

MY ACTIVE RECREATION PLAN

I. Name of the Activity	<ul style="list-style-type: none">• Zumba Dance
II. Proponents (Responsible person/s)	<ul style="list-style-type: none">• Parents/Family members
III. Participants	<ul style="list-style-type: none">• Myself
IV. Venue	<ul style="list-style-type: none">• Parents/ Family members
V. Date & Time	<ul style="list-style-type: none">• At home
VI. Description of the Activity	<ul style="list-style-type: none">• Every Saturday and Sunday (3:00-4:00 pm)• During this pandemic, dancing is a great way to help people of all ages, shapes, and sizes be fit and have fun. People dance to be healthy and at the same time to stay alive, positive, and to be happy amidst the fear brought by the COVID-19 pandemic. Through dancing, one can freely express oneself and fully enjoy the sound of music without any worries. Moreover, as we face the new normal where there is a lack of social interaction, dancing is crucial to make a person fit, healthy, and happy. For instance, Zumba dance is a typical example that can improve a person's general, psychological, emotional, and social well-being.
VII. Objectives	<ul style="list-style-type: none">• To have a healthy body• To boost heart and mental health• To relieve stress• To create a meaningful bond with family while having fun
VIII. Equipment Used	<ul style="list-style-type: none">• Clothing (any comfortable clothing)• Shoes (designed for dance)• Cellphone or any electronic device
IX. Budgetary Requirements	<ul style="list-style-type: none">• N/A
X. Implementation/Procedures	<ul style="list-style-type: none">• First, prepare an easy Zumba dance to be performed with the family.• Second, prepare the music and make sure your cellphone/electronic device is fully charged.• Third, make sure that everyone is wearing comfortable clothing and avoid wearing accessories that can cause injury.• Lastly, gather everyone and perform the Zumba dance.

Recreation Program Planning Templates And Examples

F. Zeigler Earle F. Zeigler, Earle Zeigler

Recreation Program Planning Templates And Examples:

Leisure Program Planning and Delivery Ruth V. Russell, Lynn Marie Jamieson, 2008 This course textbook provides a comprehensive three step plan for successful programming of services programme leadership and understanding operational management in recreation and leisure organisations

Aerial Adventure Environments Elizabeth A. Speelman, Mark Wagstaff, Scott H. Jordan, Kathy Haras, 2021 Aerial Adventure Environments offers a comprehensive introduction to the aerial adventure industry including low and high challenge ropes courses zip lines canopy tours and aerial adventure parks

Community Leisure and Recreation Planning Ken Marriott, John Tower, Katie McDonald, 2020-11-01 Community Leisure and Recreation Planning offers an up to date evidence based approach to planning community leisure and recreation facilities programs and services It introduces readers to key theory and best practice in the planning of effective leisure and recreation projects The book defines planning leisure recreation and other key concepts and explains why a thorough planning process is essential to achieving effective outcomes It presents a comprehensive integrative four phase model for undertaking leisure and recreation planning including pre planning planning research preparing a plan and implementing monitoring and evaluating the outputs and outcomes of a plan It provides a conceptual rationale for each component of the planning process a detailed explanation of the tools and techniques that can be used and extensive examples and international case study materials to demonstrate their use The principles and techniques explained in the book are applicable at a range of community levels from small individual sites to regions states and even countries This is an essential course text for all leisure and recreation courses and invaluable reading for academics practitioners stakeholders and students working in leisure and recreation planning events culture and sport

Leisure Programming for Baby Boomers Lynda J. Cochran, Anne M. Rothschild, Jodi Rudick, 2009-05-19 The baby boomers those born between 1946 and 1964 are a generation that consists of nearly 76 million Americans Beginning in 2011 this large and influential population will begin their transition out of the workforce As baby boomers enter retirement they will be looking for opportunities in fitness sports outdoors arts and cultural events and other activities that suit their vibrant lifestyles With their varied life experiences values and expectations baby boomers are predicted to redefine the meaning of recreation and leisure programming for mature adults Though many researchers have forecast the boomers impact on the future only Leisure Programming for Baby Boomers addresses key information that recreation and leisure professionals need in order to make program decisions with baby boomers in mind The authors combine their research programming and marketing expertise to provide insights into the values and lifestyle choices of boomers and offer programming and marketing strategies to reach this large and influential population Leisure Programming for Baby Boomers will help you move beyond the traditional offerings of bingo art classes and social dances to capture the attention and imagination of your baby boomer community This comprehensive guide offers these features An in depth review of current research to help you understand the values interests and needs of the boomer

generation Guidance in adopting a boomer lens so you can more easily recognize the opportunities in working with this group and create and market programs that appeal to the values of this unique generation The Cochran Baby Boomer Quiz a tool that can be used not only in assessing the programming preferences of the boomers in your community but also in testing your staff's knowledge of boomers and preparing them to work more effectively with this group Strategies guidelines and ready to use ideas for boomer specific programming in arts and culture outdoor recreation education wellness and tourism Marketing templates and strategies that will attract boomers and keep them coming to your programs With Leisure Programming for Baby Boomers you'll discover what distinguishes the baby boomer generation from previous generations in regard to their demographic makeup gender differences cultural influences brand loyalty consumer behavior and spending patterns Based on current research Leisure Programming for Baby Boomers explains the boomer generation in terms of five value areas specific to recreation and leisure programming cultural influences healthy aging and society retirement leisure pursuits and economic levels Using this knowledge you'll learn how to consider these generational values to create effective marketing messages and plan appropriate programming Leisure Programming for Baby Boomers presents a range of detailed program ideas and formats that fulfill the interests of this new clientele so you can start offering new programs right away It also offers guidelines and examples that will help you plan your own programs to meet the needs of your community You'll find all the tools you need to market your new programs including techniques for attracting boomers to your programs and marketing templates that make implementing your marketing strategies simpler Information on key topics such as marketing psychology advertising beyond the brochure motivating recruiting and communicating at the front lines and creating and maintaining a focused image will help you better understand how to market programs In this demand driven occupation recreation professionals must be prepared to market and deliver a wide range of leisure opportunities to serve the boomer generation Is your recreation or leisure program ready for the baby boomers Leisure Programming for Baby Boomers will help you understand the unique profile of the boomer generation and respond with creative programs that will add value and quality to the leisure lives of this new generation of mature adults For information on system requirements or accessing an E book after purchase click here [Therapeutic Recreation Programming](#) Charles Davis Sylvester, Judith E. Voelkl, Gary D. Ellis, 2001 This book provides a comprehensive understanding of therapeutic recreation programming Areas covered include the purposes of therapeutic recreation theoretical and technical aspects ethics and multicultural considerations **Interior, Environment, and Related Agencies Appropriations For 2008, Part 1, 110-1 Hearings, ***, 2007 *Australasian Parks and Leisure* , 2007 **Leisure Services Management** Amy R. Hurd, Robert J. Barcelona, Jo An M. Zimmerman, 2023-11-01 Leisure Services Management Third Edition With HKPropel Access outlines the essential knowledge and skills that successful managers must learn and it assists students in building those competencies The text prepares students for the Certified Park and Recreation Professional CPRP qualifying exam and for the challenges they'll face in their future careers in commercial

recreation public agencies and the nonprofit sector Throughout the text there are activities projects and examples to help students connect competencies to real world situations Leisure Services Management begins by presenting a firm foundation of competency based management Students will examine the scope of leisure management management responsibilities and how a manager can affect an agency and its customers They will also explore specific management areas such as marketing financial management human resources employee development communication and evaluation For each chapter the ancillaries offer experiential learning activities that simulate on the job situations Each of these activities asks students to assume the role of a manager and address common management issues by completing a work assignment or project These activities will facilitate student development and help students gain essential management competencies Other learning aids include learning objectives review questions key terms and a glossary to reinforce student learning In addition to updated references that provide contemporary management perspectives the third edition features the following Expanded content on social media planning and international leisure A new chapter focusing on diversity equity and inclusion to broaden students perspectives From the Field sidebars which offer readers a glimpse of what happens in the field so they can better understand what they will be facing in the future Leisure Services Management has related online learning activities delivered via HKPropel These activities include flash cards and undergraduate and graduate level case studies for each chapter Chapter quizzes which are automatically graded may be assigned by instructors to test comprehension of critical concepts Students can also access a list of competencies tested in the CPRP exam and a competency scorecard to track their development relative to professional standards These online resources will help students build useful knowledge and apply the information The competency driven approach of Leisure Services Management Third Edition assists readers in gaining the knowledge and practicing the skills needed to begin a career in leisure management Bolstered by the practical information in this text new managers can contribute to the success of their organization as they enjoy the challenges and rewards of their career Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Ecotourism Programme Planning David A. Fennell, 2002-01-01 Tourism is the world s largest industry In the past decade it is the natural resource based sector that has experienced the greatest growth In particular adventure cultural and ecotourism ACE tourism for example skiing white water rafting whale watching festivals and fairs This book provides an in depth overview of the different operations of ACE tourism It draws on theory from recreation and leisure studies tourism marketing and environmental management to demonstrate the importance of effective program planning This is especially significant as industry competition becomes more intense in this growth sector **Programming Recreational Services** Jay Shivers, 2011-08-24 Programming Recreational Services serves as a handbook for recreational practitioners at every level It clearly presents the methods and materials necessary for the planning organization and operation of recreational services This reader friendly text addresses each of the 12 recreational program categories in detail and includes illustrations to

assist with learning It teaches students a methodology for evaluating recreational programs from the establishment of objectives to the final instrument used to determine whether or not the program performed in the way that it was intended

Interior, Environment, and Related Agencies Appropriations for 2008 United States. Congress. House. Committee on Appropriations. Subcommittee on Interior, Environment, and Related Agencies, 2007 **Analytical Methods and**

Approaches for Water Resources Project Planning National Research Council, Division on Earth and Life Studies, Ocean Studies Board, Water Science and Technology Board, Committee to Assess the U.S. Army Corps of Engineers Methods of Analysis and Peer Review for Water Resources Project Planning, Panel on Methods and Techniques of Project Analysis, 2004-09-30 Analytical Methods and Approaches for Water Resources Project Planning is part of a larger study that was conducted in response to a request from the U S Congress in the Water Resources Development Act of 2000 for the National Academy of Sciences to review the U S Army Corps of Engineer s peer review methods and analytical approaches This report reviews the Corps analytical procedures and planning methods largely in the context of the federal Economic and Environmental Principles and Guidelines for Water and Related Land Resources Implementation Studies also known as the Principles and Guidelines or P and G P G as well as the Corps Planning Guidance Notebook PGN **Outdoor Program**

Administration Association of Outdoor Recreation and Education, Geoff Harrison, Mat Erpelding, 2012-02-02 Outdoor recreation programming is a growing and diverse field that requires administrators to be ready to work in complex and multidisciplinary environments Outdoor Program Administration Principles and Practices will help both seasoned and new administrators as well as students and emerging professionals flourish in various settings including university military government commercial and nonprofit organizations You ll learn the best contemporary administrative strategies and practices from veteran professionals from the Association of Outdoor Recreation and Education AORE The AORE authors provide extensive coverage of all aspects of administrative duties and responsibilities from a diverse organizational setting Outdoor Program Administration Principles and Practices guides you in developing and sustaining programs in outdoor recreation settings across public private and nonprofit sectors You will reap the benefits of the experience shared by the AORE authors who also provide questions and critical thinking exercises that will enhance the materials and deepen your understanding This reference explores all the issues pertinent to being a successful outdoor program administrator The book has four sections Outdoor Program Foundations Program Design and Implementation Staffing Considerations and Facilities and Programs Topics you ll delve into include designing and developing programs risk management and legal considerations budgeting and financial operations marketing and land access permits environmental stewardship staff recruitment supervision training and assessment and management of indoor climbing walls and challenge courses Outdoor Program Administration Principles and Practices presents material that will help you improve your administrative skills and enhance the programs you oversee As such it s an essential book for your professional library *Introduction to Corrections* Robert

D. Hanser, 2018-11-29 Introduction to Corrections provides a comprehensive foundation of corrections that is practitioner driven and grounded in modern research and theoretical origins This text uniquely illustrates how the day to day practitioner conducts business in the field of corrections in both institutional and community settings Experienced correctional practitioner scholar and author Robert D Hanser shows readers how the corrections system actually works from classification to security to treatment to demonstrating how and why correctional practices are implemented Furthering the reality of the modern correctional experience the Third Edition includes a new chapter on immigration detention centers

The Encyclopedia of New York State Peter Eisenstadt, 2005-05-19 The Encyclopedia of New York State is one of the most complete works on the Empire State to be published in a half century In nearly 2 000 pages and 4 000 signed entries this single volume captures the impressive complexity of New York State as a historic crossroads of people and ideas as a cradle of abolitionism and feminism and as an apex of modern urban suburban and rural life The Encyclopedia is packed with fascinating details from fields ranging from sociology and geography to history Did you know that Manhattan s Lower East Side was once the most populated neighborhood in the world but Hamilton County in the Adirondacks is the least densely populated county east of the Mississippi New York is the only state to border both the Great Lakes and the Atlantic Ocean the Erie Canal opened New York City to rich farmland upstate and to the west Entries by experts chronicle New York s varied areas politics and persuasions with a cornucopia of subjects from environmentalism to higher education to railroads weaving the state s diverse regions and peoples into one idea of New York State Lavishly illustrated with 500 photographs and figures 120 maps and 140 tables the Encyclopedia is key to understanding the state s past present and future It is a crucial reference for students teachers historians and business people for New Yorkers of all persuasions and for anyone interested in finding out more about New York State

Regional and Local Land Use Planning ,1970

Management Theory and Practice in Physical Activity Education (Including Athletics) F. Zeigler Earle F. Zeigler, Earle Zeigler, 2010 A new text in management thought theory and practice applied to physical activity education and athletics required justification Management Theory and Practice in Physical Activity Education Including Athletics has been planned primarily for administrators of physical education and athletics at several levels of educational institutions However much that is included here can be very helpful as well to the sport and physical recreation manager in public and or commercial sport and physical activity In other words it is the underlying thought theory and practice that is fundamentally important The twentieth century has been characterized as a transitional one in human history Moving into the twenty first century we start down the path to finding the answer to this assumption At any rate changing times are occasioned by the impact of a variety of social forces on society Additionally such change has its accompanying but often unsteady influence on the professional training of leaders in the large number of fields that make up the society in which such change occurs The caliber of young people recruited into the field within education is paramount as is the way they are prepared for leadership roles as managers teachers coaches performers

supervisors or exercise specialists This is OUR responsibility We should carry out these assignments in a way that is comparable to that used in the finest professions **Technical Skills for Adventure Programming** Mark Wagstaff,2009
This curriculum guide will improve your knowledge and technical instruction skills in land water and snow and ice sports and activities It will guide you in becoming a skilled adventure instructor in the classroom and in the field The CD ROM has printable lesson plans for each unit that make it easy to print only what you will need in the field book cover Park Science,1999 **Planning Areas and Facilities for Health, Physical Education, and Recreation** Athletic Institute,National Facilities Conference \$(3rd : Indiana University),1965

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