

**ILLINOIS STATE UNIVERSITY
SCHOOL OF KINESIOLOGY AND RECREATION**

KNR 175 LEISURE'S ROLE ON INDIVIDUALS AND SOCIETY

3 sem hrs.

Introduction of leisure in historical and contemporary perspectives. Exploration of leisure's influence on individuals, societal institutions, and civic environments. Examination of the leisure phenomenon as a mechanism of personal growth, civic life, and community development. Investigation of leisure service providers. *Not for credit if earned credit in KNR 170.*

General Education:

In Individuals and Civic Life courses, students learn about functioning responsibly in their civic environment. Students develop an understanding of the complex interrelationships among people, political structures, and other dimensions of society, including the natural, social, business, and legal. Special attention will be given to the civic traditions of diverse cultures in United States society. The course helps students understand how in the past and in the present individual freedoms and social and political environments interact. The course should actively stimulate students to ponder the socially responsible choices that educated citizens who participate in shared governance make.

Courses in the Individuals and Civic Life category of General Education address the following program objectives:

I. knowledge of diverse human cultures and the physical and natural world, allowing students to

- a. explain how the combination of the humanities, fine arts, natural and social sciences, and technology contribute to the quality of life for individuals and communities
- b. experience and reflect on global issues

II. intellectual and practical skills, allowing students to

- a. make informed judgments
- b. analyze data to examine research questions and test hypotheses
- c. report information effectively and responsibly*
- d. write in a variety of genres, contexts, and disciplines*
- e. deliver purposeful presentations that inform attitudes or behaviors*

III. personal and social responsibility, allowing students to

- b. interact competently in a variety of cultural contexts
- c. demonstrate ethical decision making
- d. demonstrate the ability to think reflectively

IV. integrative and applied learning, allowing students to

- a. identify and solve problems
- b. transfer learning to novel situations*
- c. work effectively in teams*

Primary outcomes are indicated in plain text and secondary outcomes are indicated in italics.

Course Overview:

To encourage a more holistic understanding of leisure, this course explores the various factors that affect the individual's and society's leisure expression. By integrating disciplines such as sociology, psychology, economics, political science, and education into the study of the leisure phenomenon as a mechanism of personal development, the student is challenged to develop an understanding of the significance of leisure to life and the impact of the leisure service industry.

Specific Student Outcomes:

Upon successful completion of this course, the student will be able to:

1. Advocate for the significance of leisure, recreation, and play in society.
2. Examine the relationship between leisure behavior and human and community development.
3. Describe the major theories and concepts related to leisure and how they are studied.
4. Discuss the influential links between leisure and contemporary social institutions.
5. Analyze the relationships among culture, diversity, social justice and leisure.
6. Distinguish between the types and historical evolution of leisure service delivery systems (public, nonprofit, and commercial)

Topical Outline:

I. Foundational concepts of leisure and recreation (week 1-2)

- A. Definitions of leisure, recreation, and play
- B. Contemporary and historical expressions of leisure
- C. Leisure as a social and psychological experience

II. Leisure behavior and experience (week 3-6)

- A. Theories of leisure, recreation, and play
- B. Leisure through the lifespan
- C. Leisure's impact on individual and community wellness

III. Leisure and today's society (week 7-11)

- A. Leisure as a commodity (time, money, and activity)
- B. Equity, access, and social justice in relation to leisure
- C. Cultural perspectives on leisure
- D. Environmental impact of leisure choices
- E. Technology's relationship with leisure behavior
- F. Economic impact and consumption of leisure
- G. Leisure's relationship to work
- I. Leisure, civic life, and community development
- II. Leisure's relationship to civic life

IV. Leisure service providers (week 12-15)

- A. History of leisure service movements in the United States
- B. Types of leisure service delivery systems in the United States including public, nonprofit, and commercial.

Readings:

Students will be provided with excerpts of texts, peer reviewed articles, book chapters, and popular press material via Milner Library and/or Canvas. These will be required readings provided by the instructor to reflect the most up-to-date literature on specific course topics.

Required Student Tasks/Assignments:

Students will complete, to the best of their abilities, the following tasks:

1. Complete homework assignments on required readings
2. Complete in class participatory activities
3. Complete out of class projects to expand students' understanding of leisure, adapted to the most up-to-date knowledge of leisure and issues in society, such as:
 - a. Case study investigations of current topics, issues, and trends related to leisure
 - b. Research projects related to the leisure resources available for different populations and communities
 - c. Written or video discussion boards to reflect on student learning
 - d. Personal reflections on students' leisure lives
 - e. Advocacy pieces describing the value of leisure to individuals and societies to others
4. Midterm exam
5. Final exam

Student Performance Evaluation Devices:

1. Homework assignments 10%
2. In-class participatory activities 15%
3. Out-of-class projects 25%
4. Midterm exam 25%
5. Final exam 25%

Grading Scale:

- A = 90.00% and greater
B = 80.00% – 89.99%
C = 70.00% – 79.99%
D = 60.00% – 69.99%
F = less than 60.00%

Course Policies:

Student Access and Accommodation Services:

Any student needing to arrange a reasonable accommodation for a documented disability and/or medical/mental health condition should contact Student Access and Accommodation Services at 350 Fell Hall, (309) 438-5853, or visit the website at StudentAccess.IllinoisState.edu.

Other policy suggestions can be found at the [Center for Integrated Professional Development](#).