

Abbreviated Course Syllabus

**OT 250 – INTRODUCTION TO OCCUPATIONAL SCIENCE AND OCCUPATIONAL
THERAPY**

Fall 2023 – Section 47704

Class Day: Tuesday & Thursday

Class Time: 3:30pm-4:50pm

Location: THH 212

Instructor: Gabe Cravens, OTD, OTR/L

Email: Gabriel.cravens@chan.usc.edu

Office: THH B4

COURSE DESCRIPTION

In this course, we will focus on the concept of occupation and the ways in which the drive to be engaged in meaningful activities characterizes the human experience. We will examine research from the academic field of occupational science as well as discuss the clinical implications for the practice of occupational therapy. Through reading, class discussions, and activities, students will gain insight into occupational science and occupational therapy, develop research and analytical skills, examine the impact of personal lifestyle and activities, and understand the integral role of occupations across the lifespan.

COURSE HIGHLIGHTS!

- Mini field trips into the community!
- Engaging activity lessons for each class session!

REQUIRED READING

1. Howard, P. (2014). *The Owner's Manual for the Brain (4th ed)*. Harper Collins, William Morrow.

ASSIGNMENTS & GRADE BREAKDOWN

Assignment	% of grade
Self-Reflection Journals (2) <i>Journal reflection on experience in the course so far</i>	20%
Flow Experience Paper <i>Reflection paper on how you experienced a state of flow in your favorite activities!</i>	10%
Cohort Presentations (2) <i>Group presentation on the assigned topic + a topic of your choice!</i>	25%
Quiz 1, 2 & 3 <i>Short 10 question quiz consists of multiple choice and fill in the blank</i>	20%
Self-Reflection Journal #3 <i>Journal reflection on overall class experience</i>	15%
In-class participation	10%
TOTAL	100%

COURSE SCHEDULE

Week	Day	Topic
1	Tues, 8/22	Course introduction and Overview
	Thurs, 8/24	What are occupations?
2	Tues, 8/29	The power of occupation
	Thurs, 8/31	How people occupy their time
3	Tues, 9/5	Complexities of occupation
	Thurs, 9/7	Complexity of occupation
4	Tues, 9/12	Habits & Routines
	Thurs, 9/14	Habits & Routines
5	Tues, 9/19	Flow in Occupations
	Thurs, 9/21	Exercise
6	Tues, 9/26	Sleep
	Thurs, 9/28	Ergonomics
7	Tues, 10/3	Managing Stress & Burnout
	Thurs, 10/5	Creative Occupations
8	Tues, 10/10	Creative Occupations
	Thurs, 10/12	Fall Recess
9	Tues, 10/17	Play as Occupation
	Thurs, 10/19	Play as Occupation
10	Tues, 10/24	Restorative Occupations
	Thurs, 10/26	Dating as an Occupation
11	Tues, 10/31	Sex as an Occupation
	Thurs, 11/2	Technology use – Social Media as an Occupation
12	Tues, 11/7	Music Based Occupations
	Thurs, 11/9	Nature Based Occupations & Human-animal Interactions
13	Tues, 11/14	Presentation workday
	Thurs, 11/16	Social Activism as Occupation
14	Tues, 11/21 & 23	Holiday Break
15	Tues, 11/28	Cohort Presentations
	Thurs, 11/30	Cohort Presentations
Finals week	Thurs, 12/7	Class Wrap-up

Note: In order to optimize the learning experiences, the course instructor reserves the right to amend the syllabus as needed throughout the semester.

Please reach out with any questions! Can't wait to have you in class.

Gabe Cravens, OTD, OTR/L

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Check out our other Occupational Science courses here!
<https://classes.usc.edu/term-20233/classes/ot/>