

## **Abbreviated Course Syllabus**

### **OT-213: A Life of Play Fall 2025 (Section 48051)**

**Class Day:** Mondays  
**Class Time:** 3:30pm-4:50pm  
**Location:** WPH B30

**Instructor:** Diego Lopez, OTD, OTR/L  
**Email:** [diego.lopez@chan.usc.edu](mailto:diego.lopez@chan.usc.edu)  
**Office:** THH B4

**Contact me with any questions!**

#### **COURSE DESCRIPTION**

In this course, we will focus on the occupation of play and its influential role in development and healthy living throughout the lifespan. We will examine research from various academic fields such as occupational science, psychology, anthropology, sociology, and neuroscience in order to best understand how play impacts our lives. Through readings, class discussions, assignments, and play itself, students will gain insight into the influence of play across cultures, the use of play in occupational therapy, and the power of play in healthy everyday living. Students will also practice embedding play into everyday living

#### **COURSE HIGHLIGHTS!**

- You get to analyze how your past play experiences have shaped who you are today and develop strategies to continue playing in your life.
- You get to practice different play styles and strategies to see what works best for your current lifestyle.
- You will be able to define what play means to you and why it might be important to promote positive health and well-being in your life and those around you.

#### **GRADE BREAKDOWN**

<b>ASSIGNMENTS</b>	<b>% OF GRADE</b>
<b>Participation</b> Completion of, and engagement in, in-class activities	10%
<b>Video/Written/Voice Memo Reflections (1x/week)</b> Weekly short reflection journals that are to be completed after any 20minute experiences students consider as “play”.	20%
<b>Personal Play History Project and Facilitation</b> A personal project where students present on their past play experiences and facilitate a short play activity of interest.	15%
<b>Analysis of Play Reflections (2)</b>	20%

Two in-depth reflective assignments where students will answer specific prompts as means to check-in with their play experiences, analyze, and apply course concepts.	
<b>1 Midterm Exam</b>	15%
<b>Final: Parent/Caregiver Play History</b> Students will have the opportunity to interview a parent or caregiver of their choosing about their play histories and complete an occupational analysis based on their responses.	20%

### **COURSE SCHEDULE**

<b>Week</b>	<b>Topic</b>
1	Introduction & what are occupations? Occupational Therapy?
2	Labor Day Holiday ☹️
3	Defining Play
4	Overview of Play Theories
5	Personal Play History Project Day!
6	Presidents Day Holiday ☺️
7	Development of Play Part 1
8	Development of Play Part 2
9	Development of Play Part 3
10	Midterm Exam
11	Play in Work
12	Clown Cardio/Play Workshop
13	Nature Based Play
14	Sharing Play
15	Living a Life of Play
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-20253/classes/ot/>