

leisure studies

Leisure Studies

Develop a knowledge and awareness of the nature and significance of leisure as an essential component of a healthy lifestyle. Aspects of personal development, self-concept and stress management are investigated. Attitudes to work and leisure are addressed, together with work changes which affect leisure in Australia. The unit also clarifies conceptual relationships between leisure, recreation, play, games and sport.



Short Term Program

"Leisure Studies"

Sample program:

HUMA105 - Australian Leisure and Lifestyle Issues

This unit is designed to develop a knowledge and awareness of the nature and significance of leisure as an essential component of a healthy lifestyle. Aspects of personal development, self-concept and stress management are investigated. Attitudes to work and leisure are addressed, together with work changes which affect leisure in Australia. The unit also clarifies conceptual relationships between leisure, recreation, play, games and sport.

Objectives

On completion of this unit, students will be expected to:

- Gain knowledge of the historical development of leisure in the western world
- Develop an understanding of the nature and significance of leisure in contemporary Australian society
- Know factors which affect leisure choice and participation
- Access information concerning organisation of public and private sector leisure services
- Identify and evaluate personal habits of leisure and lifestyle

Content

- Leisure in historical perspective
- Effects of Industrialisation
- Leisure in the Twentieth Century
- Australian Attitudes to Work and Leisure
- Work Changes Which Affect Leisure
- Factors Which Affect Leisure Choice and Participation in Australia
- Leisure and Social Relationships
- Leisure and Personal Development
- Leisure and Stress Management
- Leisure, Recreation, Play, Games and Sport
- Organisation of Public and Private Leisure Services in Australia
- Leisure in the Twenty-First Century

Teaching organization:

Preliminary readings and study journal
 Four days of lectures, discussions and workshops on and off campus (local community lawn bowls etc)
 One day off campus experience (mountain summit trail walk)

Assessment procedures:

- Written Examination (open book)
- Study diary, workshops, discussion presentations
- Assignment

Field Trip Options:

Optional 5/8 day leisure discovery tour of significant leisure/recreational landmarks/activities related to optional assignment (limestone caves/ beach/rainforest national park, barrier reef day trips to islands)

Optional Extension Activities:

1/3/5/day experiences, depending on student interests (island, mountain, aquatic areas)

Alternative: customise a study program

A customised study program can be coordinated to meet your individual request.