



## **KINE 2302 001 Recreation & Leisure Services**

**Spring 2024**

**T/Th 11am – 12:15pm**

**GPC 106**

**Professor: Kara Poole**

**Office: GPC 201**

**Email: [kara.poole@sulross.edu](mailto:kara.poole@sulross.edu)**

**Office Hours: T/Th 10-11am or by appointment (email to set up appointment)**

**Required Text: None**

**Optional Text: Introduction to Recreation and Leisure, 3<sup>rd</sup> ed., Tyler Tapps, Mary Sara Wells**

**Course Description:** Introduction to the field of recreation, including the many facets of the field, historical background, professional opportunities, the role of leisure in our social structure, professional responsibility, current trends and issues, experiential education, and leadership in the field.

**Expectations of Students:** This class is built on the principle of experiential education. Often we will do activities or have group discussions as a way of learning, therefore attendance and being present in class is vitally important to your ability to learn class content. Students will be expected to be fully present in class, contributing to activities, discussions, and projects. No headphones in class.

**Students learning outcomes:** Students will develop a deeper understanding of the field of recreation in its many facets, including outdoor education and adventure education, sports and athletics, public recreation, non-profit recreation, fitness and wellness, parks and facilitates, therapeutic recreation, adventure-based counseling, and delivery of recreation to special populations. Students will gain skills in leadership, experiential learning, communication, cooperation, critical thinking, problem solving, and activity leadership and development.

**Attendance/Participation:** Attendance for class is mandatory. If you are missing class for athletics or another excused reason, you will need to communicate this ahead of time, via email

or blackboard. You can miss 3 classes unexcused, after that each class missed is 15 points off your total attendance grade.

### **Tentative Schedule (Subject to Change)**

<b>Week</b>	<b>Content</b>	<b>Due</b>
Jan 18	Intro, syllabus	
Jan 23 & 25	History of Rec, Philosophy of field, Rec & Society	
Jan 30 & Feb 1	Health, Wellness, and Quality of Life	
Feb 6 & 8	Public Parks and Rec, Meet off campus, details TBD	
Feb 13 & 15	For Profit Parks and Rec, Recreation Special Populations, Non-Profit Rec	
Feb 20 & 22	Recreation Special Populations	
Feb 27 & Feb 29	Special Events, Rec across the lifespan	Split into Activity Groups, Activity Plan Due
Mar 5 & 7	Leading Activities, Rec Leadership	Deadline for attendance at a Group Fitness Class
Spring Break		
Mar 19 & 21	Groups Lead Activities	Activity Leadership Groups 1 & 2
Mar 26 & 28	Groups Lead Activities	Activity Leadership Groups 3 & 4
Apr 2 & 4	Groups Lead Activities, Sports and Athletics	Activity Leadership Group 5 & 6
Apr 9 & 11	Reflection on Activity Leadership, Rec as a Profession	
Apr 16 & 18	Outdoor Recreation & Rec Self-Care Activity	Turn in Reflection Journal Entry on Rec Self-Care Activity
Apr 23 & 25	Therapeutic Rec and Adventure Based Counseling	Deadline for attendance at an Intramural Game
April 30	Reflection and Wrap Up	Recreation Professions Reflection Paper Due 4/30 by 11am
May 2 <sup>nd</sup> (Dead Day)		Deadline for attendance at a Rec Special Event
Finals Week		Philosophy of Recreation Paper Due 5/8 by Midnight

## Assignments & Grades

Assignment	Available Points
Attendance	400
Activity Plan and Presentation	150
Rec Profession Reflection Paper	80
Philosophy of Rec Reflection Paper	120
Attendance at Group-Fitness Class	50
Reflection on Self-Care Activity	30
Attendance at Intramural Event	50
Attendance at Rec Special Event	50
<b>TOTAL</b>	<b>930</b>

### Attendance Assignments

- Will attend a SRSU Group Fitness Class or Personal Training Session
- Will attend a SRSU Intramural Game
- Will attend a SRSU Rec Special Event
- Need to get a signature from the person in charge at each event stating that you were present.

### Game Leadership

- In small groups, participants will create, design, and lead a game, with other class members being participants. See rubric for additional details.

### Reflection of Self Care Activity

- Students will participate in a self-care activity related to recreation and leisure of their choosing, and write a paragraph reflection on it.

### Recreation Professions Reflection Paper

- Students will submit a 500-word reflection paper on their vocational and personal goals regarding recreation. See rubric for additional details.

### Philosophy of Recreation Paper

- Students will submit a 3-5 page APA format paper regarding their personal and professional philosophy of recreation. See rubric for additional details.

## UNIVERSITY POLICIES

### Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

### SRSU Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website. Directions for filing a student complaint are located in the student handbook.

#### SRSU Library Info

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your Lobo ID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837- 8123).

#### Disability Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartz Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [mschwartz@sulross.edu](mailto:mschwartz@sulross.edu). Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine. Texas, 79832.

#### Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

#### Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of

race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

#### Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

#### Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

#### Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.