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Activity Analysis and Modification for Poker

Poker is a widely known card game that allows for wagers (depending on where and who you’re playing with). There are a lot of variations of Poker, some that have different rules on wager amounts, types of cards used, and technique of card distribution. Often people will play for money, but there are versions of Poker that have people wager things like candy, small knick-knacks, or faux playing chips.

Anyone from the ages 13 or older can play, but they game is usually reserved for adults around the age of 18 or older. It’s usually better to play with someone with a high school level of education because the complexity of this game comes from being able to read your opponents. The better you are at catching things like gestures, facial expressions, and movements the better you will probably be at calling bluffs.

Poker requires a certain level of skill, but it’s also very dependent on chance. The basic rules have players draw a certain number of cards in the hopes that they will get a certain combination. Depending on how they feel about their hand they can decide to either fold (opt out of the round), or raise the amount they bet. Often players will try to bluff each other, and watch each other for subtle gestures to figure out whether or not they’re bluffing.

The risk that comes from Poker is the monetary loss one may suffer. This can be remedied by replacing the money with not monetary items. Another risk is the emotional distress one may express if they find themselves losing as often people will become angry, or depressed. The main source of these emotions would be from the potential loss of one’s money, which of course is a necessity in our everyday lives. In theory removing the loss of your money will lessen the emotional response of losing a round.

Modifications

Modification 1 – Partial or total loss of vision

If you have a patient with vision impairments you can use a deck of cards that have Braille on them. If your patient does not know how to read Braille then locate a deck of cards with raised/indented symbols and numbers. You could also use cards with a larger format, or allow them to have a magnifying glass.

You should also consider environment. Make sure that they are playing in a well-lit area

Modification 2 – Anger outbursts

Although risk in a game is what makes the adrenaline rush for therapeutic means it can be discarded. Replace the money used as ante with non-monetary items. For a person with anger outburst this will eliminate the stress of losing something they need on a daily basis. You can also use soothing music in the background. One final thing that you can use is a stress ball that they can hold during the game. Lowering the number of people, and therefore lowering the chance of loss may also aid them. Finally, you should also consider who they are playing with. Select player with an even temper; if they play with other patients with anger outburst issues a situation is more likely to escalate.

Activity Analysis Form

Physical Aspects:

1. What is the primary body position required?

Sitting position

2. What body parts are required?

Hands

Arms

Head

3. What types of movement does this activity require?

Reaching

Grasping

4. What are the primary senses required for this activity?

Hearing

Sight

5. What is the amount of coordination and movement between body parts required by this activity?

Much 1 2 3 4 5 Little

6. What is the degree of hand-eye coordination needed for the activity?

Much 1 2 3 4 5 Little

7. What is the degree of strength needed for this activity?

Much 1 2 3 4 5 Little

8. What is the degree of speed needed for this activity?

Much 1 2 3 4 5 Little

9. What is the degree of endurance needed for this activity?

Much 1 2 3 4 5 Little

10. What is the degree of energy required for this activity?

Much 1 2 3 4 5 Little

11. What is the degree of flexibility needed for this activity?

Much 1 2 3 4 5 Little

Social Aspects:

1. What is the primary social interaction pattern required in this activity?

Multilateral

2. What is the minimum/maximum number of people required for this activity?

Minimum – 2 people

Maximum – 10 people (more can play, but this is considered the proper group number).

3. What clothing is needed to be socially appropriate?

Daily/casual clothing

4. How much physical proximity is required by this activity?

Close 1 2 3 4 5 Distant

5. How much physical contact is required by this activity?

Much 1 2 3 4 5 Little

6. What degree of communication is required by this activity?

High 1 2 3 4 5 Low

7. What degree of noise is generated by this activity?

Much 1 2 3 4 5 Little

Cognitive Aspect:

1. How many rules are required in this activity?

Many 1 2 3 4 5 Few

2. How complex are the rules to understand?

Complex 1 2 3 4 5 Simple

3. What degree of strategy is required in this activity?

Much 1 2 3 4 5 Little

4. What degree of complexity is involved in scoring?

Much 1 2 3 4 5 Little

5. What degree of long-term memory is required in this activity?

Much 1 2 3 4 5 Little

6. What degree of short-term memory or immediate recall is required in this activity?

Much 1 2 3 4 5 Little

7. What degree of verbalization of thought process is required in this activity?

Much 1 2 3 4 5 Little

8. What degree of concentration is required for this activity?

Much 1 2 3 4 5 Little

9. What degree of concrete thinking is required by this activity?

Much 1 2 3 4 5 Little

10. What degree of abstract thinking is required by this activity?

Much 1 2 3 4 5 Little

11. To what degree are each of the following skills used in this activity?

Reading Much 1 2 3 4 5 Little

Writing Much 1 2 3 4 5 Little

Math Much 1 2 3 4 5 Little

Spelling Much 1 2 3 4 5 Little

12. To what degree does the participant need to identify, or use the following?

Form and shape Much 1 2 3 4 5 Little

Colors Much 1 2 3 4 5 Little

Size Much 1 2 3 4 5 Little

Numbers Much 1 2 3 4 5 Little

Body parts Much 1 2 3 4 5 Little

Directionality Much 1 2 3 4 5 Little

Affective Aspects:

1. To what degree does the participant have the opportunity, or outlet to express the following?

Joy Much 1 2 3 4 5 Little

Guilt Much 1 2 3 4 5 Little

Pain Much 1 2 3 4 5 Little

Anger Much 1 2 3 4 5 Little

Fear Much 1 2 3 4 5 Little

Frustration Much 1 2 3 4 5 Little

2. To what degree must the participant control, or inhibit the expression of the following?

Joy Much 1 2 3 4 5 Little

Guilt Much 1 2 3 4 5 Little

Pain Much 1 2 3 4 5 Little

Anger Much 1 2 3 4 5 Little

Fear Much 1 2 3 4 5 Little

Frustration Much 1 2 3 4 5 Little

Administrative Aspects:

1. What type of leadership style is required by this activity?

Supervisory

2. What type of equipment is needed for the activity?

Specific commercial products

- Playing cards (52 deck)

- Poker chips/items for wager

3. What type of facility is required by this activity?

No specific environment required (indoors recommended).

4. What is the duration of this activity?

Continuous (depends on players).

5. What is the number of participants required for this activity?

Fixed number (2-10 people).