Review Questions

Ch 1

1. **Identify and discuss at least three important social factors (example: increased affluence) that have contributed to the growth of recreation and leisure concerns over the past several decades.**
   One social factor that has increased the leisure and recreation concerns is an increase in discretionary time. People have been getting more and more free time on their hands because of increased holidays, paid vacations, and shorter work weeks. Another factor is commodification of leisure. This is when forms of play are developed by profit seeking companies like Time Warner and Disney. This is also when city’s build buildings designed for leisure and are charged for membership. A third factor is the changing family. Families have changed greatly over the years, the majority of families are now dependent on two incomes instead of one. The problem with this is trying to create recreational opportunities for these new families.

3. **This chapter briefly summarizes the growth of professional leadership in recreation and parks management roles. Why should leisure-service professionals be expected to have an understanding of the history, psychology, and sociology of recreation and leisure?**
   Leisure-service professionals should have an understanding of the psychology and sociology of recreation and leisure so that they are better able to create recreational opportunities.

4. **What do you regard as some of the most critical challenges facing recreation leisure-service agencies and practitioners in the years that lie ahead? Justify your response.**
   I think one of the greatest challenges facing recreation leisure-service agencies is getting kids interested in the outdoors and away from technology. Technology plays a huge role in everyone’s lives in this world, trying to bring people away from technology and into the wild is going to be extremely difficult.

Ch 2

2. **Recreation has been simply defined as socially desirable activity carried on voluntarily in free time for purposes of fun or pleasure. Critically analyze this definition. For example, must activity always be considered socially desirable to be regarded as recreation? Is recreation always pleasurable? Is it always carried on...**
voluntarily? What elements would you add to this definition to make it more meaningful?
Recreation does not have to be socially desirable, it can be whatever an individual wants. Recreation does not have to be pleasurable or voluntarily. I would add that it has to be something besides work.

3. The chapter presents two contrasting views of leisure—one as the slow-paced, relaxed, or contemplative use of free time and the other as active participation in a wide range of often challenging or demanding activities. Which of these do you believe is the most accurate picture of leisure today?

I think the slow-paced relaxed use of time is most accurate today. I think this is because when most people have free time they are tired from work and just want to relax and not do any work.

4. Discuss the contrasting meanings of play, leisure, and recreation, and show how they overlap and differ from each other in their separate meanings. Which of the three do you feel is the more useful term as far as public understanding of this field is concerned?

Play is self-motivated and carried out for oneself. Play can appear in leisure. Leisure is time that does not directly involve work. It implies freedom and choice. Recreation is human activities or experiences that happen in leisure time. I think recreation is the most useful since it is a mixture of all three definitions.

Ch 5

1. The physical benefits of exercise have been well documented. Vigorous use of exercise machines and treadmills, running, swimming, and bicycling all contribute greatly to cardiovascular health. Why is it desirable to approach such activities as recreation rather than as prescribed exercise carried on for fitness purpose alone? In addition to cardiovascular benefits, what other important health outcomes have been identified?

If you approach these activities as recreation then it is easier to enjoy them and makes it easier to do them often. Other health outcomes would be control of obesity and personal fitness.

2. The chapter describes some of the specific contributions of recreation to emotional or mental health. What are they? On the basis of your own experience, can you describe some of the positive emotional outcomes resulting from recreational involvement?

Recreation can contribute to a person’s social needs, ego needs, and self-actualization needs. After I exercise, which is recreational involvement, I feel so good about myself.

3. Select one of the following age groups: children, teens, young adults, middle adults, or older adults. What are their special needs for recreation in modern society, and
what barriers or problems do they face in the appropriate choice of satisfying leisure activity?
Young adults need a way to keep in shape from recreation in modern society. Some problems facing this are all of the fast food restaurants and video games that are keeping kids out of shape.

4. Older adults make up a rapidly growing segment of the population. How has society traditionally considered the aging process and the role of older persons in community life? What new views have developed in recent years? What are the implications of these changes for recreation practitioners working with older persons?
Traditionally as a person aged they became wiser, young people would look up to their elders. In today’s society older people are moved into retirement homes and are looked on as more of a burden. As an older person is forced away from their family they get a sense of loneliness and recreation practitioners have to fill this gap.

5. Select your five favorite recreational activities and then answer the following question: Why do you participate in these activities (motives)? Predict how this list will change in the next 10, 20, 30, and 50 years.
My five favorite activities are hunting, fishing, hiking, roller/street hockey, and swimming. I participate in fishing, hunting, and hiking because they involve the outdoors and that is my favorite place to be. I play hockey because it is my favorite sport and ice hockey is too expensive so I enjoy playing with my friends. I swim because I have been swimming my entire life, I love to be in the water. I feel like I will be hunting, fishing, hiking, and swimming for the next 50 years. I might play hockey for the next 10 years but then that might have to change to something else.

Ch 6

2. Why is the area of sport and active physical recreation particularly important to girls and women from a feminist perspective? What has been the impact of legislation, court cases, and similar factors in terms of programming policies and other leisure-related areas?
Sport and active physical recreation is important to feminist because it is involved in all walks of life. Through legislation and court cases women have been able to get involved in more recreational activities and sports.

4. The United States has traditionally regarded itself as a leading example of democracy. With respect to racial prejudice and discrimination, has this actually been the case? Specifically, how have racial and ethnic minorities been treated in terms of recreation and leisure? What progress has been made recently, and what problems continue to exist?
The United States have been leaders in accepting people of different races and cultures. More and more recreational and leisure activities have included different races and
cultures. There is still some discrimination in some areas but there is progress being made.

5. In terms of the general cultural scene, members of different racial and ethnic minorities have gained prominence in recent years in film, television, and other artistic or literary areas. What images are generally presented?
A lot of the time groups of people that are shown are always diverse. You see people of all races and culture represented in movies, television and other areas. They also present acceptance of these different people.

7. Although LGBT people are increasingly gaining acceptance in the United States, there are still a large number of people who disagree with alternative sexual orientations. Should public agencies, which are supported with public tax dollars, provide programs for LGBT people? Should these same agencies provide programs specifically targeted at specific ethnic or religious groups such as Muslims?
Yes public agencies should target LGBT people if there are LGBT people in the areas when the programs are a part of. They pay taxes so they should get these programs too. The same goes to other ethnic or religious groups, if they are paying taxes for these programs then some programs should be directed to them.

Ch 7

1. This chapter presents 10 different areas in which recreation, parks, and leisure services contribute to community life. If you had to present a positive argument for establishing or expanding a community recreation and park department, which of these areas would you emphasize, and why?
I would emphasize maintaining economic health. I would emphasize this because a city really worries about economic stability, especially during a time of economic distress like now.

3. Explain and discuss the importance of community recreation within one of the following areas: (1) economic contribution; (2) health-related benefits; (3) promoting the cultural arts; or (4) improving intergroup relations among residents of different socioeconomic, racial, or cultural backgrounds.
The importance in community recreation within economic contribution is economic stability. Recreation is one of the largest industries in the country. If a community expands its recreation they will improve their economy and improve their economic stability.

Ch 13

3. This chapter presents issues related to environmental change, challenges to the environment, and an American loss of an individual environmental ethic. Select one
of these and do additional library research validating or refuting the claims in the chapter.
An American loss of an individual environmental ethic does not seem to be true anymore. People are still concerned for the environment and want to protect it. At the same time attendance at National and State parks have been increasing the past few years.

4. The internet has had a tremendous impact on U.S. society and on leisure lifestyles in particular. What are some of its major effects, both positive and negative? Some major effects are communication becoming easier and faster, learning has improved, and the internet can help some people deal with a major illness. Some negative effects is less free time, people are more involved with technology then people, and communicating some things has become harder.

5. The chapter presents a number of predictions for the future with respect to demographic, social, economic, and other changes. Which of these do you believe present the most important challenges for the recreation, park, and leisure-service field? In what ways should leisure-service professionals seek to meet them constructively in the twenty-first century? I think the changes in technology will present the greatest challenge. Leisure-service professionals need to somehow combine recreation and technology to try to solve this.