

THE UNIVERSITY OF LETHBRIDGE
FACULTY OF HEALTH SCIENCES
TREC 3200 – INTRODUCTION TO RECREATION AND LEISURE: ACROSS THE LIFE COURSE
Course Syllabus – Fall, 2016

INSTRUCTOR: Mr. Devan McNeill, M.A., CTRS
OFFICE: M3056
OFFICE HOURS: By appointment
PHONE: 403-332-4456
E-MAIL: Devan.McNeill@uleth.ca
CLASS: Mondays, 12:00 – 14:50, Room M3023

COURSE DESCRIPTION:

An overview of the broad field of recreation and leisure emphasizing the understanding of various leisure phenomena. The course provides the student with an introductory understanding of the nature and scope of leisure, leisure behavior, and affiliated recreation activity. This course will provide an introductory analysis of leisure services in modern society from sociological, psychological, and social psychological perspectives.

LEARNING OBJECTIVES:

1. Knowledge of personal and societal attitudes related to health, illness, and disability.
2. Knowledge of the concepts of health, habilitation, rehabilitation, treatment, wellness, prevention, and evidence-based practice as related to TR practice.
3. Knowledge of the basic philosophical concepts, theories, and principles related to play, leisure, and recreation and their impact on health, wellness and human functioning across the lifespan.
4. Knowledge of the evolution of recreation and leisure services.
5. Knowledge of resources for recreation and leisure opportunities.
6. Skill in referring patients/clients to recreation and leisure services.
7. Ability to integrate knowledge of patient/client recreation and leisure behaviours with other assessment and diagnostic information.
8. Ability to integrate knowledge of recreation and leisure services and resources with patient/client needs.
9. Knowledge of human experiences and that embrace personal (e.g., educational, spiritual, age) and cultural (e.g., social, language, geography) dimensions of diversity.
10. Knowledge of human behaviour and principles of behavioural change (e.g., self-efficacy theory, experiential learning model).

REQUIRED TEXT:

McCarville, R., & MacKay, K. (Eds.). (2013). *Leisure for Canadians* (2nd ed.). State College, PA: Venture Publishing.

STUDENT RESPONSIBILITIES:

- Students are responsible for the timely completion of all materials indicated in this course outline.
- In addition, students must follow the academic regulations and policies laid out in The University of Lethbridge calendar Part 4. Students are responsible, in particular, for all sections in 4.5 dealing with the Student Discipline Policy – Academic Offenses.
- Cheating or plagiarizing will result in automatic failure of the exam or assignment in question. Failure of the course is also possible.
- Late work will NOT be accepted. All assignments are due in class on the due date.
 - o If you are ill or unable to hand in an assignment on time, you must meet with or contact the instructor prior to the due date to make alternate arrangements.

- All written work (except for exams) is to be typed and double spaced. Students are to use APA (6th edition) for formatting and referencing within assignments where applicable.
- Please see the current U of L calendar for policies regarding Academic Integrity, Intellectual Honesty, Plagiarism, and Fraud.
- Students are required to be on time for class as attendance will be taken and participation in class discussion and activities is mandatory.
- Cell phones are to be turned off (or set to silent).

GRADING BREAKDOWN:

The grading system for this course is consistent with that established in the Faculty of Health Sciences, effective May, 2002.

Letter	GPA	Percent	Letter	GPA	Percent
A+	4.0	95 - 100%	C+	2.3	71 - 74.9%
A	4.0	91 - 94.9%	C	2.0	67 - 70.9%
A-	3.7	87 - 90.9%	C-	1.7	63 - 66.9%
B+	3.3	83 - 86.9%	D+	1.3	59 - 62.9%
B	3.0	79 - 82.9%	D	1.0	55 - 58.9%
B-	2.7	75 - 78.9%	F	0	0 - 54.9%

PLAGIARISM STATEMENT:

The University of Lethbridge subscribes to Turnitin.com, a plagiarism detection service. Please be advised that student work submitted for credit in this course may be submitted to this system to verify its originality. Students must be able to submit both electronic and hard copy versions of their work upon request.

ACCOMMODATIONS FOR STUDENTS WITH A DISABILITY:

Reasonable accommodations are available for students who have a documented disability. If you have been diagnosed with a disability, there is no need to face the challenge of University without support. Please contact the Accommodated Learning Centre to set up an appointment at 403-329-2766 <http://www.uleth.ca/ross/counselling/index.html>. After registering with the Accommodated Learning Centre, your instructor will be notified by a formal letter of any accommodations you require. In addition, students are responsible for requesting accommodations from the instructor at least ***two weeks*** in advance of the evaluation date. The instructor and student are jointly responsible for arranging the resources needed for the evaluation process.

COPYRIGHT STATEMENT:

All University of Lethbridge students, faculty and staff must comply with Canadian law and institutional license agreements pertaining to copyright. At the same time, keeping abreast of our copyright obligations and options is a complex task as copyright matters locally and globally are in flux and are likely to remain so for at least the near future.

The University's Copyright website (www.uleth.ca/copyright) is a source of current copyright information that includes:

- answers to common copyright questions (see the [FAQs](#)),
- guidance on whether you need permission or a license to copy a particular work (see the [Copyright Permissions Flow Chart](#)),
- guidance on assessing whether fair dealing may apply to specific instances of copying you wish to undertake (see the [Guidelines for Copying under Fair Dealing](#)), and
- a [permissions look-up tool](#) to help you determine the kinds of copying and other uses permitted by the Library's license agreements covering specific online journals and other online resources.

You are encouraged to contact the University Copyright Advisor (copyright@uleth.ca) for assistance with any copyright questions or issues.

COURSE ASSIGNMENTS AND EVALUATION:

Assignment	Value	Dates to be completed
Reading Quizzes: closed book comprehension quizzes (5 marks each) administered at the beginning of class. You must work independently. The quizzes will start at the beginning of class; therefore, complete the readings prior to coming to class.	5 quizzes worth 5% = 25% of final mark	Sept. 19, Sept. 26, Oct. 24, Nov. 14, and Dec. 5
Guest Lecture Reflections: There will be a couple guest lectures during this course and with each you will be asked to complete a one-page reflection on the speaker and content. A form with guiding questions will be handed out prior to the lecture.	10% of final mark	To be arranged
Paper: Five-page paper that relates to TR and Leisure Service delivery: A detailed rubric will be posted on Moodle.	30% of final mark	November 21
Midterm Exam: to be taken in class – will cover all readings and class lectures/discussions to date. The student is responsible for all material and it is not the instructor's responsibility to ensure you are caught up. This is a <u>closed-book</u> exam and you will have the entire class duration to complete it.	15% of final mark	October 31
Final Exam: to be taken in class – will cover all readings, lectures and discussion for the entire term (cumulative). The student is responsible for all material and it is not the instructor's responsibility to ensure you are caught up. This is a <u>closed-book</u> exam and you will have the entire class duration to complete it.	20% of final mark	December 7

CLASS SCHEDULE (tentative and subject to change):

Date (Mondays)	Topics/Readings	Learning Outcome(s)
Sept 12	• Introduction & Orientation to Class/How to Access the Library • Overview of assignments and ice breakers	Overview
Sept 19	• History of Recreation (Kennedy, Genoe & Singleton) • Aboriginal Leisure in Canada (Chapter 22) • Leisure in French Canada (Chapter 23) • A History of Leisure Provision in Canada (Chapter 27) • QUIZ	4
Sept 26	• Defining Leisure (Chapter 1) • Introduction to Play (Chapter 2) • Leisure's Many Roles (Chapter 4) • Leisure Across the Life Course (Chapter 24) • QUIZ	3, 4
Oct 3	• Leisure Theory, Leisure Practice (Chapter 6) • The Politics of Leisure (Chapter 7) • Leisure Lifestyles (Chapter 8)	1, 2, 3, 9, 10
Oct 10	NO CLASS (THANKSGIVING)	
Oct 17	• Leisure Constraints (Chapter 9) • Stressful Living and Leisure as a Meaningful Stress-Coping Pursuit (Chapter 10) • Leisure and Disability (Chapter 25)	1, 2, 3, 10
Oct 24	• Leisure Planning (Chapter 30) • Program Planning and Program Evaluation: Practice and Principles (Chapter 34) • QUIZ	6
Oct 31	• MID-TERM EXAM	Overview
Nov 7	NO CLASS (FALL READING WEEK)	
Nov 14	• Mapping the Recreation and Leisure Landscape for Canadians with a Disability (Chapter 31) • Community Development (Chapter 32) • QUIZ	5
Nov 21	• Sex, Sexuality, and Leisure (Chapter 19) • Gender and Leisure (Chapter 20) • Multicultural Perspectives (Chapter 21) • PAPER DUE	9
Nov 28	• Exploring Leisure's Boundaries (Chapter 18) • Private Sector Providers (Chapter 28) • Models of Public Leisure Services Delivery (Chapter 29)	7, 8
Dec 5	• Social Class, Poverty, and Leisure (Chapter 26) • Leisure Education (Chapter 33) • QUIZ	3, 9
Dec 7	• Last Class • FINAL EXAM	Overview