Task Analysis is a method used to determine the unit tasks involved in a more complicated task so that it can be used effectively in a program of horticultural therapy.
TASK ANALYSIS: PURPOSE

- identify unit tasks, tools, techniques, etc. needed to perform the technique
- set treatment goals for client
- evaluate client’s progress for future treatment plans, rate of pay, etc.
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TASK ANALYSIS: PROCEDURE

- Divide a technique into its unit tasks
- Estimate importance of each unit task to the overall success of the technique
- Estimate the frequency of performance of the each unit task
- Determine the level of difficulty for each unit task
- Evaluate each unit task for the type of performance required: cognitive, physical, social, psychological
Divide a technique into its unit tasks: ex. planting 3 basil seeds in each of twelve 3 inch pots

- Move 12 pots to work station
- Get bucket full of peatlite mix
- Fill pots with mix
- Get seed packet
- Open seed packet
- Put some seeds into hand
- Put three seeds in center of each pot
- Return extra seeds to packet
- Press seeds into mix
- Prepare label for each pot
- Put labels in pots
- Move to greenhouse
- Set pots on bench
- Water thoroughly
- Return to work station to clean up area
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Estimate importance of each unit task

- Least important: if success to minor degree the project will succeed
- Moderately important: task done to moderate success for project to succeed
- Most important: technique fails if this task is not done properly
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Frequency of performance of the each unit task

- Once
- Specific number of times, ex. Twelve
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Determine the level of difficulty for each unit task

Note: differs for each special population and each individual

- Cognitive / Learning
- Physical
- Social
- Psychological / Emotional

- Easy
- Moderate
- Difficult
Divide a technique into its unit tasks:
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Evaluate each unit task for the type of performance required:

- Cognitive
- Physical
- Social
- Psychological
The general goals and objective can be separated into four groups:

- intellectual / cognitive / learning
- social
- physical
- emotional / psychological
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Intellectual benefits:

- attainment of new skills
- improved vocabulary and communication skills
- aroused sense of curiosity
- increased powers of observation
- vocational and prevocational training.
- stimulation of sensory perception
Intellectual benefits:

- Counting
- Spatial relationships
- Recall
- Sequencing
- Visual discrimination
- Learning new vocabulary
- Read
- Follow directions
- Explain
- Problem solving
- Create new methods
- Gain new insight
- Understand concrete concept
- Understand theory
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Social Benefits:

- Interactions within a group
- Interactions outside the group
- Interactions with instructor
- Request permission
- Talk with others in group
- Sportsmanship
- Assist another client
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Emotional / Psychological:

- Improved confidence
- Improved self esteem
- Reduced aggressiveness
- Enthusiasm for the future
- Fulfill need to be creative

- Way he/she talks about him or herself
- Reduced verbal or physical abuse of other participants
- Plans for future
- Ability to deviate from set project
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Physical Benefits

- Development and improvement of basic motor skills
- Fine motor coordination
- Eye-hand coordination
- Increased outdoor activities
- Walking
- Squatting
- Lifting
- Grasping
- Placement of objects
- Reaching
- Pushing
- Carrying
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| TECHNIQUE: ___________________________ | CONDITIONS: ___________________________
| GROUP: ___________________________ | NAME OF INDIVIDUAL ___________________________
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