



University of Nicosia, Cyprus

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| Course Code TOUR 240 | Course Title Leisure and Recreation | ECTS Credits 6 |
| Department Hospitality, Tourism and Sports Management | Semester Fall / Spring | Prerequisites TOUR 105 |
| Type of Course Major | Field Tourism/Leisure | Language of Instruction English |
| Level of Course 1 st Cycle | Year of Study 2 nd | Lecturer Yianna Orphanidou |
| Mode of Delivery face-to-face | Work Placement N/A | Co-requisites None |

Objectives of the Course:

The main objectives of the course are to:

- Introduce students to basic theoretic concepts in the field of leisure and recreation
- Familiarize students with the origin of today's western leisure and recreation behavior
- Stress the key disciplines related to the field, such as sociology, psychology, geography, economics and politics.
- Provide an insight on the interrelation of leisure and leisure spaces
- Aid students to understand different leisure forms and settings:
 - Leisure and ageing
 - Leisure and subculture
 - Leisure and media
 - Etc.
- Aid students to understand the opportunities related to the field of leisure and recreation:
 - for marketing purpose in various sectors
 - for reshaping the image of a country
 - etc.
- Develop in students:
 - the awareness towards "leisuralization" of everyday activities
 - the role of entertainment and recreation in various fields
 - the ability to analyze and present academic content in a sufficient way

Learning Outcomes:

After completion of the course students should be able to:

1. **work** with academic content.
2. **present** academic content in front of audience by using appropriate technology

3. **acquire** knowledge by firsthand experience on field trips
4. **express** themselves in an adequate way
5. **articulate** the nature and structure of the tourism industry
6. **develop** state of the art tourism products
7. **evaluate** the role of tourism industry in various fields such as economic, social and environmental.
8. **provide** an overview of actual developments in the field such as new distribution ways, changing market requirements, upcoming trends
9. **critically review** advantages and disadvantages of the tourism industry
10. **produce** an oral presentation based on academic literature;

Course Content:

- A detailed presentation of the social background of today's leisure and recreation behavior
- An Overview on the history of leisure and recreation
- An insight to basic theoretical principles of leisure and recreation such as:
 - Theory of play
 - Life-cycle
 - Factors influencing leisure styles
 - etc.
- A deep understanding of various influencing dimensions for leisure and recreation behavior such as: age, gender, ethnicity, etc.
- An understanding of the difference of the three major players on the supply side: the public, the voluntary and the private sector
- An introduction to the role of education as leisure activity
- A perspective on future leisure trends

Learning Activities and Teaching Methods:

PowerPoint Lectures, videos, student presentations/assignments/exercises

Assessment Methods:

Students' PowerPoint presentations, assignments, exercises, Mid-Term exam, Final exam

Required Textbook/Reading:

| Author | Title | Publisher | Year | ISBN |
|--------------------------------------|------------------------------------|-----------|------|---------------|
| Bull C., Hoose J. and Weed M. | An Introduction to Leisure Studies | Pearson | 2003 | 9780582325036 |
| Rojek C., Shaw, S. M. and Veal A. J. | An Introduction to Leisure Studies | Palgrave | 2006 | 9781403902795 |

Recommended Textbooks/Reading:

- Leisure Studies
- Annals of Leisure Research