

**George Mason University**  
**College of Education and Human Development**  
**School of Sport, Recreation, and Tourism Management**

PRLS 210-002 Introduction to Leisure  
3 Credits, Fall 2021

Thursdays, 4:30 p.m. – 7:10 p.m., Innovations Hall 208

**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 Overview**

Not applicable

**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. 6th Edition

Palaces for the People. Eric Klinenberg.

Tuesdays with Morrie. Mitch Albom.

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, VIA, 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
- **Other Requirements**  
[e.g., attendance, participation]
- **Grading**

**Grading Scale**

A+ = 97-100    B+ = 88-89                      C+ = 78-79                      D = 60-69  
 A = 94-96            B = 84-87                      C = 74-77                      F = 0-59  
 A- = 90-93            B- = 80-83                      C- = 70-73

**Professional Dispositions**

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

**Class Schedule**

Date	Topic
<b>Week 1</b>	Introduction/Course Overview <ul style="list-style-type: none"> <li>• Discussion of the philosophy of leisure</li> <li>• What is leisure, recreation, and play</li> <li>• History of Leisure</li> </ul>
<b>Week 2</b>	Basic Concepts of Leisure, Play, and Recreation Taboo Recreation Using Leisure for the Societal Good
<b>Week 3</b>	Activity and Economic Analysis Due (no article need to be handed in)
<b>Week 4</b>	Leisure and Health
<b>Week 5</b>	Leisure and Politics
<b>Week 6</b>	Leisure and Diversity, Sexuality, and Gender Roles
<b>Week 7 and Week 8</b>	Leisure and the Environment
<b>Week 9</b>	Mid-term Exam

<b>Week 10</b>	What is Therapeutic Recreation? -The History of Therapeutic Recreation
<b>Week 11 and Week 12</b>	Leisure Throughout Your Life Span
<b>Week 13</b>	The Future of Recreation and Service Organizations: Future Trends, Future Technology; where is it all going  <b>Leisure as a Profession:</b> What are the different professions in the recreation and leisure sector:
<b>Week 14</b>	Bringing it all together
<b>Week 15</b>	<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 <https://catalog.gmu.edu/policies/honor-code-system/> ).
- 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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

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

**Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

- A. Time Diary: Activity Participation and Economic Log**  
**Activity Analysis Reaction Paper (content and reflection) – 6 points**  
**Activity Analysis (format/writing style) – 3 points**  
**Inclusion of topics from class – 3 points**

- B. Article Readings**  
**Reaction Paper (content and reflection) - 8 points**  
**Reaction Paper (format/writing style) – 3 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**

