

# REHA 3013 INTERSECTIONS OF HEALTH, LEISURE AND WELLBEING

**Credit Points** 10

**Legacy Code** 400789

**Coordinator** Hazel Maxwell ([https://directory.westernsydney.edu.au/search/name/Hazel Maxwell/](https://directory.westernsydney.edu.au/search/name/Hazel%20Maxwell/))

**Description** In this subject students will develop knowledge and skills required to facilitate and critically evaluate leisure education interventions to bring about changes in the leisure behaviour of individuals, particularly those at risk of developing or with a diagnosed mental illness. Students will analyse evidence to plan, implement and evaluate leisure education programs.

**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/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

## Learning Outcomes

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

1. Identify and evaluate models of leisure education and related concepts.
2. Analyse issues related to promoting health and well-being through leisure literacy and participation.
3. Create, implement and evaluate an evidence-informed leisure education program for clients with a mental illness.
4. Analyse, apply and evaluate educational techniques used in leisure education to promote wellbeing

## Subject Content

- Leisure education concepts
- Leisure education in national and international contexts
- Leisure education theory applied, in particular, to individuals with A mental illness
- designing, planning and delivering Leisure education programs for individuals with A mental illness
- Leisure ability model (not changed)
- lived experiences of Consumers and families with A mental illness (not changed)

## 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	Mandatory
Multiple Choice	60 minutes	30	N	Individual	N

Applied Project	1,000 words	30	N	Group	N
Applied Project	1,000 words	40	N	Individual	Y

Prescribed Texts

- Dattilo, J. (2021). Leisure education program planning (5th edition). State College, PA: Venture Publishing
- Dattilo, J. (2015). Leisure education program planning (4th edition). State College, PA: Venture Publishing.

Teaching Periods

## Autumn (2025)

**Online**

**Online**

**Subject Contact** Hazel Maxwell ([https://directory.westernsydney.edu.au/search/name/Hazel Maxwell/](https://directory.westernsydney.edu.au/search/name/Hazel%20Maxwell/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=REHA3013\\_25-AUT\\_ON\\_2#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA3013_25-AUT_ON_2#subjects))