

CATALOG INFORMATION

Dept and Nbr: HORT 69.1      Title: INTRO TO HORT THERAPY  
Full Title: Introduction to Horticultural Therapy  
Last Reviewed: 12/9/2002

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 3.00 | Lecture Scheduled     | 3.00 | 16           | Lecture Scheduled  | 48.00 |
| Minimum | 3.00 | Lab Scheduled         | 0    | 16           | Lab Scheduled      | 0     |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 3.00 |              | Contact Total      | 48.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 96.00

Total Student Learning Hours: 144.00

Title 5 Category: AA Degree Applicable  
Grading: Grade Only  
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly:

**Catalog Description:**  
Introduction to horticultural therapy and its role in human services. This course will provide an overview of the history, philosophy, and application of horticultural therapy when working with seniors, physically challenged individuals, and special education populations. Rehabilitative, medical, and vocational settings will be covered.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Introduction to horticultural therapy and its role in human services. Overview of history, philosophy, and application of horticultural therapy. Rehabilitative, medical, and vocational settings will be covered. (Grade Only)  
Prerequisites/Corequisites:  
Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                      |                      |            |           |
|----------------------|----------------------|------------|-----------|
| <b>AS Degree:</b>    | <b>Area</b>          | Effective: | Inactive: |
| <b>CSU GE:</b>       | <b>Transfer Area</b> | Effective: | Inactive: |
| <b>IGETC:</b>        | <b>Transfer Area</b> | Effective: | Inactive: |
| <b>CSU Transfer:</b> |                      | Effective: | Inactive: |
| <b>UC Transfer:</b>  |                      | Effective: | Inactive: |

**CID:**

**Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon successful completion of this course the student will be able to:

1. Summarize the history, theory, and philosophy of the profession of horticultural therapy.
2. Compare and contrast the three major types of horticultural therapy programs and the populations served by each program.
3. Describe the benefits and objectives of horticultural therapy.
4. Differentiate between the special needs applicable to an identified population such as developmentally disabled or physically challenged.
5. Describe the dual role of the horticultural therapist.
6. Plan a horticultural activity specific for each special population.
7. Look into educational and employment options in the field of horticultural therapy.
8. Compile information regarding horticultural therapy resources, e.g., materials, supplies, and books/reference materials.

### **Topics and Scope:**

- I. Introduction to Horticultural Therapy
  - A. History of Horticultural Therapy
  - B. Theory of why Horticultural Therapy works
  - C. The dynamics between people/plant relationships
- II. Horticultural Therapy program
  - A. Settings programs take place
    1. Rehabilitation
    2. Medical
    3. Wellness
  - B. Types of programs
    1. Vocational

- 2. Therapeutic
- 3. Social
- III. Benefits of working with plants
  - A. Physical
  - B. Cognitive
  - C. Psychological
- IV. Special Populations participating in HT
  - A. Developmentally disabled
  - B. Older adults, geriatrics
  - C. Physically challenged
  - D. Children, at-risk youth
  - E. Mental illness, disadvantaged
  - F. Substance abuse
- V. The Horticultural Therapist
  - A. An overview of therapist skills
    - 1. Understanding disabilities
    - 2. Communication
  - B. An overview of horticultural skills
    - 1. Knowledge of plant material
    - 2. Knowledge of horticultural resources
- VI. Adaptive Horticulture
  - A. Adaptive vs. accessible
  - B. Environments
    - 1. Gardens
    - 2. Greenhouses
  - C. Settings
    - 1. Hospital and rehabilitative facilities
    - 2. Schools and residential facilities
    - 3. Long-term care facilities
    - 4. Correctional facilities
- VII. Therapeutic activities
  - A. Introduction to activities
  - B. Activities appropriate for specific populations
- VIII. Resources
  - A. Program
  - B. Educational
  - C. Employment
- IX. While primarily a lecture course, instructor may include field trips, guest speakers, and instructor demonstrations in order to provide students with direct exposure to the profession of horticultural therapy and its settings.

**Assignment:**

- 1. Professional articles review.
- 2. Field trip summary and response paper.
- 3. Speaker reports.
- 4. Specific topic paper - Term paper (5-10 pages), based on library research.
- 5. Reading assignments, 25-40 pages per week.
- 6. Midterm and final exam covering such topics as: terms, concepts, history, philosophy, skills, and horticultural therapy settings.

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, Reading reports, Term papers

Writing  
40 - 60%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams  
30 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Field trip attendance and class participation.

Other Category  
10 - 20%

## Representative Textbooks and Materials:

1. Horticulture As Therapy: Principles and Practices. Sharon Simson, PhD, and Martha Straus, HTM. 1998, The Haworth Press, Inc.
2. Horticulture As Therapy: A Practical Guide to Using Horticulture as a Therapeutic Tool. Mitchell L. Hewson, HTM. 1994, Homewood Health Center, Ontario, Canada.