

SECOND EDITION

# INTRODUCTION TO RECREATION AND LEISURE



INCLUDES WEB RESOURCE WITH  
› LEARNING EXPERIENCES  
› WEB LINKS  
› GLOSSARY



HUMAN KINETICS

Second Edition

# Introduction to Recreation and Leisure

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Human Kinetics

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*Editor*



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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](http://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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## 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