

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

PRLS 210 (001) - Introduction to Recreation and Leisure  
3 Credits, Fall 2016  
Tuesdays, 4:30 p.m. – 7:10 p.m., Robinson Hall A125

**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**

Hybrid: In class lecture and assignments on-line

**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:  
Further, upon completion of this course, students will meet the following professional accreditation 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. 5<sup>th</sup> 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.

## Course Performance Evaluation

### **All assignments must be submitted on-line by the assigned dates/times.**

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

#### • **Assignments and 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 220 points (look on calendar there are weeks where you do not submit an article), 11 papers at 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

**Assignment Rubric:**

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

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

**E. Class Discussion – 10 points per week**

Class participation is an important expectation of this course. Students are expected to offer comments, questions, and replies to the discussion question that have been posed for each module as well as to classmate postings. Students are expected to actively participate in each module's discussion each week throughout the semester. The faculty role is as an observer and facilitator. I will be reading all messages and I will participate in the discussion as appropriate. Students may work ahead on the discussion boards but posting on past week's boards will not allow for stimulating discussions with your classmates.

**Due Date:** weekly

**F. Service Living Project – (20 points)**

Class will be participating in a service living project and write about the experience.

**Course Requirements and Evaluation:**

- **Other Requirements**

Not applicable

- **Course Performance Evaluation Weighting**

Not applicable

- **Grading Policies**

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 – 92

B- 80 – 82

C- 70- 72

F 0-59

**Professional Dispositions**

Students are expected to exhibit professional behaviors and dispositions at all times.

**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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

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

## Class Schedule

Fall 2016

| Date                | Topic   | Competencies        |
|---------------------|---|---------------------|
| Week 1              | 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>                     | 8.01                |
| Week 2              | Basic Concepts of Leisure, Play, and Recreation<br>Taboo Recreation<br>Using Leisure for the Societal Good  | 8.01                |
| Week 3              | Activity and Economic Analysis Due (no article need to be handed in)  | 8.01, 8.02          |
| Week 4              | Leisure and Health<br>Well-being: The five essential elements. New York, N.Y.: Gallup. Rath, T., & Harter, J. K. (2010).  | 8.02                |
| Week 5              | Leisure and Politics  | 8.02                |
| Week 6              | Leisure and Diversity, Sexuality, and Gender Roles  | 8.10                |
| Week 7 and Week 8   | Service Living and Leisure and the Environment  | 8.01, 8.02, 8.06:30 |
| Week 9              | Mid-term Exam   | 8.01, 8.02, 8.06:30 |
| Week 10             | What is Therapeutic Recreation?<br>-The History of Therapeutic Recreation<br>-Guest Speaker on disability awareness   | 8.10                |
| Week 11 and Week 12 | Leisure Throughout Your Life Span   | 8.03                |
| Week 13             | The Future of Recreation and Service Organizations: Future Trends, Future Technology; where is it all going<br><br><b>Leisure as a Profession:</b> What are the different professions in the recreation and leisure sector: | 8.02<br>8.06:02     |
| Week 14             | Bringing it all together  | All                 |
| Week 15             | Final Exam Due  | All                 |

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

## **Assessment Rubric(s)**

### **A. Activity Participation and Economic Log**

#### **Assignment Rubric:**

**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**

#### **Assignment Rubric for Each Assignment:**

**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**

#### **Assignment Rubric:**

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

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

### **E. Class Participation Assignments**

#### **Assignment Rubric Each Night:**

**Quality of Comments/ Relevance of Contribution to topic under discussion - 5  
points**

**Critical Thinking (rich in content, full of thought, insight, and analysis) – 5  
points**

## **F. Service Living Project**

### **Assignment Rubric:**

#### **Active Participation in Service Project (20 points)**

[Additional Program or Division content, instructions, and graphics may be placed here, as appropriate]