

blw Course

If Revision, Section(s)
Revised:
Date of

M: Course Objectives / Learning Outcomes

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

1. describe the conceptual foundations of play, recreation, and leisure
2. describe, from an historical perspective, the psychological, sociological, and physiological significance of play, recreation, and leisure
3. discuss the documented benefits of play, recreation, and leisure in contemporary society.
4. describe the significance of play, recreation and leisure throughout the life cycle relative to individuals' attitudes, values, behaviours, and use of resources.
5. describe the interrelationship between leisure behaviour and the natural environment
6. describe the history and development of the leisure service profession.
7. describe the concept of profession and professional organizations as related to leisure services.
8. discuss the roles and interrelationships of diverse leisure service delivery systems, including such specialties as therapeutic recreation, recreation and health promotion.

N: Course Content: The following global ideas guide the design and delivery of this course:

Conceptual Foundations of Play, Recreation and Leisure

- Conceptual and theoretical basis of recreation and leisure
- Define recreation, leisure, play, flow, time & work
- Describe the leisure and phenomenological approaches to theories and models of leisure, recreation and play
- Historical significance and valuing of leisure, play and recreation
- Historical social movements influencing leisure, recreation and play
- Theories of leisure, recreation and play
- Individual, family, community and global leisure perspectives
- Individual, family, community and global leisure values
- Sociology, psychology and social psychology of recreation & leisure

Leisure, Recreation and Play Throughout the Life Cycle

- Recognize beliefs, attitudes, values, feelings and behaviours associated with leisure and play
- Health benefits, physical, psychological, spiritual, of leisure
- Age-related leisure and recreation needs, interests, developmental goals
- Lifestyle choices
- Playfulness and wellness
- Time for leisure & work: past & present, time budgets & time diaries
- What we do with our time, the overworked adult
- Construct a personal philosophy of leisure

Leisure, Recreation and the Community

- An ecological, systems perspective
- Leisure behaviour and the natural environment
- Educating the community for leisure and recreation opportunities
- Political, economic and social resources and community recreation opportunities

Leisure and Recreation Profession

- History of the development of leisure and recreation profession
- Employment in the recreation & leisure Industry
- Recreation & leisure resources on the internet
- Ethical principles, professionalism and professional development as applied to all professional practices, attitudes, and behaviours in leisure services delivery

O: Methods of Instruction

Lecture/discussion
Small Group Work
Community Visits and Experiences
Media

P: Textbooks and Materials to be Purchased by Students

A list of recommended textbooks and materials is prov