my chosen field and my foot "in the door" for potential employment opportunities in the future. It was definitely tough work to complete the two years at Langara, but there were many rewards that merited the hard work.

I am now currently work for Vancouver Board of Parks and Recreation as a Recreation Programmer for Coal Harbour Community Centre. I thoroughly enjoy what I am doing, continuously learning and looking forward to improving my skills as a Recreational Professional.



Helen Chiu
Graduate 2007
Recreation Programmer
City of Vancouver



The Recreation Program was such a positive experience. The learning environment

that the faculty creates sets you up for success, and gives you the tools necessary to succeed in the field after the program is complete.

I came into the Recreation Program with a diploma already under my belt; I wanted to completely change my career path. The internship portion of the program was what made

me decide to enroll. I was able to take all 3 semesters of book work and apply that to

the internship semester. Internship was a challenging yet very rewarding experience, I was able to network and gain practical knowledge. From internship I was able to make the transition into a paid position in the field. In the short time working and interning in the field I have come to realize how well respected this program is. It is amazing how many of my colleagues have gone through the Recreation Program. My Internship Supervisor is a former grad and my current manager Traci Smith is also a former grad. I can honestly say that the Recreation Program exceeded my expectations.

Mandy Jones (*in photo on right*)
Community Services Assistant 5 – Adult
Programmer



The Recreation Program at Langara provided me with the skills and knowledge to be successful in the field of recreation. I would not be where I am today without the guidance and caring of the instructors in the program.

When I first applied to the Recreation Facilities Management Diploma Program at Langara, all my friends said it was about time I got into recreation full time. Now they tell me!! Due to circumstance, I discovered the program by chance, although I had been looking into becoming an iceman. The Program at Langara offered numerous opportunities upon graduation, so this is where I chose to start my new career path.

As a mature student re-entering the "school" system, I was somewhat intimidated at first. All the instructors and staff at

Langara soon had me feeling welcome and were extremely encouraging when it came to the learning process. One of my favorite memories was the project work we had to do. Digging in and investigating a topic was exhilarating, fun and a great way to learn and network.

Since graduating I have been able to utilize the information passed on to me in a number of ways. As recreation professionals we are able to help people smile, have fun, be fit and be socially active. I love my job and I have Langara College and the fabulous staff for helping me find where I should have been years ago.

Tom Sadler, Graduate 1997
Coordinator –
Burnaby Lake Sports Complex West,
City of Burnaby

High Quality Recreation Experiences

When you say the word “recreation” most people think about activities – they almost automatically think that recreation is about “doing” something. But at its core, recreation is not primarily about activities – it is about experiences. It is about what happens in the “heads and hearts” of the participants. At Langara College we spend considerable time discussing the concept of a high quality recreation experience (“HQRE” for short).

Definition of HQRE

Different recreation experiences contain different levels of quality. A high quality recreation experience helps to raise people’s self-esteem, increase their locus of control (their sense of personal agency), and also helps them move closer to being the person they want to be. A recreation experience can be labeled “high quality” when it allows the participants to access some of the many benefits of recreation, and when it is consistent with the overall mission of the recreation movement – that is to say, when it enhances the overall life satisfaction of the participants (both in the short-term and the long-term).

Some Implications for Program Planning & Implementation

One of the biggest implications of this perspective is to change one of the fundamental planning questions from:

“What do I want the participants to do?”

... to ...

“What do I want the participants to experience?”

This shift in focus can create a big difference in program quality.

You can still put lots of thought into the activity, but you also realize that any recreation activity is a means to an end, not an end in itself. The greatest benefits from recreation are rarely what people actually do, but rather how they feel and what they think during and after the program.

Consistent with the definition of HQRE described above, here are some questions that could assist a program designer and/or a recreation leader:

How can I raise the participants’ self-esteem during this program?

How can I help the participants feel more in control of their experience, more able to take charge (when appropriate), and more able to help themselves?

How can I help participants move closer to being the person that they want to be?

These may seem like “heady” questions, but you’ve got to remember that recreation is a “social movement” – it has heady, lofty and worthy ideals. It’s up to each and every recreation leader to deliver high quality recreation experiences so that the flame continues to burn bright within the movement.

Steve Musson

Faculty, Recreation Leadership Diploma Program



Update on the Bachelor of Recreation Management Degree

Langara College continues to move forward with the Bachelor of Recreation Management Degree proposal. Over this past summer department faculty fine tuned the full program proposal which then received endorsement at the fall Advisory Committee meeting.

The proposal was submitted to the Advanced Education Ministry for consideration and they have responded, requesting we provide additional documentation in the proposal before it is posted publicly, we anticipate, by the end of November. All going well, Langara College might then be advised in early January they have approval to advance to the next phases of the review process. Our objective remains to begin offering the BRM in September 2008.

Foundations of Leisure and Recreation

On-line course at Langara College — Jan.- April 2008

Why do you work in Recreation?

What is your personal recreation philosophy?

Recr 1160 Foundations of Leisure and Recreation, is an on-line course designed to meet your need for flexible educational opportunities. It is designed for people already working in the field of recreation.

An exciting introduction to culture, leisure, play and recreation concepts, and inter-relationships and to recreational philosophies, concept of life-stages, human growth and development, ethics, standards, organizations, services, programs and benefits.

This course will help you to create your own personal recreation philosophy, and assist you in exploring why you work in recreation.

Check out www.langara.bc.ca to register