

# RLST 2030: INTRODUCTION TO RECREATION AND LEISURE STUDIES

## Recreation and Leisure Studies Program

Department of Counseling and Human Development Services

Fall 2005

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Ramsey 332

Office hours: MW 10:00-11:30am or by appointment

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**Course Description:** This course will explore the history and development of the field of recreation and leisure services, philosophical and conceptual issues related to recreation and leisure, and contemporary issues related to the delivery of recreation and leisure services.

**Course Objectives:** By the end of the course, each student will...

1. Understand the concepts of play, recreation, and leisure, and appreciate the factors that influence these in the context of contemporary society.
2. Understand the social and psychological significance of leisure for all people, with appreciation of differences due to gender, life stage, disability, and other factors.
3. Understand how current social, economic, political, and environmental concerns are influencing park and recreation services in the United States.
4. Understand outdoor recreation user's environmental attitudes and behaviors from a sociological and psychological perspective.
5. Understand the historical development of the park and recreation profession in the United States.
6. Understand contemporary professional issues and how they impact the delivery of leisure services.
7. Understand the concept of a profession and the varied professional opportunities in the field of park and recreation services.
8. Understand the roles and interrelationships of diverse leisure service delivery systems, including specialties such as therapeutic recreation and business enterprise systems.
9. Understand the responsibility of the leisure service profession to make available opportunities for leisure experiences for all populations, including those with differing needs and abilities.
10. Obtain the ability to promote, advocate, interpret, and articulate the concerns of leisure service systems for all populations and services.

### Required Text:

Henderson, K. A., Bialeschki, M. D., Hemingway, J. L., Hodges, J. S., Kivel, B. D., & Sessoms, H. D. (2001). *Introduction to Recreation and Leisure Services, Eighth Edition*. State College, PA: Venture Publishing.

Additional book chapters, articles, and supplemental readings will be required and will be available to students via WebCT.

**Policies:** All policies and expectations regarding this course are outlined on the Integrated Course Syllabus.