

Department of: Health and Leisure

Course No. RC 300

Title of Course: Leisure Education

New: X

I. Catalog Description and Credit Hours: Students learn concepts and models of leisure education, communication skills, leadership strategies in leisure education, and how to build and maintain helping relationships. (3 credit hours)

II. Prerequisites: RC 100, RC 260

III. Course Objectives:

Upon successful completion of this course, students will be able to:

- A. Thoroughly understand and articulate the concepts of leisure.
- B. Understand and demonstrate basic helping skills.
- C. Understand the importance of leisure education in the delivery of leisure services.
- D. Critically observe and interview people to assess leisure values, interests, and skills.
- E. Demonstrate the communication skills needed to develop relationships with participants.
- F. Understand one's own leisure values, interests, skills, and barriers to participation.
- G. Develop and evaluate leisure education activities appropriate to various populations.

IV. Expectations of Students:

- A. Students will participate in all class meetings and are expected to have completed pertinent assignments prior to class meetings
- B. Students will be expected to fully participate in experiential laboratory and out-of-class experiences as described by the course outline at the beginning of the semester.
- C. Students will achieve satisfactory grades on tests, reports, journals, class activities, and other assignments.

V. Course Content:

	<u>Hours</u>
A. The helping process and relationships	3
B. Communication Skills	10
1. Receptive Communication Skills	
a. Listening Skills	
b. Attending Skills	
2. Expressive Communication Skills	
a. Thinking, Feeling, Acting Triad	
b. Asking the Right Questions	
c. Paraphrasing	
d. Requesting Clarification	
e. Pointing Out Inconsistencies	
C. Leisure Education	15
1. What is Leisure	
2. Concepts and Models of Leisure Education	
3. Theoretical Foundations of Leisure Education	
4. Planning for Leisure Education	

5. Leisure Education Techniques	
6. Leisure Education Leadership and Games	
7. Processing and Debriefing the Experience	
D. Leisure Education Content Areas	17
1. Leisure Awareness	
2. Self-Awareness/Self-esteem/Identity Formation	
3. Leisure Resources and Leisure Planning	
4. Self-determination and Decision Making	
5. Social Skills Training	
6. Relationship Skills/Friendship Development	
7. Effects of Leisure Education	
TOTAL:	45 hours

VI. Textbooks:

Dattilo, J. (2000). *Leisure Education Specific Programs*. State College, PA: Venture Publishing.

Additional Resources:

Mundy, J. (1998). *Leisure education: Theory and practice* (2nd ed.). Champaign, IL: Sagamore.

Negley, S. (1997). *Crossing the bridge: A journey in self-esteem, relationships and life balance*. Beachwood, OH: Wellness Reproductions & Publishing .

VII. Basis for Student Evaluation:

A. Journals and workbooks	25%
B. Communication Skills/Interviews	20%
C. Leisure Education Leadership	25%
D. Exams	30%