A. Introduction
One of the major challenges of modern society relates to the constructive utilization of leisure. The use of leisure to a great degree determines the physical and mental health of individuals and our society collectively. The purpose of this course is to assist you in developing a sound personal philosophy of leisure to improve various leisure-related aspects of life. This course will benefit you, both now and throughout your life, as you make choices regarding your leisure, the largest time block in your life.

Please Note: This course meets area E general education program requirements. It follows general education program standards for writing requirements, rigor, and content.

B. Course Goals
Note: Numbers in brackets are National Recreation & Park Assoc. Council on Accreditation standards

1. To gain a basic understanding of leisure and recreation through reading, listening, viewing and reasoning critically and synthesizing information from varied sources.
2. To understand theories and concepts of leisure and how they apply to one's life. [8:01]
3. To gain an understanding of time management and leisure planning principles, and how they can be applied to improving one's leisure.
4. To apply qualitative and quantitative methods to solving leisure-related problems.
5-8. To be able to integrate physiological, psychological, and social theory, data and perspectives in order to: [8.02]
5. Understand how leisure behavior can affect health and wellness.
6. Understand how stress can either be reduced or increased by leisure behavior.
7. Understand the role of recreation in socialization.
8. Food studies: Examining recreational eating and how it can affect health and wellness, stress, and socialization.
9. To incorporate an understanding of the role of ethics and justice in leisure in developing a personal philosophy of leisure and in understanding public policy issues related to leisure.
10. To gain insight into diversity issues in leisure by examining the leisure of others (e.g., special populations, ethnic minorities) and to understand the leisure-related aspirations and problems of ethnic minorities and women. [8.03]
11. To understand sustainability issues related to leisure by gaining further appreciation of outdoor natural resources as important recreation resources, and the relationship of people to these resources. [8.04; 8.05]
12. To understand global development issues affecting leisure in the U.S. and in other nations through international studies of leisure.
13. To explore future leisure possibilities throughout the life span by examining future predictions for leisure, the effects of scientific and technological advances on leisure, life cycle changes and their impact on values related to leisure. [8.03]
In addition, general education program goals met by this course include:

1. To improve reading, writing, critical thinking, discussion and speaking skills, analysis and problem solving, and the ability to access, evaluate, and apply information.
2. To instill efficient, effective learning skills that will keep the student on a path of perpetual intellectual curiosity.
3. To enhance general knowledge and attitudes so that students have a coherent picture of the universe and humanity, including the living and non-living physical universe; human cultures, societies, and values; and the artistic and intellectual legacy of humanity.
4. To broaden knowledge about the impact, perspectives, and contributions provided by cultural, racial, ethnic, gender, cognitive, and global diversity.

Specific general education area E goals integral to this course are:

1. To learn about issues that are substantial and likely to be important throughout life.
2. To recognize, incorporate, and integrate theory, evidence, and perspectives from each of three broad areas of human life: The physiological; the psychological; and the social.
3. To apply the ideas and materials of the course to your life.

C. **Course Requirements**

1. **Required textbook:** Leisure Enhancement (3rd ed.)

2. **Attendance and Participation**
   Attendance and participation are essential requirements of this class. Active participation in class discussion and activities is required of all students. Points are awarded for participation.

3. **Grading System**
   Instructor will notify the class.

4. **Quizzes/Exams**
   Instructor will notify the class.

5. **Written assignments**
   a. Leisure and ethnic cultures.
   b. Improving Leisure by Reducing Recreational Computer Use and/Video Games Playing Time by 50% or More
   c. Improving leisure by reducing television time 50% or more
   d. Application of course concepts in organized leisure activities
   e. Application of course concepts in planning and leading an organized leisure activity for RECR 180 students
   f. Analyzing the ethics of a leisure activity
   g. Experiment in eliminating binge drinking and other recreational drug use.

*Point system will be determined by each instructor, as well as which assignments are required. The purpose of these papers is for you to thoroughly examine your leisure lifestyle and formulate a sound personal philosophy of leisure that clearly integrates the physiological, psychological, and sociological theories, views and data explored in this class. Discuss how these concepts apply to you.*
Some of the assignments require that you utilize outside references in addition to the textbook. Examples of references and referencing styles are in this packet. Non-academic references can be insightful, BUT keep them to a minimum. The dictionary, People, Vogue, etc. are not considered academic references. Utilize books and research journals, not low quality internet resources (e.g. Wikipedia and blogs). Please refer to the Meriam Library's CRAAP test for reliable resources to use for your written assignments.

References must be current — between 2005 and present. Place grading sheets in front of each paper when you submit them. Each paper will be graded primarily on content, but also on spelling, grammar, neatness, creativity and whether or not you followed the directions for the assignment. The most important factors in your papers are the thoughtfulness and effort displayed, and your understanding of the course material. Late papers will be penalized or not accepted (refer to your class section’s syllabus for details). Papers not typed will not be accepted.

This course has a substantial writing requirement of more than 3,000 words, in accordance with the objectives of the University's General Education program and campus-wide concern for literacy. All written assignments require an integration of the ideas and materials of the course and to apply the ideas and materials of the course to your projected life course. Exercise logic and imaginative insight in your papers!

Citing References: Giving Proper Credit Using APA Format

When you use someone else’s ideas in your paper, you have an ethical obligation to acknowledge the source of those ideas in two places (both in the text of the paper and in the reference list). Not giving credit is plagiarism. There are three ways to incorporate someone else’s ideas into your paper’s text: quote (use the author’s exact words), paraphrase (restate the author’s word’s using your own words), or summarize (condense the information). With all three methods, you must mention the author(s)’s last name(s) and the date in the text. If you do not state either of these items directly in the flow of the text, you put it in parentheses. For quotations you must also include the page number in parentheses after the quotation. All of these elements precede the period that ends the sentence.

Avoid Footnotes
APA format discourages footnotes. Include important information directly in text and leave out the rest.

VERY IMPORTANT: If you did not actually read the article you are referencing (if it is a secondary reference), you must indicate the nature of the reference as in the following example: Suppose you are reading Kraus’ 1996 book and in it, you read about a research study conducted by Lom in 1994. It is correct to state the “According to Lom (Kraus, 1996).....”, but it would be incorrect to state that “According to Lom (1994).....”, unless you actually read the original article by Lom! Do not take credit for reading something you did not actually read!

Recreation and Leisure Resources* - Periodicals
Leisurability
Journal of Physical Education and Recreation
Journal of Leisure Research
World Leisure and Recreation
Leisure Sciences
Parks and Recreation Magazine
Bulletin of Society and Leisure
Recreation Management
*This is just a small list of resources. There are many other books and periodicals located in the library.

**WRITTEN ASSIGNMENTS**

**A. REQUIRED ASSIGNMENTS:**
Assessment of Student Learning Related to Course Goals: Pre and Post Test
During the first week of class, students will write a reaction paper to the course goals, indicating what knowledge they have, and in what areas they are most interested in learning more. This assignment will be returned promptly, with feedback on coursework expectations and writing skills.

During the last week of class, students will submit a paper on the learning that actually occurred during the semester in relation to the course goals.

**B. OTHER ASSIGNMENTS:**
At the end of this packet, there is a separate cover sheet for each of the assignments. The description/instructions for each assignment are on the cover sheet.

**IMPORTANT:** You must attach the cover sheet to your assignment.

_Cover Sheet_

A. Leisure of Ethnic & Racial Minority Groups (50)

______ 1) Explain why the ethnic group was chosen for study (4)

______ 2) Clear description of the event (8)

______ 3) Described personal feelings about the event (8)

______ 4) Described specific leisure-related similarities & differences (16)
5) Incorporated theories and concepts in explanations

(10)

6) Bibliography

(4)

Note: If this assignment is completed as a research paper, B and C do not apply; 16 points will be assigned for incorporation of outside references (other than the textbook) in the paper.

1. Attend a social/recreational event of an ethnic/racial minority group. There are many ethnic organizations and clubs on campus that regularly hold events. The BMU information desk and the multicultural center have information on these events and organizations; also, look in the Orion’s calendar of events. Obtain permission to attend the event in advance if it is not a public event. IMPORTANT: Before attending the event, submit to the instructor a written request for feedback, and the instructor will let you know if the event seems like a suitable potential learning experience. Attach the instructor’s written approval of your proposal to your final paper for this assignment. Otherwise, no credit will be awarded for this assignment.

2. Through participation in the event, personal observations, and discussion with members of the group, try to learn about similarities and differences in leisure of the ethnic/racial minority group as compared to your leisure.

3. Your paper should have the following components:
   a. The instructor’s pre-approval of your proposal.
   b. Identification of the ethnic group you studied and why you chose it.
   c. Date, time and location of the event you attended (should be easily verifiable).
   d. Description of the event and how you felt about it.
   e. Specific similarities and differences you noted in comparing your leisure to theirs. In explaining these similarities and differences (their causes, implications, and desirability), you must incorporate theories and concepts from the texts and at least one other reference (cited completely). Alternatively, if this assignment is completed as a research paper (no event attended), six outside references in addition to the textbooks are required.
   f. Complete bibliography

Cover Sheet

B. Improving Leisure by Reducing Recreational Computer Use and/or Video Games Playing Time by 50% or More (50)
1) Explain personal current habits and how they affect your leisure. Attach a log of your recreational computer use/video game playing habits for the third week of the semester. Identify the times that you felt were most enjoyable, and the times that were least enjoyable or that you felt were a waste of time. (8 points)

2) Appropriately integrate four (4) theories and concepts from the textbook in explaining the positive and negative effects of recreational computer use/video games on your leisure. Give specific personal examples in explaining these positive and negative effects. (16 points)

3) Observe the video game playing habits of others during a two-day period. Cite examples of positive and negative effects of recreational computer use/video games on others’ leisure, integrating at least two (2) different theories and concepts from the textbook in your analysis. (6 points)

4) Talk with family, friends, and classmates about their habits and how they affect their leisure. Integrate at least three (3) theories and concepts in analyzing the positive and negative implications of recreational computer use/video games on the leisure of your family, friends, and classmates. (6 points)

5) Identify at least three (3) specific positive changes that you made in your recreational computer use/video game playing habits. Justify each change/recommendation with theories, facts, and concepts from the textbook. Attach a log of your leisure activities for the fourth and fifth weeks of the semester. Compare it to the first log and cite specific improvements you have made in your leisure. Refer to the log frequently, citing specific changes made. (14 points)

**Assignment Background and Guidelines**

Playing video games and recreational uses of computers are the main ways some people use their free time. But, as discussed in chapters ten and thirteen, it can negatively affect people. Choose this assignment if you feel strongly that by analyzing your computer use/video game playing habits and making some changes, you can significantly improve your leisure.

In part two, clearly integrate theories and concepts in explaining the positive and negative effects of recreational computer use/video games on your life. For example, is “escape from social reality” a need you seek to fulfill through leisure? Can you cite specific examples in the last week when computer use/video games prevented you from “escaping?”

Similarly, as you observe roommates or family members or others playing video games/using computers for recreational purposes, integrate various theories and concepts in your evaluation of how it is affecting their lives (for example, if two people are living together, but each one is usually in their own room, on the computer/playing video games, how does that affect the “love and belongingness” need on Maslow’s hierarchy?).

In part four, interview people you know who play on computers/video games a great deal, and perhaps also interview someone who doesn’t do it at all. Don’t use any names, but identify your interviewees in some way (e.g. female friend or male relative, etc.). Analyze their comments, again applying the various theories and concepts from the textbook.

Part five is the key. How can you improve your leisure and life by making some changes in your computer use/video game playing habits? Identify specific changes you can make, and justify them with theories, facts, and concepts from the textbook and other sources.
C. **Improving Leisure by Reducing Television Time 50% or More (50)**

1) Discuss your personal current level of television viewing and how it affects your leisure. Attach a log of your television viewing habits for the third week of the semester. Specify the exact times that you watched television each day, and what you watched (write “channel flipping” if you weren't watching one show in particular). Identify the television time that you felt was most enjoyable, and the viewing time that was least enjoyable or that you felt was a waste of time. (8 points)

2) Appropriately integrate four (4) theories and concepts from the textbook in explaining the negative effects of television viewing on your leisure. Give specific personal examples in explaining these negative effects. (16 points)

3) Observe the television viewing habits of others during a two-day period. Cite examples of negative effects of television viewing on others’ leisure, integrating at least two different theories and concepts from the textbook. (4 points)

4) Talk with family, friends, and classmates about their television viewing habits and how they affect their leisure. Integrate at least three (3) theories and concepts in analyzing the negative implications of television viewing on the leisure of your family, friends, and classmates. (6 points)

5) Identify at least four (4) specific changes/improvements that you have made in your television viewing habits. Justify each change/recommendation with theories, facts, and concepts from the textbook. Remember, the goal is to reduce television time by at least 50%. Cite your log frequently, explaining in detail the significance of various changes made in your television viewing habits and other leisure activities. (16 points)

**Assignment Background and Guidelines**

Watching television is the most popular leisure activity, as discussed in chapter four. But, as discussed in chapters six, ten, and thirteen, in some ways, watching television can negatively affect people. Choose this assignment if you feel strongly that by analyzing your television viewing habits and making some changes, you can significantly improve your leisure.

In part two, clearly integrate theories and concepts in explaining the positive and negative effects of television on your life. For example, is “escape from social reality” a need you seek to fulfill through leisure? Can you cite specific examples in the last week when watching television prevented you from “escaping?”
Similarly, as you observe roommates or family members or others watching television, integrate various theories and concepts in your evaluation of how television is affecting their lives (for example, if a person stays up late watching television after their partner has gone to bed, how does that affect the “love and belongingness” need on Maslow’s hierarchy?).

In part four, interview people you know who watch television a great deal, and perhaps also interview someone who doesn’t watch at all. Don’t use any names, but identify your interviewees in some way (e.g. female friend or male relative, etc.). Analyze their comments, again applying the various theories and concepts from the textbook.

Part five is the key. How can you improve your leisure and life by making some changes in television usage? Identify specific changes you can make or have already made, and justify them with theories, facts, and concepts from the textbook and other sources. Attach a log of your television viewing habits for the fourth and fifth weeks of the semester. Compare it to the first log and cite specific improvements you have made in your television viewing habits.
Cover Sheet

D. Application of Course Concepts in Organized Leisure Activities/Volunteering
(25 points; this assignment may be done twice, so make an extra copy of this cover sheet to attach to the second paper).

PRIOR APPROVAL BY THE INSTRUCTOR OF THE ACTIVITY/VOLUNTEERING EXPEIENCE IS REQUIRED. NO CREDIT GIVEN UNLESS APPROVED PROPOSAL AND PROOF OF PARTICIPATION ARE ATTACHED TO THIS PAPER.

1) Identify the dates and times of the activities, leader(s) name(s), and the name of the organization sponsoring the activities. No credit for this assignment unless verification of participation on is attached. (1 point)

2) Describe the activities (2 points)

3) Describe feelings about the positive and negative aspects of the activities, incorporating theories and concepts from the course appropriately. (10 points)

4) Compare the benefits derived from the activities to those derived from usual leisure activities, incorporating theories and concepts from the course appropriately. (12 points)

The purpose of this assignment is to encourage students to participate in organized leisure activities (including volunteering) offered through the university and thereby have a “practical leisure experience” in which the theories and concepts of the course can come to life. For example, it would be wonderful to have students volunteer for a leisure-oriented program through CAVE, or go on an Adventure Outings trip or participate in a Campus Recreation and Intramurals event, and be able to experience how much more beneficial activities like these are than common leisure activities such as watching television and binge drinking.

Note: The instructor will be announcing the dates and times of upcoming leisure activities that can be utilized for this assignment. Be sure to obtain proof of participation in the activity and attach it to your paper. After participating in the activity, write a paper with the following information:

1. Date and time, leader name(s), and name of the sponsoring organization clearly identified. Attach verification; no credit unless it is attached to your paper.
2. Describe the activities.
3. Describe the positive and negative aspects of the activities, incorporating theories and concepts from the course appropriately. Review chapters one and five for this section of the paper. Incorporate several different theories and concepts in this section of the paper.
4. Compare the benefits of these activities to those that you usually do. Be sure to incorporate theories and concepts from the course in your explanations. For example, if you usually engage in binge drinking as “an escape from social reality” on the weekends, explain how the organized activity you engaged in met your need for “escape from social reality,” and compare the effectiveness of these two activities in meeting this need. Incorporate several different theories and concepts in this section of the paper.
E. Application of Course Concepts in PLANNING AND LEADING an Organized Leisure Activity for RECR 180 Students (50)

IMPORTANT: You must submit a proposal and obtain written approval for your proposed activity BEFORE you begin publicizing the activity. Attach the approval to this paper. NO CREDIT GIVEN UNLESS APPROVED PROPOSAL AND PROOF OF PARTICIPATION ARE ATTACHED TO THIS PAPER.

The purpose of this assignment is to encourage students to participate in organized leisure activities (including volunteering) led by classmates in order to have a “practical leisure experience” in which the theories and concepts of the course can come to life. For example, a student could organize a team of RECR 180 students to play in an intramural league or organize a group of RECR 180 students to go on a hike, bicycle ride, or other outdoor recreation adventure, perhaps even snowboarding or skiing. Ideally students will be able to experience how much more beneficial activities like these are than common leisure activities such as watching television and binge drinking. The activity should last a minimum of two hours.

1) A proposal that clearly lists the date(s), time(s), and location(s) of the activity, a thorough explanation of the activity, and a brief outline of how you will publicize, plan, and lead the activity. Include a draft flyer. Remember that alcohol and other recreational drugs are forbidden. (10 points)

2) Describe the activities and your role as leader. (4 points)

3) Describe feelings about the positive and negative aspects of the activities, incorporating at least four theories and concepts from the course appropriately. Review chapters one and five for this section of the paper. Incorporate several different theories and concepts in this section of the paper. (16 points)

4) Compare the benefits derived from the activities to those derived from usual leisure activities, incorporating at least four theories and concepts from the course appropriately. For example, if you usually engage in binge drinking as “an escape from social reality” on the weekends, explain how the organized activity you engaged in met your need for “escape from social reality,” and compare the effectiveness of these two activities in meeting this need. Incorporate several different theories and concepts in this section of the paper. (16 points)

5) Attach at least two photos of the activity/event. (4 points)

Final Note: The activity is to be geared toward RECR 180 students in all sections of the class, not to the leaders' friends, although they are also welcome to participate. It should be a special activity that will give participants many of the benefits of leisure identified in chapters one and five. It should also demonstrate significant planning and effort by the leader.
F. **Analyzing the Ethics of a Leisure Activity** (50 points)

_______1) Identify the leisure activity you are analyzing and 2006-present statistics on its popularity. (4)

_______2) Utilize the five criteria for determining the ethics of a leisure activity as discussed in chapter twelve. For each of the five criteria, cite 2006-2008 statistics demonstrating how the leisure activity is unethical. It is okay if you cite ten or more facts related to one of the criteria, and only one or two facts related to one or two of the others. (20)

_______3) Summarize, based on the statistics cited and on your personal observations and opinions why you feel that the activity is unethical. (6)

_______4) Discuss ideas for changing leisure behavior patterns so that participation in this leisure activity will be diminished. Discuss how you might be able to change your own behavior (if you are a participant in the activity), the behavior of others you know, and of society in general. (8)

_______5) References cited page. (2)

_______6) Outline for oral presentation/class presentation and discussion leadership. (10)

You will present to the class your arguments as to why you believe that the leisure activity you have selected for discussion is unethical. Be sure to present key facts from your paper. After your initial presentation, be prepared to lead a discussion on the topic. Attach a one or two page outline for your presentation to your paper.

For this assignment, choose a leisure activity that is popular but that you feel is unethical. Some examples of appropriate leisure activities to analyze for this assignment are binge drinking, smoking pot or other recreational drug use, gambling, pornography, hunting, and activities that harm the environment. In your written assignments proposal, clearly identify which activity you are choosing to analyze.

Cite the section on leisure and ethics in chapter twelve extensively. In addition, utilize current statistics from other resources.
G. **Experiment in Eliminating Binge Drinking and/or Other Recreational Drug Use as a Leisure Activity** (50 points)

**NOTE:** This assignment is intended for students who frequently engage in binge drinking and/or other recreational drug use and are sincerely motivated to try to improve their lives by eliminating this behavior.

_______1) Explain personal current level of binge drinking and other drug use and how it negatively affects your leisure. Attach a journal of your binge drinking and other recreational drug use during the first month of the semester. Summarize how often you engaged in binge drinking and other drug use, and how much time was wasted due to hangovers. (6)

_______2) Appropriately integrate four (4) theories and concepts from the textbook in explaining the negative effects of binge drinking and other drug use on your leisure. Give specific personal examples in explaining these negative effects. Utilizing the various theories in chapters one and five, explain how binge drinking and/or other drug use prevented you from fulfilling important needs. (12)

_______3) Observe the binge drinking and other drug use of others during a two-day period. Cite examples of negative effects of binge drinking and other recreational drug use on others’ leisure, integrating at least three (3) different theories and concepts from the textbook in your analysis. (6 points)

_______4) Discuss your participation in and observations during weekend celebrations. Explain how binge drinking and/or other recreational drug use would have detracted from your enjoyment of the activities and would have prevented the fulfillment of specific needs/benefits of leisure that you met. (4)

_______5) Identify at least three (3) specific changes/improvements that you have made and would like to continue to implement in binge drinking and use of other drugs. Justify each change with theories, facts, and concepts from the textbook. Attach a journal of your binge drinking and other recreational drug use during the second month of the semester. Compare it to the first journal, citing specific improvements in your leisure behavior due to eliminating binge drinking and other recreational drug use. (15)

_______6) Oral presentation: During class discussion on this topic, you will be asked to present the results of your experiment, hopefully inspiring other students to also attempt to eliminate this destructive leisure behavior from their lives. Attach an outline for this presentation. (7)

**Assignment Background and Guidelines**

As discussed on pages 284-294, recreational drugs (including binge drinking) are widely used and often affect leisure negatively. In part two, clearly integrate theories and concepts in explaining negative effects of binge drinking and other recreational drugs on your life. For example, if “escape from social reality” is a need you seek to fulfill through leisure, then cite specific examples in the last week when binge drinking actually created more problems for you to escape from, instead of being a good escape.

Similarly, as you observe other students at parties, binge drinking or using other drugs, integrate various theories and concepts in your evaluation of how it is affecting their lives (for example, if a couple is getting drunk, and one of them passes out, how does that affect the “love and belongingness” need on Maslow’s hierarchy?).
Part five is the key. How can you improve your leisure and life by making some changes in your binge drinking and other recreational drug use? Identify specific changes you can make or have already made, and justify them with theories, facts, and concepts from the textbook and other sources. Describe a recent weekend that was drug (including alcohol) free and cite specific activities that you participated in and how they met the needs fulfilled that many people seek to fulfill through binge drinking and other drug use.