

George Mason University
College of Education and Human Development
School of Recreation, Health and Tourism

PRLS 210-001 Introduction to Leisure
3 Credits, Fall 2017

Tuesday, 4:30 p.m. – 7:10 p.m., Robinson Hall B224

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Traces the development of current concepts of recreation and leisure and their implications and consequences. Covers influences of philosophy, religion, science, economics, sociology, and politics on discretionary time and its uses.

Course Delivery Method

This course will be delivered using a lecture and/or hybrid on-line format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Develop a personal philosophy and broad awareness of leisure
2. Describe major ideas, institutions, and forces that influence leisure in contemporary society
3. Gain a full, in-depth understanding of the ties between leisure and challenges of the future.
4. Understand the concept of the leisure profession and professional organizations, and the responsibilities of professionals in leisure and human services

Professional Standards

Upon completion of this course, students will have met the following professional standards:

- 7.01: Students graduating from the program shall demonstrate the following entry-level knowledge:
- a) the nature and scope of the relevant park, recreation, tourism or related professions and their associated industries;
 - b) techniques and processes used by professionals and workers in these industries; and
 - c) the foundation of the profession in history, science and philosophy.

Required Texts

Pastimes (The Context of Contemporary Leisure). Ruth Russell. 5th Edition

Well-being: The five essential elements. New York, N.Y.: Gallup. Rath, T., & Harter, J. K. (2010).

Service Living: Building Community through Public Parks and Recreation. Wellman, Dustin, Henderson, and Moore.

Tuesdays with Morrie. Mitch Albom.

Ultra Marathon Man: Confessions of An All-Night Runner. Dean Karnazes.

Full citations in format required for all assignments in course (e.g., APA, AMA, Chicago, MLA)

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

[Further information regarding specific course assignment submission instructions may be inserted here or in one of the applicable categories below.]

- **Assignments and/or Examinations**

A. Activity Participation and Economic Log (40 points):

Each of you will monitor and analyze a week’s worth of your recreation and leisure activities and their expenses. This project must include logging and charting your behavior, as well as documenting a brief analysis of your experience. Prior to the analysis, a chart provided by the instructors must be filled in.

Focus of Paper:

- Amount of time spent and money spent in recreation activities – this will be done in a chart format
- Your thoughts and reactions to your participation in activities and spending
 - Connection between your activity involvement and spending to issues and concepts discussed in class or any relevant issues that you have read about or discussed with people outside of class.
 - Personal views and opinions

B. Article Readings (20 points per paper)

You will be asked read articles relating to the topic for the week. You must hand in a paper summary for each assignment (see modules).

Due Date: Weekly

C. Mid-term (40 points)

D. Final (40 points)

The Buried Life In-Class Presentation

Each student participates in a leisure activity that she has never done before. Each student will make a ten-minute presentation (power-point) regarding their experiences. Students will include the following in their presentations:

- Why you chose the leisure activity
- How activity was planned
- What the experience was like
- Relate topics and discussion from class and other class material to experience
- Provide video or pictures from the experiences in your presentation

- **Other Requirements**
Attendance and Class Participation

- **Grading**

A+ 98 -100	B+ 87-89	C+ 77-79	D+ 67-69
A 93- 97	B 83 – 86	C 73-76	D 63-66

A- 90 – 82	B- 80 – 82	C- 70- 72	F 0-59
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Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Date	Topic
Week 1	Introduction/Course Overview <ul style="list-style-type: none"> • Discussion of the philosophy of leisure • What is leisure, recreation, and play • History of Leisure
Week 2	Basic Concepts of Leisure, Play, and Recreation Taboo Recreation Using Leisure for the Societal Good
Week 3	Activity and Economic Analysis Due (no article need to be handed in)
Week 4	Leisure and Health
Week 5	Leisure and Politics
Week 6	Leisure and Diversity, Sexuality, and Gender Roles
Week 7 and Week 8	Service Living and Leisure and the Environment
Week 9	Mid-term Exam
Week 10	What is Therapeutic Recreation? -The History of Therapeutic Recreation
Week 11 and Week 12	Leisure Throughout Your Life Span
Week 13	The Future of Recreation and Service Organizations: Future Trends, Future Technology; where is it all going Leisure as a Profession: What are the different professions in the recreation and leisure sector:
Week 14	Bringing it all together
Week 15	<i>Final Exam Due</i>

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.

Assessment Rubric(s) for All Assignments

A. Activity Participation and Economic Log

Activity Analysis Reaction Paper (content and reflection) - 15 points

Activity Analysis Reaction Paper (format/writing style) – 5 points

Activity Analysis Reaction Paper (utilization of classroom/reading assignments) – 5 points

Economic Log – 5 points

Activity Summary Log – 5 points

Daily Summary Log – 5 points

B. Article Readings

Reaction Paper (content and reflection) - 15 points

Reaction Paper (format/writing style) – 5 points

C. Mid-term

Mid-term content and reflection - 30 points

Mid-term paper (format/writing style) – 10 points

D. Final

The Buried Life In-Class Presentation

Presentation Content (logic, focus on topic) - 20 points

Presentation Format /Visual Organization (vocabulary, flow, writing style)- 20 points

E. Service Living Project

Assignment Rubric:

Active Participation in Service Project (20 points)