

COLLEGE OF THE CANYONS RECREATION MANAGEMENT

REC 101 Recreation and Leisure in Contemporary Society (3 units)

Course Description:

Introduces the student to the history, scope, significance and trends of recreation in contemporary society. Students will be introduced to the contributions of play, leisure and recreation to the social, psychological and economical well being of groups.

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Required Text:

McLean, D.; Hurd, A.; Roger, N.(2008). Kraus' Recreation and Leisure in Modern Society. 8th Edition. Sudbury, Massachusetts: Jones and Bartlett.

Student Learning Outcome: Upon completion of the course the student will be able to assess the influence of modern history, politics, culture, and contemporary social trends on recreation and leisure activities and services.

Course Outline:**Upon Completion of the course the student will**

1. Understand the various views of leisure and recreation; differentiate the basic concepts of recreation, play and leisure.
2. Examine the history of recreation and leisure and the emergence of parks, recreation and leisure services.
3. Understand the various personal and societal factors that influence the development of recreation and leisure programs as well as participation in recreation and leisure activities.
4. Recognize the diversification of recreation and leisure services by for- profit businesses, government/public and non-profit agencies.
5. Develop a personal philosophy of recreation and leisure participation, and act as an advocate for recreational resources and the natural environment.

Assignment #1 Time Line

Students will develop a timeline representation of the Public Recreation Movement. Dates of inclusion for the timeline should be between 1850 and 1920.

Assignment # 2

Leisure Motivation Questionnaire (LMQ) Assignment. The LMQ will be used to assist you to recognized and define your own motivations towards recreation and leisure activities and the role they have in your own life.

Assignment #3 Personal Philosophy of Recreation, Sport and Leisure

Expanding upon your response to the questions in assignment LMQ, you will have the opportunity to broaden and further develop your own philosophy of recreation and leisure activities. In developing your philosophy, ask yourself the following questions; Why do we feel the need to participate in recreation and leisure activities? What are the benefits? How does recreation and leisure activities compliment our lives? How does recreation and leisure serve society?

Assignment #4 Specialized Leisure Service Areas

Students will research and present an organization/body or business, profit or non-profit which focuses on specialized leisure services. You will identify the Philosophy/Mission and Goals of the organization.

Assignment #5 Dream Job

Students will investigate the area of recreation and leisure services in which they have potential career interest. Students will share a professional job that resembles your dream job in the recreation and leisure field. Discuss why this is your dream job and how it relates to your philosophy of recreation.