

NORTHERN ARIZONA UNIVERSITY

Department of Geography Planning and Recreation

PRM 220 – Introduction to Parks and Recreation Management

(8-Week Course: Aug 28 – Oct 22)

Fall 2013 – Asynchronous Online Meeting

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Office Hours: By appointment

Prerequisites: None

Credit(s): 3

Text(s): There are no official Textbooks for the class. You will, however, need to follow along with several assigned readings in Blackboard and class handouts. All primary course content and assignments will be available through NAU Blackboard Learn:

<https://bblearn.nau.edu/webapps/login/>

Course Description: The course presents information on the history, philosophy, scope and value of parks and recreation services and their organization and relationship to other social institutions.

Course Objectives & Professional Association Standards

*Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT)

Learning Outcomes are listed in parenthesis and sub bullets

- Understanding of the conceptual foundations of play, recreation, and leisure. (COAPRT: 7.01, 7.02)
 - Measured in accordance with the following: 7.01.01, 7.01.03, 7.02.01, 7.02.03
 - Understanding of the significance of play, recreation, and leisure in contemporary society. (COAPRT: 7.01, 7.02)
 - Measured in accordance with the following: 7.01.01, 7.01.03, 7.02.01, 7.02.03
 - Understanding of the significance of play, recreation, and leisure throughout the life span. (COAPRT: 7.01, 7.02)
 - Measured in accordance with the following: 7.01.01, 7.01.03, 7.02.01, 7.02.03
 - Understanding of the following as they relate to recreation, park resources, and leisure services:
 - History and development of the profession (COAPRT: 7.01)
 - Measured in accordance with the following: 7.01.01, 7.01.03
 - Professional organizations (COAPRT: 7.03)
 - Measured in accordance with the following: 7.03.01, 7.03.03
 - Current issues and trends in the profession (COAPRT: 7.03)
 - Measured in accordance with the following: 7.03.01, 7.03.03
 - Understanding of ethical principles and professionalism. (COAPRT: 7.01, 7.03)
 - Measured in accordance with the following: 7.01.01, 7.01.03, 7.03.01, 7.03.03
 - Understanding of the importance of maintaining professional competence and the available resources for professional development. (COAPRT: 7.01, 7.03)
 - Measured in accordance with the following: 7.01.01, 7.01.03, 7.03.01, 7.03.03
 - Understanding of the roles, interrelationships, and use of diverse delivery systems addressing recreation, park resources, and leisure. (COAPRT: 7.01, 7.03)
 - Measured in accordance with the following: 7.01.01, 7.01.03, 7.03.01, 7.03.03
 - Understanding of the importance of leisure service delivery systems for diverse populations. (COAPRT: 7.02, 7.03)
 - Measured in accordance with the following: 7.01.01, 7.01.03, 7.03.01, 7.03.03
 - Understanding of the variety of programs and services to enhance individual, group, and community quality of life. (COAPRT: 7.02, 7.03)
 - Measured in accordance with the following: 7.02.01, 7.02.03, 7.03.01, 7.03.03
 - Ability to implement the following principles and procedures related to program/event planning for individual, group, and community quality of life:
Assessment of need. (COAPRT: 7.02, 7.03)
 - Measured in accordance with the following: 7.02.01, 7.02.03, 7.03.01, 7.03.03
 - Regulatory agents and methods of compliance (COAPRT: 7.03)
 - Measured in accordance with the following: 7.03.01, 7.03.03
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Course Requirements and Evaluation:

ASSIGNMENT	POINTS	
Introduce Yourself	5	Grade % Scale: 90 – 100 = A; 80-89 = B; 70 -79 = C; 60-69 = D; < 59 = F
Getting Started Quiz	5	
Reading Assignments	70	**Losing > 55 points drops you below an “A”
Reading Discussions	60	
Critical Thought Quizzes	40	NOTE: Copying other students’ or authors’ work will be detected and result in a full academic dishonesty process involving the Dean of SBS and severe punishment that may include failure of the class.
APA Exercises	20	
Leisure Motivation Questionnaire	20	
Professional Philosophy	55	
Historical Profile Assignment	55	
Personal Values Report	60	**Late papers will automatically lose 50% credit no matter how late they are. Extenuating circumstances will be considered within NAU policy: Proof of death in family or hospitalization of student or family member.
Professional Association Review	40	
Web Site Review	40	
Final Leisure Reflective Essay	80	Your ability to weave in class concepts into every assignment will help convince me of your learning!
Total Points	550 Points	

Northern Arizona University

Policy Statements

1. Safe Environment Policy

NAU's Safe Working and Learning Environment Policy seeks to prohibit discrimination and promote the safety of all individuals within the university. The goal of this policy is to prevent the occurrence of discrimination on the basis of sex, race, color, age, national origin, religion, sexual orientation, disability, or veteran status and to prevent sexual harassment, sexual assault, or retaliation by anyone at this university. Students may obtain a copy of the Safe Working and Learning Environment Policy in the Dean's office.

2. Students with Disabilities

If you have a learning and/or physical disability, you are encouraged to make arrangements for class assignments/exams so your academic performance will not suffer because of the disability or handicap. If you have questions about special provisions for students with disabilities, contact the Counseling and Testing Center (928-523-2261).

3. Institutional Review Board

Any study involving observation of or interaction with human subjects that originates at NAU - including a course project, report, or research paper - must be reviewed and approved by the Institutional Review Board (IRB) for the protection of human subjects in research and research-related activities. A copy of the IRB Policy and Procedures Manual is available in each department's administrative office and each college Dean's office.

4. Academic Integrity

The University takes an extremely serious view of violations of academic integrity. As members of the academic community, NAU's administration, faculty, staff, and students are dedicated to promoting an atmosphere of honesty and are committed to maintaining the academic integrity essential to the educational process. Inherent in this commitment is the belief that academic dishonesty in all forms violates the basic principles of integrity and impedes learning. The complete policy on academic integrity is in Appendix G of NAU's Student Handbook.

** Take care to understand what Plagiarism is and avoid using or presenting others work as your own. If you want to better understand what plagiarism is, research it! You can start here: <http://en.wikipedia.org/wiki/Plagiarism> and review NAU's Policy on Academic Dishonesty in the Student Handbook at: <http://www4.nau.edu/stulife/handbookdishonesty.htm>

Northern Arizona University /Classroom Civility Statement

"Membership in the academic community places a special obligation on all members to preserve an atmosphere conducive to the freedom to teach and to learn. Part of that obligation implies the responsibility of each member of the NAU community to maintain a positive learning environment in which the behavior of any individual does not disrupt the classes of teachers or learners.

It is the responsibility of the individual faculty member to determine, maintain and enforce the standards of behavior acceptable to preserving an atmosphere appropriate for teaching and learning. Students will be warned if their behavior is evaluated by the faculty member as disruptive.

Sanctions may include a range of responses from immediate removal from class to referral to the appropriate academic unit and/or the Office of Student Life to review pertinent alleged university violations of ethical and behavioral standards. Significant and/or continued violations may result in administrative withdrawal from the class."



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13 Module Reading Assignments

(To be completed in conjunction with each module reading)

Module 1: Identifying Leisure

Directions: List work and leisure activities that fit into each of the various cells of the paradigm based upon the concepts of Neulinger.

(1)	(2)	(3)	(4)	(5)	(6)
Pure Leisure	Leisure-Work	Leisure-Job	Pure Work	Work-Job	Pure Job

Questions:

1. In which cell of Neulinger's paradigm do most of your leisure and work activities "fit"?
2. Are any of the cells blank? Which ones and why?
3. How much of your leisure is pure leisure? Why?

Module 2: Why People Recreate

Instructions: For each of the theories listed below, identify a leisure activity that you participated in that provides that benefit, and explain how you derived that benefit from the activity.

Theory and Relative Activity	Explanation of How the Theory Applies
1. Surplus Energy •	
2. Recreation Theory •	
3. Relaxation Theory •	
4. Compensation Theory •	
5. Generalization Theory •	
6. Instinct Practice •	
7. Learning Theory •	

8. Catharsis	
•	



MODULE 3: Leisure PHILOSOPHY ASSIGNMENT

Directions: Please fill in the chart below based upon your knowledge from the reading and the *list of terms* from module 3.

1. For each philosophy, please offer where value and truth are primarily derived from. Also, offer whether or not truth/value is something that changes or stays the same.
2. Next, create an example or use a personal example that can be related to philosophies in each row. It could be a type of **recreation-program or leisure activity** whose goals match that of the type of truth/value matched with the philosophy listed.
***Be creative and imaginative with your examples so that they relate with the philosophy in each row.*

**Hint: Do the best you can. I am aware that these terms are difficult to understand. Do not hesitate to do*

Philosophical Approach	Value/Truth	Leisure/Play/Recreation Example
Perennialism		
Realism		
Pragmatism		
Experientialism		
Idealism		
Humanism		
Existentialism		
Ancient Philosophies		
Stoicism		
Cynicism		
Hedonism		
Epicureanism		
Skepticism		

a bit of research online if you need further clarification on the terms.



Module 4: Leisure & Wellness

Objectives:

- Examine aspects of wellness in our leisure
- Connect our lives to the ideas and themes of the reading
- Identify unhealthy aspects of our leisure

Wellness and Leisure Inventory Chart

Directions:

- In the left hand column is a list of healthy leisure aspects from the reading.
- In the middle is an option to identify whether or not you successfully incorporate this aspect in your leisure lifestyle based on your honest self-critical judgment by highlighting your answer.
- The third column is reserved for you to reflect on the middle column.
 - If you answered, “NO,” what do you do instead of the aspect in that row? In many cases it will be the opposite. Then offer a thought, or even guess, as to why you do this or whom you learned it from.
 - If you answered, “YES,” where or from whom did you learn this healthy habit? Perhaps from a family member, teacher, sibling, media or even from an experience. What positive reinforcement do you receive from that healthy leisure experience?

***Be sure to incorporate any previous class concepts (leisure, work, play, various leisure motivations, and philosophies that may resonate with your answer)**

Healthy Leisure Aspects <i>(From Reading)</i>	Do you do this well?	If “NO”, what do you do instead? Why? If “YES” where or from whom did you learn this skill?
Healthy Eating	YES or NO	
Healthy Acting	YES or NO	
Healthy Creativity	YES or NO	
Healthy Meaning	YES or NO	
Gives to Others	YES or NO	
Healthy Optimism	YES or NO	
Healthy Sensuality	YES or NO	
Healthy Humor	YES or NO	
Healthy Environment	YES or NO	
Healthy Exercise	YES or NO	
Healthy Community	YES or NO	

Reflection Questions: *Please try and integrate ideas from class from any previous readings.*

1. Overall, do you think you have high, low, or medium levels of wellness in your life? Use ideas from the readings and the results above to explain why or why not.
2. What do you know you love doing? Why? What is the meaning attached to that activity? (List at least 2-3 examples) Please use concepts and ideas from past readings!

Module 5: Historical Factors Influencing the

Recreation Movement on Personal Leisure

Directions:

1. First make a list of ten of your favorite recreation activities (eating, reading, hiking, TV, Football...)
2. Do you best to link a movement or historical leisure era that can relate to that activity and explain "how?"

**You MUST use ideas from the reading in your answers.*

List 10 of your favorite recreation activities	Historical factors that affected or influenced this activity
1. Example: Playing on the women's rugby team	The women's liberation movement: sports for females at universities expanded due to this movement, and aggressive sports such as rugby became more socially acceptable.
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Module 6: Significant Life Events/Milestones

Intro:

According to Neulinger (1981), some of the major milestones in the life cycle are starting school, first date, first car, first job, career choice, marriage, the first child, widowhood, retirement, and the "empty nest" phenomenon (when children are grown and leave home). Each milestone has a significant impact on leisure. The exercise below is designed to help you explore the personal ramifications of these milestones.

Directions:

1. In the first column, highlight those milestones that you have already reached.
2. List additional milestones that have occurred in your life or that you expect will occur based from the reading.
3. In the second column, describe the implications for leisure of each milestone while also **relating your ideas to those found in the reading. How did this milestone affect your leisure behavior and personal development? Please consider physical, emotional, social, or cognitive aspects that strongly apply.**
4. For milestones that have not yet been reached, project what you think the implications of the milestone will be for your personal development. Why? Use concepts from reading.
5. Answer review questions below the completed chart.

Personal Milestones & Leisure	
Starting School	
First Date	

First Car	
First Job	
Career Choice	
Marriage	
First Child	
Widowhood	
Retirement	
Empty Nest Phenomenon	

Review: (please remember to try and reference/incorporate ideas from the reading)

1. Which milestones do you view as the most important ones in terms of their leisure-related implications and personal development?
2. What would a negative milestones look like? Did you ever have one? Explain your answers using concepts from past readings.
3. How could a person view retirement in a negative way? Why?

Module 7: Leisure and Sexuality

The following uses some of the ideas from previous readings to take an analytical approach to leisure and sexuality. Your answers will require some creative/critical thought, asking you to synthesize your understanding of the previous concepts. Take your time and apply your knowledge.

**Please keep your ideas appropriate and professional. Anything else will result in failure.*

1. **Neulinger and Sexuality:** Give an example of circumstances where sexual activity would be mostly intrinsic or mostly extrinsic:

	Intrinsic	Extrinsic
Sexual Behavior		

2. **Leisure Motivation and Sexuality:** Look back upon the notes from module 2. Choose 3 leisure motivations that you think **our society** applies to sexual behavior in general. Please explain how it applies in column two. Offer your opinion upon whether you think that is healthy or not in the third column using ideas from module 4.

Leisure Motivation	Sexual Behavior Example	Is this a healthy approach? Why?
<i>Example: Social Environment aspect of Self Expression Theory</i>	<i>Being promiscuous because your friends say it's cool</i>	<i>No, because the sexual behavior is likely to be superficial and lack meaning and true sensuality.</i>

3. Philosophy and Sexuality: Look in the reading notes to see the three different categories of sexual behavior. Now, look at the **ancient philosophies** from module 3. Choose three philosophies that you think can be best identified through the three sexual behaviors. Finally, explain your choices in column 3.

Ancient Philosophy	Sexual Behavior Type	Explain Your Correlation

Module 8: Diversity Assignment

Directions: (Please type your answers in the table and save your work for submission)

- In the second column please describe how the characteristic in the first column fits into your life. Do your best, however, **if you feel uncomfortable feel free to skip some.**
- In the third column please give an example of how your leisure choices are influenced by thoughts you wrote in the second column. Reference the reading.

Primary Characteristics List	How is this defined?	How does it affect your choice of leisure and recreation? What do you do, or don't you do as a result? (consider concepts from Reading)
Race		
Ethnicity		
Sexual Orientation		
Gender (masculine/Feminine) *regardless of sexual orientation		
Physical Qualities/Impairments		
Age		
Secondary Characteristics		
Economic Status		
Religion		
Military Experience		
Education		
Geographic Location		
Marital Status		
Parental Status		
Occupation		

Module 9: Leisure Services Inventory chart

Objective:

- To understand the sub categories of primary leisure service systems
- To connect past activities to newly identified leisure services
- To identify unique traits to leisure service categories

Directions: Complete the Leisure Service/Activity Matrix Chart Attached to this assignment by following the directions below:

- The first column simply identifies what primary leisure service you are working in for that row.
- Choose a leisure activity you participated in. Or, choose an organization you participated with in column two. You can choose both if necessary. If you don't have any experiences to draw from, make one up.
- Identify which sub category that activity/organization falls under in the third column based on the reading. **THIS CAN BE TRICKY. BE SURE TO UNDERSTAND ALL OF CATEGORIES OF LEISURE SERVICE CLEARLY. Try to capture a variety of subcategories under each genre of leisure service so that I can clearly see your degree of understanding. A greater sample variety will earn you full points.**
- Offer one fact that you did not know before about that category that you found interesting in column four.

Example:

Non-Profit	An Activity or Organization You Participated In During Your Life	Specific Leisure Service Sub Category	Factoid About Category From Reading
	Canoeing/Outward Bound School	Fee Based Non-Profit	Fee based non-profits often use fee money to subsidize marginalized populations

LEISURE SERVICE/ACTIVITY MATRIX

	An Activity You Participated In During Your Life	Specific Leisure Service Sub Category	Factoid About Category From Reading
Federal	1.		
	2.		
	3.		
	4.		
State	1.		
	2.		
County	1.		
	2.		

	3.		
Non-Profit	1.		
	2.		
	3.		
Commercial	1.		
	2.		

Module 10: Inclusive/Therapeutic Recreation Activity

Directions:

- Review the list of inclusive and therapeutic recreational services at the bottom of the page. (more details are offered in the reading if you are confused)
- In the first column, choose three services that are familiar to you from the list.
- In the second column, consider the following ways in which you may know this service and write a couple sentences about each of your three choices: (you do not have to address all options listed below)
 - Have you, a family member, or friend directly benefitted from this service? How? Why? When?
 - Is there a service like this near you? Describe it.
 - Have you ever volunteered at this service? How?
 - Is this a service that you would be interested in working with? Why?
 - What population does this service primarily address? (refer to reading)
- In the third column choose 1 or 2 primary barriers you would attach to each of your choices and why? (refer to reading regarding “barriers”)
- Finally in the last column, review figure **12.1: Leisure Ability Model** from the reading to help you choose what role the specialist would likely take regarding each service: a) leader, facilitator, supervisor; b) instructor, advisor, counselor; c) therapist. Offer why you made the choices you did using the concepts from the chart: degree of control; nature of intervention, purpose of intervention, and degree of freedom.

Activity Chart:

**you may write your answers in the table below. Save your work for submission online.*

Service Choices	Your connection	Barriers	Role of Specialist
1.			
2.			
3.			

Recreational Service List from the Reading *(more details are given for each in the reading):*

- Outpatient Clinics
- Group Homes
- Home Health Care Agencies
- Substance Abuse Facilities
- Vocational Training Centers
- Camps
- Centers for Independent Living
- Sheltered Workshops
- Community Mental Health Centers
- Adult Day-Care Centers
- Senior Centers
- Psychiatric Facilities
- Outdoor Leadership Program
- Hospitals
- Nursing Homes
- Settings Serving Elderly Persons
- Penal Institutions and Other Programs for Socially Deviant Persons
- Centers for Physical Medicine and Rehabilitation
- Programs of Voluntary Agencies
- Public Recreation and Parks Departments
- Adventure Therapy
- Nature Reconnection Movement
- Veterans Program

Module 11: Online Quiz

Module 12: Professional Association Analysis

Directions:

1. Please identify a professional association online that appears to align well with your leisure interests for future employment. A list is provided [below](#).
2. Next, research online to find **5 examples of the 7 benefits** of your chosen professional association as indicated below in the pie chart. Look within the official association website or perhaps in other websites. If you do not know what one of the 7 aspects represents, refer back to the reading.
3. Report what you found for each individual example that you chose. Consider the following:
 - What did you find? Does it affirm or disaffirm your interest?
 - Could it be helpful for your future career track? How? Why?
 - What new ideas or inspirations came to you as a result of accessing this specific resource?
 - What of interest did you learn about this area of leisure?

- Include any other important impressions of that one aspect of the association. (60-70 words for each of the 5 examples will probably be enough detail to show me what you have learned)
4. Complete this assignment as a separate document and attach it in the submission page of Bb Learn.

Seven Benefits of Professional Associations:



For Example:

Association: *The International Ecotourism Society (TIES)*

Aspect #1: *Educational Opportunities*

The TIES website made available a number resources that described workshops and internships for members of the association. I had no idea that such opportunities existed. It got me thinking that perhaps this is something I would find interesting and would provide good experience for potential future employment. I also learned about cultural tourism for the first time; I am very excited and attracted to learn about such a genre of leisure work.

Aspect #2: So on and so forth until you complete all 5 examples.

List of some Professional Associations:

*There are other professional associations beyond this list; so don't limit yourself if you can't find what you want below. Search for it!

***NOTE:** Not all links are working. Simply search the title if needed. Sorry!

- [American Association for Leisure and Recreation \(AALR\)](#)
- [American Canoe Association \(ACA\)](#)
- [American Alliance for Health, Physical Education, Recreation and Dance](#)
- [American Association of Lifelong Recreation, Physical Activity and Fitness](#)
- [American Association for Physical Activity and Recreation](#)
- [American Camp Association](#)
- [American Dance Therapy Association](#)
- [American Therapeutic Recreation Association](#)
- [Army Morale, Welfare, & Recreation](#)
- [Association for Experiential Education](#)
- [Association of College Unions International](#)
- [Arizona Parks and Recreation Association](#)

- [Boy Scouts of America](#)
- [Boys and Girls Club of America](#)
- [Campfire - Boys and Girls](#)
- [Canadian Parks and Recreation Association](#)
- [Craft & Hobby Association](#)
- [Employee Services Management Association](#)
- [Four-H Club](#)
- [Girl Scouts of America](#)
- [International Association of Amusement Parks and Attractions](#)
- [International Festivals and Events Association](#)
- [International Fitness Professionals Association](#)
- [Jewish Community Centers of North America](#)
- [Navy Morale, Welfare and Recreation](#)
- [National Association of County Park and Recreation Officials](#)
- [National Association for Interpretation](#)
- [National Association of Recreation Resource Planners](#)
- [National Club Association](#)
- [National Recreation and Park Association](#)
- [National Intramural-Recreational Sports Association](#)
- [Park Law Enforcement Association](#)
- [Resort and Commercial Recreation Association](#)
- [Sports Turf Managers Association](#)
- [The International Ecotourism Society \(TIES\)](#)
- [Wilderness Education Association \(WEA\)](#)
- [World Leisure and Recreation Association](#)
- [World Waterpark Association](#)
- [Young Mens Christian Association of the USA](#)
- [Young Womens Christian Association of the USA](#)

Module 13: Future Trends in Recreation/Leisure

Instructions:

1. Try to identify six inventions or technological advances of the last 30-40 years.
2. For each one, describe how you feel it makes your leisure different from your Parents' leisure when they were your age.
3. Ask your parents for their comments on each invention or technological advance and how they feel it makes your leisure different than theirs at your age.
4. Answer the questions at the bottom of the page.

New Technology	Your Perception of its Impacts	Parent's Perception
1		
2		
3		
4		
5		

6		

Discussion Questions (Please consider concepts from the reading):

1. How much have the leisure activities of college students changed over the last 30-40 years? Have inventions such as IPODS really changed the way students spend their time?
2. Do your most enjoyable leisure activities involve using new technology or not?
3. Do you think that the technological advances of the next 30-40 years will make the leisure of future college students much different than yours?

Future Leisure Scenario Writing

The first chart asked you to take a close look at how technology might affect future leisure. But, as discussed earlier in the chapter, technology is only one of many factors that will affect leisure in the future.

The purpose of the next chart is to have you write **four** different comprehensive forecasts for leisure in the future. The scenarios should carefully consider all of the factors that can influence the directions of future leisure **as indicated in the reading**. First, identify changes you feel are likely or could occur in each of the factors listed below. Then discuss the leisure-related implications of each of these changes. After completing the table, write a narrative for each of your four types of scenarios and incorporate the information from the table. Try to be as specific as possible. An example is provided below:

Factor	Predicted Change(s)	Leisure-Related Implications
Leisure Attitudes	I believe that people will have a more positive attitude toward leisure in the future due to an increased effort in the area of leisure education. More people will be knowledgeable about leisure opportunities and choices and will make better decisions.	Activities such as binge drinking and other recreational drug use will be less popular because people will be more knowledgeable about better leisure options. Sports and other healthy, active forms of leisure will become more popular as a result of exposure to leisure education.

Use your imagination as you complete the above chart, especially for the section on technology and innovations. Try to identify new activities that you think will be possible (e. g., space travel? Enhanced "hang time" in sports like basketball through the use of superconductors? Vastly shortened travel enabling more long-distance travel?). Please use four factors from the chart below:

Part I: Leisure in the Year 2050

Factor	Predicted Change(s)	Leisure-Related Implication(s) of the Change(s)
Leisure Attitudes		
Religious Influences		
Population Trends		
Education		

Natural Resources		
Energy Resources		
Technology & Innovations		
Influential People		
Social Norms		
The Economy		

Part Two: My Descriptions of Leisure in the Future, Based on the work above and ideas from the readings.

1. Scenario #1: The probable	
2. Scenario #2: The Alternative/Possible	
3. Scenario #3: The Wild Card	
4. Scenario #4: The Preferred/Plausible	

Review:

1. Look back at your narrative descriptions of leisure in the future. Overall, do you describe leisure in the future as being better or worse than leisure today? Or, do you see it as staying very much the same? Why?

8 Critical Thought Assignments

PRM 220

APA Publication Manual Exercise

Answer the following using the APA Publication Manual:

1. What is the appropriate typeface/font to be used?
2. What is the appropriate line spacing? Why?
3. What is the standard margin spacing?
4. Where are the page numbers located?
5. What is a page header? Where should it be located?
6. How should each paragraph be indented?
7. How should a short quotation be formatted?
8. How should a long quotation be formatted?
9. What is the difference between a citation and a reference?

APA References & Citations

Directions: Type out an APA formatted example for each item below. You may either make one up, or find an example on line.

1. Please arrange the following parts of an APA reference in the correct order:
 - a) publisher
 - b) author
 - c) title
 - d) publication year
 - e) place of publication
2. Provide an example **reference** for a book
3. Provide an example **reference** for an electronic journal
4. Provide an example **reference** for a journal article (non-electronic)
5. Provide an example **reference** for information taken off of an organization's website (note you are not referencing an article – you are simply referencing text off a home webpage)
6. Provide an example of an in-text **citation** for a book
7. Provide an example of an in-text **citation** for an electronic journal

8. Provide an example of an in-text **citation** for an interview

Leisure Motivation Questionnaire (LMQ)

After I filled out the Leisure Motivation Questionnaire (LMQ) and tallied up my scores for the five motivation categories (from highest to lowest), this was the results:

1. Mental- with 32 points
2. Competency- with 31 points
3. Risk Taking- with 28 points
4. Solitude- with 25 points
5. Social- with 24 points.

Please answer all of the questions from the directions using at least 250 words.

Also be sure to relate any ideas from the readings to your activity experience. This is what will earn you full credit.....

This addresses the reasons why you enjoy participating in leisure activities. We define leisure activities as non-work activities that are freely chosen without obligation to participate or any expectations of extrinsic rewards, such as money or praise. Leisure pursuits can be both, active or passive and encompasses everything from sports to social activities and watching television. Please answer all questions.

(1) Never true (2) Seldom True (3) Somewhat True (4) Often true (5) Always True

ONE OF MY REASONS FOR ENGAGING IN LEISURE ACTIVITIES IS:

(circle one response for each question)

- | | | | | | |
|--|---|---|---|---|---|
| 1. to learn about things around me. | 1 | 2 | 3 | 4 | 5 |
| 2. to unstructure my time. | 1 | 2 | 3 | 4 | 5 |
| 3. to satisfy my curiosity. | 1 | 2 | 3 | 4 | 5 |
| 4. because I get bored easily with daily routines. | 1 | 2 | 3 | 4 | 5 |
| 5. to gain a feeling of belonging. | 1 | 2 | 3 | 4 | 5 |
| 6. to discover new things. | 1 | 2 | 3 | 4 | 5 |
| 7. to relax physically. | 1 | 2 | 3 | 4 | 5 |
| 8. to use my physical abilities | 1 | 2 | 3 | 4 | 5 |

9. to use my imagination 1 2 3 4 5
10. to build friendships with others 1 2 3 4 5
11. to relax mentally. 1 2 3 4 5
12. to explore new ideas. 1 2 3 4 5
13. to develop close friendships. 1 2 3 4 5
14. to reveal my thoughts, feelings or physical skills to others. 1 2 3 4 5
15. to rest. 1 2 3 4 5
16. to gain other's respect. 1 2 3 4 5
17. to be good in doing them. 1 2 3 4 5
18. to interact with others. 1 2 3 4 5
19. to improve my skill and ability in doing them. 1 2 3 4 5
20. to expand my knowledge. 1 2 3 4 5
21. to be active. 1 2 3 4 5
22. to develop physical skills and abilities. 1 2 3 4 5
23. to be socially competent and skillful. 1 2 3 4 5
24. because I like the challenge of a new activity. 1 2 3 4 5
25. to be creative. 1 2 3 4 5
26. because I sometimes like to be alone. 1 2 3 4 5
27. to meet new and different people. 1 2 3 4 5
28. to avoid the hustle and bustle of daily activity. 1 2 3 4 5
29. to keep in shape physically. 1 2 3 4 5
30. to learn about myself. 1 2 3 4 5
31. to experience life at its fullest. 1 2 3 4 5
32. to relieve stress and tension. 1 2 3 4 5
33. because I like to take chances. 1 2 3 4 5
34. to challenge my abilities. 1 2 3 4 5
35. to develop physical fitness. 1 2 3 4 5
36. to confront the unexpected. 1 2 3 4 5

37. to slow down.	1	2	3	4	5
38. because I like to try new and thrilling activities.	1	2	3	4	5
39. because I would rather participate than spectate.	1	2	3	4	5
40. to do dangerous things.	1	2	3	4	5

Total Leisure Counseling, Inc.

Recreation & Leisure Philosophy Assignment



Read directions very carefully and review the rubric before starting to write; they tell you exactly what I want!

*Objective: This assignment is meant to **test** your ability **think critically** about theoretical **leisure concepts** covered in all of the modules up to this point. Describe your **personal** and **professional** philosophy of leisure while practicing APA style and integrating concepts from all modules we have covered so far.*

Part I: Personal Philosophy

The **personal philosophy** must include basic philosophical constructs (Idealism, Humanism, Realism, etc.), and your own recreation and leisure values. It is uncommon to adhere to only one philosophy, so describe how you integrate a variety of philosophies in your approach to leisure—**at least two. Go to the bottom of the Module 3** reading for some tips for clarifying philosophical concepts. Also, try to incorporate leisure motivation theories from module 2 that match with your philosophical stance.

Tips:

- Draw parallels between your recreational experiences and philosophical concepts and explain how they relate by doing the following for each chosen philosophy:
 1. Explain your real life recreational examples, tendencies, and habits.
 2. Define the philosophy that resonates with you.
 3. Explain how your real life example fits the definition of that philosophy.
 4. Identify what benefits you gain and how that fits the philosophy you chose.
- Be sure to cite the authors when using their concepts

Part II:

The **professional philosophy** should discuss what you think the roles of recreation and leisure services play for other individuals, groups, communities, and society as a whole. It should identify the benefits of recreation and leisure for individuals, groups,

communities, and society. **Go to the Module 2 (leisure motivations)** reading to access the wide variety of recreational benefits and see which ones resonate with your views—choose **at least two**.

Tips:

- Draw parallels between social needs and leisure benefits and explain how they relate by doing the following for each benefit that resonates with your values:
 1. Identify the leisure benefit and define it.
 2. Identify a social issue that this benefit corresponds to in today's society (example: obesity)
 3. Now, simply explain how your chosen leisure benefit addresses or attends to that social issue.
- Be sure to cite the authors when using their concepts

Formatting:

The paper must be a minimum of 500 words and adhere to all APA formatting. Be sure to include your complete references ([APA guidelines](#)) at the end of the paper. Refer to the assignment rubric in Bb Learn for more clarification.



For ALL PRM majors, this assignment should be saved and placed in your [PRM Professional Portfolio](#).

Historical Profile Assignment

Objective: This is meant to test your ability to think critically using ideas and concepts covered in the reading thus far. Integrate theories and concepts by using your degree of understanding to appropriately connect historical examples to concepts from the reading.



Remember to read the directions carefully and review the rubric before you start writing or researching!

Directions: Identify a significant leader in parks, recreation or leisure services. Write a paper which describes their contributions to the profession. **Refer to the reading for some ideas on character choices.** Use information from the reading and from doing on-line research on this person. I need you to connect concepts from class—especially from

Module 4—to this person’s life to see your depth of understanding and ability to think critically. Please consider addressing some of the following if you want to earn full credit:

- Did they support contemporary leisure thought during their time in history, did they evolve it, or did they question/challenge it? Explain how/why using ideas from reading.
- How were their ideas different or similar to how most people were thinking about leisure? Reference different recreational values of the time.
- What movement were they a part of, and at what level of recreation management?
- What era of leisure history did this person live in? What was it about that time in history that made this person a successful influence in the world of Recreation and Leisure?
- Could you apply any previous “learnings” to their ideas (motivation theories, philosophies, leisure education, etc.)?

The paper must be a minimum of 500 words and adhere to all APA formatting. Please refer to the assignment rubric for more details. Be sure to include your complete references ([APA guidelines](#)) at the end of the paper.

Hints:

- Be sure to organize your paper into sections: intro (short), body (with various themes), and a conclusion (short).
- Give a title/heading to each transition in content. (Example: intro, body, conclusion).
- Practice your in-text citations.
- Carefully review the example paper and its formatting.

Personal Values in Recreation and Leisure

Objectives:

- To Identify different leisure value themes in various age demographics.
- To Practice qualitative research
- To Practice objective and critical thought while processing research data
- To continue familiarization with APA style
- To integrate concepts from class into data analysis

Directions: Remember to read all directions carefully and review the rubric before starting to write!!

Interview ONE person from THREE different age groups listed below (it is best to not choose three categories that are right next to each other). Please provide contact

Information:

12-17	18-24	25-35	36-45	46-55	56-65	66+
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Explain to them our working definitions of leisure, recreation, and work. Ask them about their recreational and leisure attitudes and behaviors. Be sure to include:

1. The importance of recreation and leisure in their lives. Why?
2. List activities they currently participate in. Why?
3. Activities they would like to participate in (why or why not).
4. Their views about the importance of work and recreation in their lives.
5. Leisure constraints that keep them from recreating the way they want to
6. Other questions that you feel would add insight to this interview concerning leisure values/behaviors.

Type a general overview, in APA style, on each interview and then summarize any similarities or differences between the interviewees— This is where most of you points come from. Speculate as to the reasons for these similarities or differences **and incorporate concepts from class. Your summary and ability to integrate class concepts is critical to successfully completing this assignment. What class concepts, theories, and ideas, that we have covered so far, can you connect to each interviewee? How? Why?**

Tips for the Conclusion:

- What leisure benefits from Module 2 do these people value the most? Which ones don't they value? How do their leisure benefits differ? Why do you think that is?
- How did their age change their answers? What concepts from Module 6 (leisure and life cycle) can you apply to their answers (cohort, generation, life stage benefits, etc).
- Base on their answers, what values, ethics, and philosophies arise? Can you make such a correlation and explain it?

Parts of Paper:

1. APA title page
2. Short Introduction/Abstract describing the purpose of the paper on separate page. (refer to rubric for further clarification)
3. Interview report for each interview:
 - a. Who is being interviewed
 - b. Outline questions and answers (could be a list of themes or thoughts)
 - c. Refer to rubric for further clarification

4. Summary of themes regarding similarities, differences, and any other insights you can take from the data. **Remember to use ideas from class in your analysis (this is**
5. **the most important part of your paper).**

Professional Career Development Assignment

Professional Career Development Assignment



Remember to read directions carefully and check the rubric before beginning to write.

Select ONE of the park and recreation professional association's (associations that exist to represent individuals working in the park, recreation, or leisure services field) from the [Professional Association's Web Sites](#) list.

- Write a summary of the association.
- Include the mission statement, code of ethics, and membership categories
- Explain why you would join or not join the association you have selected to review.
- Please Adhere to APA formatting!!!

*** Note: not all the associations listed are recreation and/or leisure service "professional" associations, so choose carefully.*

Post your assignment into the Bb Learn Assignment Box.

Professional Association's & Professional Organization Web Sites

A "Professional Association" is an association that exists to represent individuals working in the park, recreation, or leisure services field. **It does not provide direct services to the public.** Not all of the associations listed below are "Professional Association's" in the park, recreation and leisure services field.

- # [American Alliance for Health, Physical Education, Recreation and Dance](#)
- # [American Association of Lifelong Recreation, Physical Activity and Fitness](#)
- # [American Association for Physical Activity and Recreation](#)
- # [American Camp Association](#)
- # [American Dance Therapy Association](#)
- # [American Therapeutic Recreation Association](#)
- # [Army Morale, Welfare, & Recreation](#)
- # [Association for Experiential Education](#)

- # [Association of College Unions International](#)
- # [Arizona Parks and Recreation Association](#)
- # [Boy Scouts of America](#)
- # [Boys and Girls Club of America](#)
- # [Campfire - Boys and Girls](#)
- # [Canadian Parks and Recreation Association](#)
- # [Craft & Hobby Association](#)
- # [Employee Services Management Association](#)
- # [Four-H Club](#)
- # [Girl Scouts of America](#)
- # [International Association of Amusement Parks and Attractions](#)
- # [International Festivals and Events Association](#)
- # [International Fitness Professionals Association](#)
- # [Jewish Community Centers of North America](#)
- # [Navy Morale, Welfare and Recreation](#)
- # [National Association of County Park and Recreation Officials](#)
- # [National Association for Interpretation](#)
- # [National Association of Recreation Resource Planners](#)
- # [National Club Association](#)
- # [National Recreation and Park Association](#)
- # [National Intramural-Recreational Sports Association](#)
- # [Park Law Enforcement Association](#)
- # [Resort and Commercial Recreation Association](#)
- # [Sports Turf Managers Association](#)
- # [World Leisure and Recreation Association](#)
- # [World Waterpark Association](#)
- # [Young Mens Christian Association of the USA](#)
- # [Young Womens Christian Association of the USA](#)

Delivery of Leisure Services: Web Search Assignment



Remember to read the directions carefully and review the rubric before starting to write.

Directions:

- Conduct an Internet search for an example of each of the following recreation agencies, departments or organizations numbered below.
- Give a **brief description** of each agency, department or organization and its complete web address (URL <http://www>).

- **Describe why each organization fits into the category you chose.** You should have a total of six departments, agencies or organizations. One for each type listed above.

Leisure Service Categories:

1. Municipal (city or county) recreation; search for a web site on a **specific** city or county park and recreation department.
2. State recreation; search for a web site on a **specific** state park, forest etc..
3. Federal recreation; search for a web site on a **specific** U. S. Government (Federal) recreation area. These may include; national parks, monuments, historic or cultural sites, refuges, forests, or other Federal recreation areas.
4. Non-profit recreation; search for a web site for a nonprofit organization that provides recreation or leisure services to the public or special groups. **DO NOT USE A PROFESSIONAL RECREATION ASSOCIATION** (an association that provides services to individuals working in the recreation profession).
5. Commercial recreation; search for a web site on a specific commercial recreation business.
6. Therapeutic recreation; search for a web site for a therapeutic recreation business or organization that provides recreation or leisure programs, facilities, or services to the public or special groups. **DO NOT USE ATRA OR NTRS or ANY PROFESSIONAL RECREATION ASSOCIATION** (an association that provides services to individuals working in the recreation profession).

Post your assignment into the BbLearn Assignment Box

Final Leisure Reflection Essay

Directions:

Prepare your Self Reflection Essay with the following format: **Minimum/Maximum of 4-5 pages (not including the visual/graphic) Double Spacing, 12 pt. font, 1" margins all around, No spacing between paragraphs, and create a title for each new section of content.**

Submit in APA Format and answer all questions with full, complete, and grammatically correct sentences to the best of your ability.



I expect you to rely heavily upon the concepts from class by integrating them into your reflective writing using critical thought. If I don't recognize any clear use of reading concepts, I will assume what you wrote is meaningless in its ability to show me that you have gained understanding in this class. In other words, the following questions are a vehicle for you to reference the class modules as they relate to your life. AND REMEMBER TO REVIEW THE RUBRIC!!

1. Begin your opening paragraph by outlining a statement of what you believe are the Five most important key reasons/elements why there is a human need for healthy leisure/recreation.

2. Next, use a few supporting paragraphs to expand on and justify each of your 5 points. All concepts should be taken from class readings and cited appropriately. It is important to tie together personal experience and reading concepts to display your ability to think critically about the concepts.

3. Describe how participating in this course has (or has not) changed, strengthened or diminished your perception of the Parks and Recreation Field. What did you think of the field before the class, or what concepts were you not aware of? How has that changed, or what concepts are you now aware of? Organize your thoughts in a clear and concise way. Use specific examples that support how you think of this field of study.

- Identify and define specific concepts from the readings that resonated with you the most. Explain why these concepts had such an impact upon you. Why is this? What value is there in having a different perspective? Why?

4. Are you planning to enter the field of Parks and Recreation? Why? Hypothetically, explore your entry into the field of Parks and Recreation as a way to review some of the class concepts we covered. Consider the following using ideas from the reading:

- What short term goals would you help prepare for your career path?
- What service systems would you most likely work under? Why?
- What aspects of professionalism will likely be related to your future work, and how will you approach them? Refer to concepts from class.
- What aspects of career development do you plan to use, and how? Again, use concepts from Module 12 and cite your sources.

5. Finally, integrate class concepts and theories into a reflection upon the impact of recreation (positive and negative) across your life span from childhood to now.

- In what ways (where, when, how, with whom, etc.) do you see your recreational choices evolving/changing over the next 3 to 5 years, while attending to your University studies? Consider the many concepts and theories surrounding recreational benefits upon human development, personal identity, and wellness with regards to your recreational life experience.

6. Include a VISUAL or personal photo that represents you and your perceptions of Healthy Recreation *along with a short narrative of its meaning that is connected to concepts from the readings.*