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Recreation (RECR) 1510 Introduction to Recreation and Leisure Service (3 Units) CSU
[formerly Recreation 10]

Advisory: Eligibility for English 1500 strongly advised

Total Hours: 48 hours lecture

Catalog Description: This course offers a general orientation to the field of recreation and, leisure services including a history of the development of recreation, through cultural context, a survey of recreation and leisure services, theoretical foundations of recreation, description and interpretation of recreation as a form of community service and the nature and scope and significance of leisure and recreation as a social force in contemporary society. Field trips may be part of the course.

Type of Class/Course: Degree Credit

Text: Kraus, Richard. *Recreation and Leisure in Modern Society*. 8th ed. Sundbury, MA: Jones and Bartlett Publishers, 2008. Print.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. Analyze the importance of leisure and its relationship to life satisfaction in today's society,
2. Analyze the relationship between work and leisure,
3. Analyze human development and its relationship to leisure,
4. Identify factors that motivate individuals to pursue leisure and benefits of the leisure experience,
5. Identify factors that have led to the proliferation of mass leisure in the 20th century,
6. Identify the impact of mass media on leisure patterns,
7. Identify the implications of an individual's lifestyle on leisure participation,
8. Identify the changing social trends relative to leisure,
9. Identify public leisure services delivered by local, state and federal governments, nonprofit organizations and commercial organizations,
10. Identify the roles played by leisure professionals,
11. Explain philosophical thinking and its relationship to leisure,
12. Explain the common elements of the leisure service profession,
13. Explain the key elements in pursuing a professional leisure services career,
14. Define the impacts of the changing nature of the workplace and family structure to the delivery of leisure services,
15. Define the interaction of gender roles and leisure patterns,



West Kern Community College District

16. Define the manner in which values shape individual lives,
17. Define the concept of culture and differentiate leisure values, norms and attitudes that influence the cultures of society,
18. Define the differences and similarities between leisure, recreation and play, reasons for studying the history of the leisure movement,
19. Define the importance of valuing differences,
20. Define examples of discrimination and prejudice in leisure services, and
21. Define the importance of developing a personal philosophy of leisure.

Course Scope and Content:

- Unit I Leisure in Today's Society
- A. Leisure and life satisfaction
 - B. The world of leisure, recreation and play
 - C. Leisure: A Historical Perspective
 - D. Mass leisure
 - E. Leisure and the life cycle

- Unit II Delivering Leisure Services
- A. Local government
 - B. State government
 - C. Federal government
 - D. Non-profit
 - E. Commercial

- Unit III Issues, Trends and Professional Practice
- A. Promoting quality services
 - B. Professional career development
 - C. Leisure and cultural diversity
 - D. Leisure ethics
 - E. Future trends

- Unit IV Basic Concepts
- A. Philosophical analysis of play
 - B. Theories of play
 - C. Leisure verses play concepts
 - D. Social functions of recreation

- Unit V Historical Perspectives of Leisure
- A. Early societies
 - B. Ancient civilizations
 - C. Christianity and recreation
 - D. The Renaissance
 - E. Reformation
 - F. Colonial America
 - G. The Industrial Revolution
 - H. Periods of austerity and growth
 - I. Modern Era

- Unit VI Motivation and Age Factors



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- A. Motivation
- B. Children
- C. Adolescents
- D. Adults
- E. Older adults
- F. Disabled individuals

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

- 1. Studying
- 2. Answering questions
- 3. Completing required reading
- 4. Written work
- 5. Observation of or participation in an activity related to course content

Methods of Instruction:

- 1. Lecture
- 2. In class activities related to course content
- 3. Field trips

Methods of Evaluation:

- 1. Class participation
- 2. Outside assignments such as: term or other papers, attendance at board meeting of a local public institution of choice and oral report by students of their involvement in community service activities
- 3. Quizzes
- 4. Final exam may include essay, multiple choice, matching and true/false items.