



KES 2302
Recreation and Leisure Services
Fall 2025 - GPC 105 – Tue/Thur 11:00-12:15pm

Mary Powers, M.S.
Lecturer in Kinesiology

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Email: mary.powers@sulross.edu
Office Hours: Tue/Thur 12:30-2pm, Friday 10-12pm, or by appointment
Required Text: None
Optional Text: *Introduction to Recreation and Leisure, 3rd 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.

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 miss more than 4 total classes, your final grade will be reduced by one letter grade. If you are missing class for athletics

or another excused reason, you will need to communicate this ahead of time, via email or blackboard.

Assignments & Grades

Assignment	Available Points	Percentage
Attendance	400	40%
Activity Plan and Presentation	200	20%
Rec Profession Reflection Paper	100	10%
Philosophy of Rec Reflection Paper	100	10%
Attendance at Group-Fitness Class	50	5%
Reflection on Self-Care Activity	50	5%
Attendance at Intramural Event	50	5%
Attendance at Rec Special Event	50	5%
TOTAL	1000	100%

*Letter Grading as per SRSU policy will be used in this course.

**Be sure to complete all assignments by the due date.
Late assignments will not be accepted.**

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

Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, 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 information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. 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.

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.

Academic Integrity Statement

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

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.

ADA Statement

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu

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