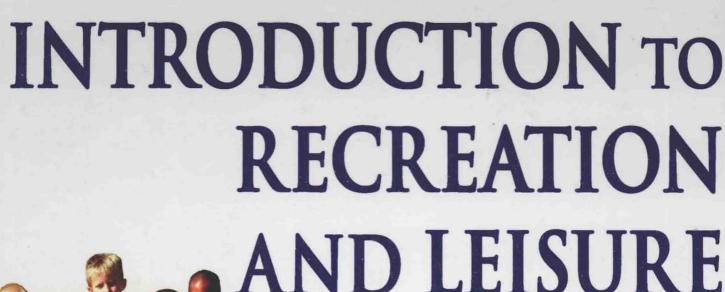
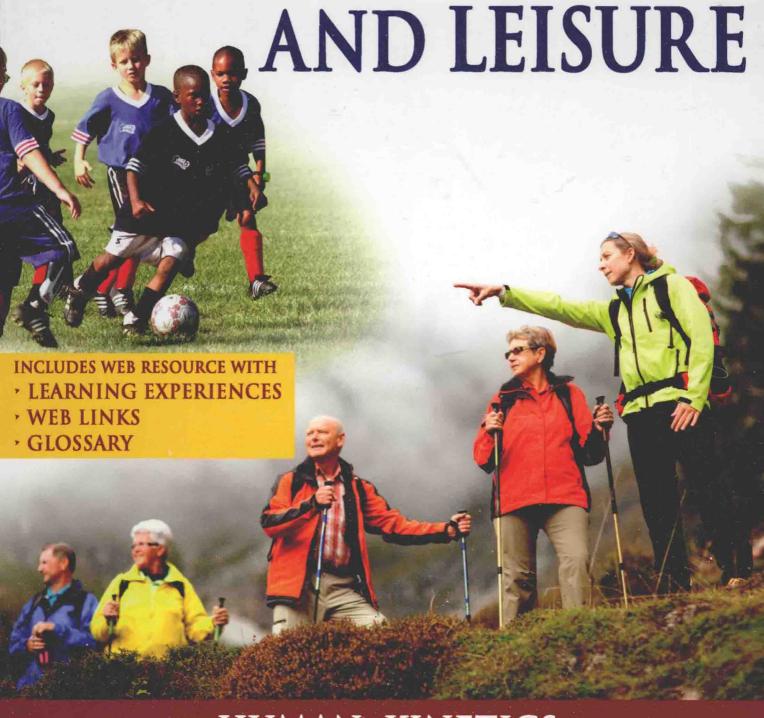
SECOND EDITION





HUMAN KINETICS

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Human Kinetics

Editor





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Recreation and Leisure,

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Preface

Welcome to recreation and leisure studies. This introductory course textbook provides you with a broad view of one of the top industries for the 21st century. Recreation and leisure programs serve people 24/7/365 and are part of a global economy. These services are vital to the lives of individuals, families, and communities and can provide you with a challenging career path.

This book invites you to take an amazing journey as you explore the world of recreation and leisure. Your escorts are 43 professors and professionals in the field from the United States, Canada, Brazil, and China. Their careers and passions mirror the various aspects of this profession. As rising stars, experts, leading thinkers, and icons in the field, the contributing authors serve as your personal guides as you begin your undergraduate studies of this exciting field. Their unique viewpoints provide a foundation for understanding the field on which your undergraduate studies will build.

Introduction to Recreation and Leisure, Second Edition, showcases the authors who have made incredible contributions in providing this unprecedented view of recreation and leisure. The goal of this book is to illustrate the wealth of opportunities within this diverse profession.

For students pursuing a career in recreation and leisure or considering the field as a career choice, this book offers vital information that will help in making informed choices. We want to provide you with a big picture of this diverse profession so that in your later studies you can explore specific areas in depth to gain an understanding of recreation and leisure as the following:

- A profession that offers lifetime career satisfaction or perhaps an entry-level start on a career path with many options
- A contemporary industry that provides employment opportunities in a wide variety of fields and associated fields
- A worldwide phenomenon that drives most of the world's economies

ORGANIZATION

Introduction to Recreation and Leisure is divided into three parts. Part I, Foundations of Recreation and Leisure, provides the foundation of this industry, including an introduction, history, and philosophical concepts. Part II, Leisure and Recreation as a Multifaceted Delivery System, introduces you to various sectors and areas of the field. Part III, Delivering Recreation and Leisure Services, presents the different types of programming found in recreation and leisure services. These interest areas include recreational sport; health, wellness, and quality of life; outdoor and adventure recreation; and culture and the arts. This part ends with a chapter that addresses the nature of the profession and what it takes to become a professional and another chapter that provides an international perspective on recreation and leisure.

FEATURES

Several unique and useful features are included in the book.

- Learning outcomes. Each chapter lists the many important concepts that you will learn and understand.
- Outstanding graduates. Students who have graduated from recreation and leisure
 programs and gone on to successful careers have been highlighted. They share
 insights and advice on recreation and leisure as a career.
- Glossary. Important terms are printed in boldface in the text, and the definitions are included in the web resource and instructor guide available online at www. HumanKinetics.com/IntroductionToRecreationAndLeisure.

ANCILLARIES

Four types of ancillaries are available to supplement the information presented in the textbook:

- Instructor guide. The instructor guide includes chapter summaries, learning outcomes, learning activities, reflective questions, websites, and glossary terms for each chapter.
- **Test package**. The test package includes a variety of questions: true–false, multiple-choice, matching, and short answer. Instructors can create their own tests.
- Presentation package. A Microsoft PowerPoint presentation package covers the
 major topics and key points from the chapters. Instructors may use the presentation
 package to supplement their lectures. The presentation package may be adapted to
 suit each instructor's lecture content and style.
- Web resource. New to this edition is a web resource for students. Access is available to students by following the instructions on the key code page at the front of the book. Students will find chapter summaries, learning experiences, a glossary, and web links to explore more about recreation and leisure.

Introduction to Recreation and Leisure, Second Edition, presents a comprehensive view of the multifaceted, expansive field of recreation and leisure. Enjoy learning about recreation and leisure, reading what the principal thinkers and leaders have to say about the field, and meeting outstanding graduates from universities across the United States, Canada, and the world who share their career experiences. Let's enter the world of recreation and leisure.

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Contents

Preface x Photo Credits xii

Part I	Foundation	ons of Recreation and Leisure	1
	Chapter 1	Power, Promise, Potential, and Possibilities of Parks, Recreation, and Leisure	3
	Welcome to to Definitions of Parks, Recrea Values and B Recreation and Trends in Par Parks and Re	the World of Parks, Recreation, and Leisure Play, Recreation, Leisure, and Flow ation, and Leisure: Everywhere, Everyone, All the Time Benefits of Parks, Recreation, and Leisure and Leisure: The Less Desirable Side rks, Recreation, and Leisure Alternatives ecreation: A Passion, a Pursuit, a Profession	
	Chapter 2	History of Recreation	21
		M. Rebecca Genoe, Douglas Kennedy, and Jerome F. Singleton	
	Tracing the R Development Similarities B	Roots of Leisure in Canada and the United States	
	Chapter 3	Philosophy and Leisure	39
		Donald J. McLean	
	Why Does Pl Metaphysics Epistemology Logic and Le Aesthetics ar Ethics and Le	hilosophy Matter? and Leisure y and Leisure eisure nd Leisure eisure eisure. sophy of Leisure.	
	Aristotle's Ph	illosophy of Leisure	50

Chapter 1	10 Therapeutic Recreation	197
	Frances Stavola Daly and Robin Kunstler	
History of Therapeut Settings fo Therapeut	nerapeutic Recreation? Therapeutic Recreation. ic Recreation Practice Models. or Therapeutic Recreation Services ic Recreation Specialist.	200
Chapter 1	11 Unique Groups	217
	Julia Wallace Carr, Brenda Robertson, Rebecca Lesnik, John Byl, Jeffrey Ferguson, Carol J. Potter, and Laurie Ogilvie	
Campus Rec	creation	218
Benefits of Trends in Career Op	Campus Recreation f a Campus Recreation Program Campus Recreation portunities	
Correctional	Recreation	225
Historical and Recreation Correction Trends and	on to the Correctional System and Philosophical Foundations of Correctional Recreation. Programming nal Recreation Professional. d Issues.	
	Recreation	
	es Within Faith Traditionses Among Faith Traditions	
	ent in Faith-Based Recreation	
Worksite Re	creation and Health Promotion	235
	Worksite Recreation and Health Promotion	
	Programs, and Services	
	eparation	
Summary	G.,	241
Recreation	in the Armed Forces	242
-	ersus Civilian Recreation	

Chapter 15	Health, Wellness, and Quality of Life	305
	Terrance Robertson, Matthew Symonds, Michael Muehlenbein, and Clifford Robertson	
Personal Health The Wellness P Quality of Life, I Career Opportu	n Perspective Health, and Healthy Communities unities	.306 .310 .314 .319
Chapter 16	Outdoor and Adventure Recreation Alan Ewert and Franklin Vernon	321
Concepts Related Concepts Related Concepts Related History of Outdoor Settings, Deliver Professional Carabenefits and Outdoor Advended Emerging Trend Summary	ted to Outdoor and Adventure Recreation ted to Outdoor Adventure Education oor and Adventure Recreation in Canada and the United States ery Systems, and Participants in Recreation areers in Outdoor and Adventure Recreation utcomes of Outdoor Recreation and Adventure uture Education Programming and Professional Careers.	.323 .324 .324 .327 .330 .332 .335
Chapter 17	Arts and Culture	341
Introduction Arts and Cultur Meanings of Arts Benefits of Arts Evolution of Art Types of Arts a Contemporary	Arts and Culture Gaylene Carpenter Te as Part of Recreation and Leisure. Its and Culture: Organizations and Participants Its and Cultural Recreation Opportunities Its and Cultural Programming Ind Cultural Organizations. Practices in Arts and Culture	.342 .344 .345 .346 .350
Introduction Arts and Cultur Meanings of Arts Evolution of Arts Types of Arts a Contemporary Summary	re as Part of Recreation and Leisure. rts and Culture: Organizations and Participants s and Cultural Recreation Opportunities ts and Cultural Programming and Cultural Organizations. Practices in Arts and Culture The Nature of Recreation and Leisure as a Profession.	.342 .344 .345 .350 .355 .355
Introduction Arts and Cultur Meanings of Arts Evolution of Arts Types of Arts a Contemporary Summary	re as Part of Recreation and Leisure. rts and Culture: Organizations and Participants s and Cultural Recreation Opportunities ts and Cultural Programming and Cultural Organizations. Practices in Arts and Culture. The Nature of Recreation and Leisure	. 342 . 344 . 346 . 350 . 355 . 364

Chapter 19	International Perspectives on Recreation and Leisure
Leisure and th Leisure Develo	verview 386 e Internet
Overview Historical Deve Types of Progr Demand and R	Leisure in Brazil
Summary	Sues
A Brief History Recreation Op	of China's Leisure Development

Bibliography 407 Index 425 About the Contributors 433

PART I

Foundations of Recreation and Leisure



Power, Promise, Potential, and Possibilities of Parks, Recreation, and Leisure

Ellen O'Sullivan



Play for adults is recreation—the renewal of life; for children it is growth—the gaining of life.

Joseph Lee, father of the American playground movement

77