REHA 2002 INTRODUCTION TO LEISURE AND RECREATION THEORY

Credit Points 10

Legacy Code 400244

Coordinator Arianne Reis (https://directory.westernsydney.edu.au/search/name/Arianne Reis/)

Description Introduction to Leisure and Recreation Theory introduces students to key concepts in leisure and recreation, particularly as they relate to health and well-being. Students will learn about models and theories that assist them in understanding leisure behaviours and recreation practices from various perspectives, but with a particular focus on insights from sociology and psychology. In particular, students are encouraged to identify, articulate, reflect upon, and value leisure in their own lives and the lives of others.

School Health Sciences

Discipline Rehabilitation Therapies, Not Elsewhere Classified.

Student Contribution Band HECS Band 2 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 2 subject

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Explain key leisure and recreation theories and how they relate to social inclusion/exclusion and human rights in contemporary society
2. Identify the historical developments of leisure and recreation in Australia and elsewhere
3. Critically analyse the socio-cultural factors that influence leisure and recreation behaviour and experiences in contemporary society
4. Identify the range of leisure services available in Australia and how these services fit within the wider political and social context
5. Argue the importance of leisure and recreation for individual and population health and well being

Subject Content

1. History of Leisure
2. Psychology of Leisure
3. Leisure and Class
4. Sociology of Leisure
5. Leisure Service Delivery Systems
6. Leisure and Well-being
7. Leisure and Human Rights
8. Globalisation of Leisure

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task
Online Debates	4x 400 words each	40	N	Individual
Quizzes	10 x 10 questions	20	N	Individual
Advocacy paper	1500 words	40	N	Individual

Prescribed Texts

- Lynch, R., & Veal, A. J. (2012). Australian leisure (4th ed.). Frenchs Forest: Pearson Education Australia.

Teaching Periods

Block A Session (2024)

Online

Online

Subject Contact Arianne Reis (https://directory.westernsydney.edu.au/search/name/Arianne Reis/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=REHA2002_24-BA_ON_2#subjects)