

RECREATION (REC)

REC120 / Leisure and the Quality of Life

3 Credits / 3.0 Periods for Lecture

Overview of the historical, psychological, social, and cultural aspects of play, leisure, and recreation and their role in contemporary society. Nature of play and leisure behavior in human development within different cultures and the contribution play, recreation, and leisure make to the quality of life for individuals in today's society. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service