

Abbreviated Course Syllabus

OT-250 Introduction to Occupational Science and Occupational Therapy Spring 2025 (Section 47703)

Class Day: Tuesday & Thursday
Class Time: 11:00am-12:20pm
Location: VPD LL 101

Instructor: Arameh Anvarizadeh OTD, OTR/L,FAOTA
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Contact me with any questions!

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!

- You get to learn about different everyday activities that impact your health and well-being.
- You get to reflect on what activities you find meaningful in your life and those around you.
- An enjoyable way to learn about Occupational Science and Occupational Therapy.

GRADE BREAKDOWN

ASSIGNMENTS	% OF GRADE
Participation Completion of, and engagement in, in-class activities	10%
Self-Reflection Journals (2) Two journals that allow for deeper reflection of how class content relates to your life.	20%
Flow Experience Paper A reflective essay about a time when you were so engrossed in an activity and describe the experience.	10%
Cohort Presentations (2) <ul style="list-style-type: none">• Presentation 1 = 15%• Presentation 2 = 10% Groups of students take turns learning the assigned materials and teaching it to the class.	25%

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3 Quizzes	20%
Final: Self-Reflection Journal #3 A final reflective journal to demonstrate how the course relates to your life now and into the future.	15%

COURSE SCHEDULE

Week	Topic
1	Introduction & what are occupations?
2	What is occupational therapy and occupational science?
3	Seeing ourselves as occupational beings
4	Sensory Profiles and Flow
5	Exercise
6	Stress and Sleep
7	Healthy Eating and Creative Occupations
8	Music Based Occupations
9	Play and playfulness
10	Spring Recess ☺
11	Lifestyle Redesign® and Sports
12	Dating & Sex as Occupations
13	Social Media and Nature Based Occupations
14	Social Activism
15	Final Presentations
Finals Week	Final due via Brightspace online

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.

Diego

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Check out our other Occupational Science courses here!

<https://classes.usc.edu/term-20251/classes/ot/>