LEISURE ACTIVITY AND HEALTH PROMOTION

休閒活動與健康促進

Institute of Physical Education, Health, and Leisure Studies
National Cheng Kung University

Time: Monday 14:10-17:00, 2012 Spring
Location: Chung Cheng Hall, Conference Room
Instructor: Dr. Hsueh-wen Chow   hwchow@mail.ncku.edu.tw
            06-2757575 ex. 81806
Office Hours: Friday 2:00-4:00 pm or by appointment

Objectives:
The goal of this course is to provide students with knowledge and understanding of the impact of leisure on older adults' life. We will together explore an in-depth knowledge of the theories, research and current issues on successful aging and leisure research. In addition, we will have some field trips to visit some recreational service that is now available for the seniors.

Readings:

Other reading materials will be distributed via moodle on-line course management system.

Course Evaluation:
Class Participation: 40 points
Leading Discussion: 15 points
Term Project: 35 points
Reflection Papers: 10 points
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<tr>
<td>2/20</td>
<td>Introductions and course procedures</td>
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<tr>
<td>2/27</td>
<td>National holiday, schedule discussed in class</td>
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| 3/5  | Leisure:  
Chapter 1: Leisure—An Overview  
Chapter 2: Health and Wellness—An Overview  
Field visit and observation |
| 3/12 | Chapter 3: Relations between Leisure, Health, and Wellness  
Chapter 4: What Constitutes “Good” Health and Wellness?  
Chapter 5: What Constitutes “Good” Leisure from a Health and Wellness Perspective |
| 3/19 | Chapter 6: Leisure and Physical Health  
Chapter 7: Leisure and Emotional Health  
Chapter 8: Leisure and Spiritual Health |
| 3/26 | Chapter 9: Leisure and Intellectual Health  
Chapter 10: Leisure and Social Health  
Chapter 11: The Effect of the Environment on Leisure and Dimensions of Wellness  
Term Project Discussion |
| 4/2  | Spring break: No class |
| 4/9  | Chapter 12: Leisure and Preventive Health Practices  
Chapter 13: Leisure and Becoming Physically Active  
Chapter 14: Leisure and Stress Reduction  
Research paper search presentation |
| 4/16 | Chapter 15: Leisure as a Way of Coping  
Chapter 16: Leisure and Self-Esteem, Self-Efficacy  
Chapter 17: Leisure and the Development of Complexity |
| 4/23 | Chapter 18: Leisure, Socioeconomic Status, and Health  
Chapter 19: Healthy Play and the Development of Children  
Chapter 20: Leisure, Health, and Adolescence |
| 4/30 | Chapter 21: Leisure in Family Wellness  
Chapter 22: Leisure and Health in Middle Age  
Chapter 23: Leisure and Later Life |
| 5/7  | Chapter 24: Leisure and Rehabilitation  
Chapter 25: Healthy Retirement  
Chapter 26: Leisure, Health, and Assisted Living |
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| 5/14  | Chapter 27: Leisure, Health, and Women  
       | Chapter 28: Leisure, Health, and Men  
       | Chapter 29: The Role of Leisure for People with Disabilities |
| 5/21  | Chapter 30: Leisure and the Health of People Who are Gay, Lesbian, Bisexual, and Transgendered  
       | Chapter 31: Leisure and Health in Racial and Ethnic Minorities  
       | Chapter 32: Leisure, Health, and Adjustment of Immigrants  
       | Field visit and observation |
| 5/28  | Chapter 33: Healthy Sexual Expression  
       | Chapter 34: Healthy Dining: Eating for Pleasure, Leisure, and Wellness  
       | Chapter 35: Health and Television Viewing |
| 6/4   | Term project presentation |
| 6/11  | Course Evaluation and Wrap-up |

**Course structure**

- **Class Participation (40 points) and Leading Discussion (15 points)**

  I will assign weekly readings for you to read before each class and you will be required to post discussion ideas and questions on moodle discussion forum each week by Friday at noon. Student discussion leaders and I will review the discussion ideas and questions and plan for the discussion section for the class. I will lecture on related topics or do in-class activities in the beginning of each class. Then, the rest of the class period will be reserved for this student-led discussion.

  I will expect you to do the following:
  1. Come to each class fully prepared;
  2. Share work and personal experiences that relate to readings and discussions; and
  3. Use the readings and discussions to construct meaning for yourself.

  Grades will be based on submission of discussion ideas and questions, actively participated in discussion in class and discussion leadership.

**Research paper summary (10 points)**

Search two leisure and health related research paper and write one page.
summary for each paper.

**Term Project** (35 points)
Research proposal, review and submission for conference presentation or journal.

I encourage you to review papers that might relate to your research interest and draft a manuscript for research proposal conference presentation or journal publication.