

Department of Physical Education and Athletics  
Grande Prairie Regional College  
Course Outline for LS220 Introduction to Recreation

1.0 Instructor: David Kay Office K215, Phone 539-2034

2.0 Course Description: This course is an examination of the nature of leisure and recreation and its role in modern society, an overview of the structure of Canadian Recreation and the leisure services system and an outline and discussion of professional preparation for recreation practise

3.0 Required Textbook: Godbey, G Leisure In Your Life: An Exploration third edition, Venture Publishing Inc., State College, Pennsylvania, 1990  
\*Other readings as assigned and held on reserve in the Learning Resources Centre.

4.0 Transfer of Credit:

University of Alberta RLS120 Introduction to Recreation and Leisure Studies (3.0 hours)

Athabasca University APST2xx (3.0 hours)

5.0 Evaluation:

5.1 Three unannounced quizzes	15pts.
5.2 Midterm	25pts.
5.3 Class Presentation	20pts.
5.4 Final	40pts.

6.0 Schedule: Tuesdays and Thursdays, 4:00-5:30pm

7.0 Course Content:

7.1 Introduction and Overview

7.2 Concepts and Definitions

- a) Leisure and Recreation      chp 1,2
- b) Notions of Time              chp.3/ article "How America Has Run Out of Time"
- c) Theories of Play              Bammel/Bammel chp3. Play
- d) The Meaning of Work        chp.5
- e) Of time, work, leisure and recreation

7.2 Spending and Leisure      chp.6

### 7.3 The Participant

- a) Leisure During Growth and Development Stages chp.8
- b) Women and Leisure A Look and Leisure No.21,22 Alberta Recreation and Parks
- c) The Adult and Leisure Bammel/Bammel chp 9
- d) Seniors and Leisure guest lecture
- e) Participation Trends in Alberta Recreation

### 7.4 The Canadian Leisure Services and Recreation Delivery Systems

- a) The History of Canadian Leisure "The University and The Recreation Profession"
  - "The Common of Halifax Canada's First Park"
  - "Alberta Recreation and Parks Association A Capsule History, Twenty-Five Years"
  - "Program Development Models"
- b) Methods of Delivery
- c) Leisure Services and the Recreation Delivery System
  - c.1 Roles of Leisure Services Organizations chp.13
  - c.2 Categories of Leisure Service Organizations chp.13 (Public, Private, Commercial)
  - c.3 The Role the Federal Government Ibrahim, H pp. 151-162
  - c.4 Alberta Recreation and Parks guest lecture
  - c.5 Alberta Sport Council guest lecture
  - c.6 Municipal Recreation: City of Grande Prairie Leisure Services guest lecture
  - c.7 Volunteerism in Recreation "The Gift of Time"  
"Volunteerism in Canada"

### 7.5 Leisure and Health

Healthy

- chp.12
- "Recreation: A Collaboration in Communities?"

### 7.6 The Future of Leisure

- chp.14
- "Geared to Consumption"
- Godbey pp. 87,88 The Future of Leisure Services
- "Greenways Paths to the Future"
- "Rails to Trails"

### 7.7 Leisure Services and Recreation As A Career

### 7.8 Issues and Topics Selected by Students for Presentation

## 8.0 LS 220 Guidelines for Presentations

8.1 Students will work in pairs and prepare one topic for their presentation.

8.2 Select a topic and the date for your presentation by Feb 11  
Presentations will occur in the middle of March

8.3 Each presentation will have 40 minutes of class time during which the entire presentation and the question/answer period will occur. Use simple visual aids, video, learning activities or any unique manner to present your topic.

8.4 Do not hand in a written report or summary. Grading will be solely based on the content and quality of your presentation.

8.5 Cover the topic from a wide perspective. Include advantages and disadvantages of positions and obtain information to substantiate your presentation.

8.6 Possible Topics:

How recreation leaders should be developed.

Risk management in Outdoor Recreation

Marketing recreation programs

Evaluation of recreation programs and personnel.

Recreation for special populations.

How the Environmental Movement has affected Outdoor Recreation

Why adults play

The role television plays in leisure time.

Work opportunities in leisure in the 1990's.

The time famine and leisure activity in Canada.

Corporate Fitness

Recreation User Fees

Wilderness and Its Preservation

What the Grizzly Bear does for National Parks.

Fitness Certification

Mountain Bike use on city, provincial and national park trails.

Helicopter skiing and helicopter hiking in national parks.

Sport Canada and the Future

Canada's Olympic Program and its Future

Recreation Activities for the 90's

The Energy Crisis and Recreation

9.0 Reading List: Listed following the topical order of this class

Gibbs, N. (1989) "How America Has Run Out of Time" Time April 24

Bammel G. and L.L. Bammel (1982) Leisure and Human Behavior

Wright, J.R. (1987) "The University and The Recreation Profession" Recreation Canada, July.

Markham, S. and C.R. Edington (1973) "The Common of Halifax Canada's First Park" Recreation Canada, Feb.

Alberta Recreation and Parks Association (1975) "Alberta Recreation and Parks Association a Capsule History Twenty-Five Years, 1950-1975"

Young, D. (1979) "Programme Development Models" Recreation Canada, April

Ibrahim, H. (1991) Leisure and Society A Comparative Approach

Pold, H. (1990) "The Gift of Time" Recreation Canada, July

Lavossiere, S. and B. Gemmill (1989) "Volunteerism in Canada" Recreation Canada, Dec.

Kerr, M. (1990) "Recreation: A Collaborator in Healthy Communities?" Recreation Canada, Dec.

Godbey, G. (1989) The Future of Leisure Services

Spaulding, P. (1988) "Geared to Consumption" National Geographic, Dec.

Grove, N. (1990) "Greenways Paths to the Future" National Geographic, June

Simonot, J. (1991) "Rails to Trails" Recreation Canada, March