

RF101: Recreation Foundations

Overview (DRAFT)

This learning event introduces the basics of recreation, including the language (terminology) that is used to discuss recreation in professional settings. You will explore the benefits of recreation and potential barriers to recreation for individuals, communities and the environment.

RF101 - Intro to Recreation Foundations was designed and prepared for Recreation North by Brenda Herchmer with input from Susan Keats and Mia Lee and editing by Caroline Sparks. Development was funded by the Arctic Inspiration Prize.

Week 1 Activities:

Week 1 learning opportunities will help us identify what we know and experience about recreation and leisure. Important terms and definitions relevant to recreation and leisure will be introduced.

1. Begin by reviewing the Week 1 Presentation to prepare for the first conference call.
2. Complete the tasks listed in the Required Learning Activity #1 (RLA#1 - see below).
3. Participate in the weekly conference call.

Required Learning Activity #1

1. Complete the Recreation and Leisure Checklist handout.
2. Next, read the Discussion Questions on page 3 of the Recreation and Leisure Checklist handout.
3. Before the first conference call, reflect on the Discussion Questions and post your response to at least 5 questions in the Week 1 Forum.
4. Take time to consider other responses. During the call, we will discuss some of your thoughts.

Week 2 Activities:

Week 2 learning opportunities will help us become more familiar with important terms and definitions about recreation and leisure. You'll have the opportunity to share your experiences and ideas about recreation in your community.

1. Begin by reviewing the Week 2 Presentation to prepare for the final conference call.
2. Download Handout 2 (Recreation and Leisure Terms). Although this activity is optional, it is a good opportunity to get more familiar with important terms and definitions.
3. Download Handout 3. Complete the steps described in the Required Learning Activity #2 (RLA#2 - see below).
4. Participate in the final conference call.

Required Learning Activity #2

1. Consider some of the benefits of (or barriers to) recreation in your community. Take a look at an example (shared in the Forum).
2. Share your thoughts in the Week 2 Forum. Be creative. Use photos, cartoons, a collage, painting, dance, Powerpoint, write a poem, rap or song, etc.
3. Post your creation before the end of the Learning Event.

References:

Alberta Recreation & Parks Association. (2018). The National Benefits Hub, Retrieved from <http://benefitshub.ca/>

Pettry, Danny Wayne II. (2006). *Learning About Leisure through ACTIVITIES* (pp7-9) Retrieved from http://www.dannypettry.com/ebook_leisure.pdf