



Kraus'

Recreation and Leisure in Modern Society ELEVENTH EDITION

Daniel D. McLean, PhD
University of Nevada, Las Vegas

Amy R. Hurd, PhD, CPRE
Illinois State University

Denise M. Anderson, PhD
Clemson University



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World Headquarters
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5 Wall Street
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978-443-5000
info@jblearning.com
www.jblearning.com

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Preface

Recreation and leisure touch the lives of almost everyone, whether through participating in sports and games, attending a theater production, visiting an art museum, traveling to another country, attending a street concert, or simply enjoying a local park. A world without recreation and leisure is unfathomable—no parks, no open space, no swimming, no lounging on beaches, and no traveling to other parts of the world just for fun. We often take these things for granted. The purpose of *Kraus' Recreation and Leisure in Modern Society, Eleventh Edition*, is to assist students in achieving an understanding and appreciation of the value of leisure and the leisure-service industry from multiple perspectives. This text provides a comprehensive survey of the leisure spectrum and profession, exploring its foundation, history, expansiveness, and continuing evolution. Leisure participation is viewed from the perspective of age, race, gender, and ethnicity and includes societal and personal benefits. It will demonstrate that recreation and leisure is a viable career option employing hundreds of thousands of people in North America. A career overview includes knowledge about public, commercial, nonprofit, and therapeutic recreation and the growing areas of tourism and sports.

This is the eleventh edition of a text that has been used by hundreds of departments of recreation, parks, and leisure studies at colleges and universities throughout the United States. It is designed for use in courses covering the history and philosophy of recreation and leisure and the role of organized leisure services today in American communities. This text is revised to reflect recent societal changes and the challenges that face leisure-service managers in the twenty-first century. It also provides an in-depth analysis of the basic concepts of recreation and leisure, the motivations and values of participants, and trends in the overall field of organized community services. Throughout the text, several important themes and emerging issues are emphasized, including the following:

- ◆ The dynamic dialogue surrounding the nature of the political, economic, and social environment that has forced parks and recreation agencies to reevaluate traditional approaches to delivering public park and recreation services by becoming simultaneously innovative, responsive, and entrepreneurial.
- ◆ Recreation and leisure are increasingly tied to the maturing fields of tourism and sport. Understanding these relationships is important for the success of leisure service managers.
- ◆ Wellness continues to be a major issue in the field, with obesity being the most immediate concern facing public parks and recreation agencies. Major efforts are being made to provide health and wellness opportunities, control obesity, and preserve cardiovascular health through parks and recreation. *Well-being* has become an inclusive term, looking beyond traditional wellness indicators.
- ◆ Tourism is the world's largest economy. Many communities are presenting themselves as a tourist destination in order to increase resources available to community members through jobs, attractions, and revenue generation.
- ◆ The baby boomers are retiring at a rate of more than 10,000 per day, and the millennial generation has become the largest generation. The impact and influence of these two generations on the parks and recreation profession requires organizations to rethink traditional service models. Boomers have more discretionary income than ever before and are willing to spend it on experiences—through travel and tourism, participating in programs, health and fitness activities, and adventure recreation. Millennials expect “now” activities and opportunities that simultaneously offer individual and group engagement, and they are impatient for change.
- ◆ Sport is increasing its influence and importance in the local, national, and international arena. Youth sport is taking on the forms and actions of professional sport, frequently to the detriment of the participants. Sport and tourism have become major community partners emphasizing economic community development. However, youth sport influence and participation has begun to wane as parents have become aware of life-changing injuries happening at young ages that may appear immediately or years later.

- ◆ There is a loss of an environmental ethic in the United States. Open space is shrinking due to community development of subdivisions, businesses, and more. Americans are using more than their share of natural resources: They comprise only 5% of the world's population but use 25% of all natural resources.
- ◆ The growth of the nearby nature and nature deficit disorder movements recognize the negative impacts of not having contact with nature.
- ◆ Globalization has impacted leisure through the ability to share models, lessons learned, adaptation to local settings, and the greater awareness that a global perspective brings to the profession.
- ◆ Socioeconomic status impacts leisure through available opportunities, activity choices, and the ways in which leisure is experienced. Urban communities often provide expanding services at increasing consumer costs, while inner-city urban areas continue to struggle to provide basic leisure services to residents.

Society is changing so rapidly that it is a challenge to capture the diversity and depth of change. The latest research, trends, and issues in the field are included in this edition. The parks and recreation profession is continually faced with providing services to a diverse population expanding far beyond race and gender. The latest edition of this text focuses on service provision for all people. A considerable amount of discussion is aimed at the role of parks and recreation departments on the health and wellness of our communities, as well as a means to combat the obesity epidemic that is plaguing North America. New case studies incorporated in the chapters allow students to apply knowledge of technology in leisure, the value and benefits of play, and changing family structures, to name a few.

Recreation's expanding roles in health, wellness, the obesity epidemic, quality of life, and environmental awareness and disengagement are examples of the breadth of the profession. Where once recreation professionals delivered programming and provided areas, facilities, and resources, they now face the need to partner, nurture, follow, and lead into new opportunities. Gone are the old socially contrived boundaries between disciplines and professions, replaced by a fluid composite of public, private, and nonprofit organizations and ever-growing numbers of unique stakeholders, all with a claim on recreation and leisure. Expectations of recreation professionals involve knowing about its history and foundations while embracing today's emerging social and physical challenges. It involves simultaneously honoring what was known yesterday and selectively engaging what will be known tomorrow. The fluidity of change in the leisure profession is captured in this text and challenges the reader to look to the past in looking to the future, ultimately learning from that past to strengthen the future. The text concludes with a strong assessment of the challenges and opportunities the future may promise.

WHY WE STUDY RECREATION AND LEISURE

This text is intended to provide comprehensive information that will help its readers develop sound personal philosophies, gain a broad awareness of the leisure service field, and answer questions, not with learned-by-rote solutions, but rather through intelligent analysis, critical thinking, and problem solving. Leisure-service professionals should have an in-depth understanding of the full range of recreational needs and motivations as well as agency programs and outcomes. This understanding should be based on a solid foundation with respect to the behavioral and social principles underlying recreation and leisure in contemporary society. To have a sound philosophy of the goals and values of recreation and leisure in modern life, it is essential to understand recreation's history and to be aware of its social, economic, and psychological characteristics in today's society. Should recreation be regarded chiefly as an amenity, or should it be supported as a form of social therapy? What are the recreation needs of populations such as girls and women, those who are aging, those who are disadvantaged, ethnic and racial minorities, persons with disabilities, or others who have not been fully served in the past?

Throughout this text, these contemporary issues are discussed in detail. This text promotes no single philosophical position; its purpose is to clarify the values promoted by recreation and leisure in modern society. What environmental priorities should recreation and park professionals fight to support, and how can outdoor forms of play be designed to avoid destructive ecological outcomes? How can leisure-service practitioners strike a balance between entrepreneurial management approaches, which emphasize fiscal self-sufficiency, and human service programming that responds to individual and

community needs? Ultimately, these values are responsible for the field's ability to flourish as a significant form of governmental or voluntary agency service or as a commercial enterprise.

KEY FEATURES

- ◆ *Learning Objectives:* Guide the reader through the content and set the stage for focused reading. The learning objectives are provided as a guide to assist students in identifying key learning outcomes.
- ◆ *Case Studies:* Provide the reader a basis for in-depth exploration of current issues that are relevant to each chapter. The questions that follow the case studies allow the reader to apply the knowledge gained to real life scenarios, provoking further discussion and exploration.
- ◆ *Side Bars:* Highlight important information on current and related topics.
- ◆ *Questions for Class Discussion or Essay Examination:* Feature critical thinking questions to spark discussion and classroom engagement with the topics presented in the chapter.

ORGANIZATION

In the following chapters, this text focuses on multiple aspects of leisure and recreation. The content provides the reader with an in-depth discussion of present-day recreation, leisure, sports, tourism, and parks in American culture. The intended outcome is for the reader to gain an enhanced appreciation and understanding of how leisure affects individuals, groups, and society, and the roles that leisure plays in people's lives and in our society. This text looks at the roles of leisure in everyday life; the impacts of leisure on our culture; and how leisure influences individual choice, society mores, social engagements, the economy, and individual and community quality of life.

Chapter 1 introduces the concept of recreation and leisure. It discusses what recreation and leisure means to different people, along with who participates in recreation and why. It also introduces the reader to theories of play and leisure, focusing on their origins, influences, and importance to earlier and contemporary society. Six views of leisure provide students with insights into how theorists, practitioners, and participants view leisure today. The foundation provided in this chapter prepares the student to understand how leisure fits into our society, is influenced by societal change, and influences society and individuals. The terms *leisure*, *play*, and *recreation* and their various interpretations are also discussed in this chapter, providing the reader with insights into their use by researchers, practitioners, and participants.

Chapter 2 is an introduction to motivations for participating in leisure and recreation. It includes an in-depth discussion of physical, social, and psychological motivation as it relates to recreation participation. The chapter also examines motivation from the perspective of taboo recreation and serious leisure.

Chapter 3 recognizes the growing influence cultural and social factors have on leisure. Included in this chapter are discussions of gender, sexual orientation, race and ethnicity, and socioeconomic status. Understanding how these factors have traditionally affected leisure is as important as understanding how the factors are changing the perceptions of leisure and recreation in the twenty-first century.

Chapter 4 narrates the history of recreation and leisure from early civilizations to the present day. It is influenced by a European and North American perspective but recognizes the increasing influences from other cultures emerging in local and national society. The discussions of modern-day leisure are American, focusing on the influences of religion, colonization, and societal organization, and trace how different historical periods have acted on our perceptions of leisure and recreation. The chapter focuses on the dramatic changes that have occurred since World War II, recognizes the growing influence of globalization, and introduces the impact of technology on how people play and recreate.

Leisure and recreation traditionally have been represented from a community perspective and as a community resource. In **Chapter 5**, the 10 social functions of leisure are discussed. Social functions of leisure influence public policy, public commitment to organized leisure and recreation, and community development, all of which are critical in the twenty-first century.

Chapter 6 presents the different types of leisure-service organizations. The three organizational types include government, nonprofit, and commercial. This chapter identifies the three types of organizations, expands on them to address subtypes, compares and contrasts them, discusses their purpose,

and generally identifies who is served, types of programming, types of services and areas, and intended outcomes.

Specialized leisure service organizations and areas are discussed in **Chapter 7**. Included are therapeutic recreation services for people with disabilities, armed forces recreation for military personnel and their dependents, employee services recreation for corporate employees, campus recreation for university students, and private-membership recreation for private club members. This chapter concludes with a comparison of the different types of organizations.

Chapters 8 and 9 address travel, tourism, and sport. Both of these industries have grown independent of leisure and recreation in recent years, yet their roots remain firmly within the leisure field. Chapter 8 provides an overview of the travel and tourism aspect of the hospitality and leisure industries. This approach allows the reader to better understand how travel, tourism, and leisure complement each other. Chapter 9 shows how sport has grown into a major commercial enterprise over the last 30 years and is increasingly seen as an economic engine versus a leisure experience. However, much of sport remains strongly fixed in the leisure sector. This chapter explores the growth of sport as a worldwide phenomenon, its place in the business sector, its roots in the leisure context, and the role of participation and spectating. Finally, it looks at sport from a business perspective.

Chapter 10 considers the leisure industry, what makes it a profession, and philosophies of leisure service delivery. Finally, **Chapter 11** addresses the future of leisure and recreation and specifically looks at trends, influences, economic impacts, societal impacts, and predictions for the future. The chapter presents the influence of technology; how demographics and the growth of minorities are changing the way leisure is perceived and delivered; the impact of youth and a youth culture on society, especially as it contrasts with the baby boomer culture; global climate change issues, local environmental concerns, and how they relate; and finally, globalization and its influence on leisure and recreation.

NEW TO THE ELEVENTH EDITION

For the *Eleventh Edition* we have added a new coauthor to provide a fresh view of leisure. Among the most notable changes, we have condensed four of the chapters into two chapters, while other chapters have been rearranged to create a better flow of content. We feel the changes are advantageous to the text and the student and allow the instructor greater flexibility in the delivery of the material.

Many of the case studies have been replaced, with the previous ones now appearing in the instructor materials. Other case studies have been updated to reflect recent trends. In general, chapter content has been updated to reflect changes in the field since the last edition. Chapter 11 includes a limited discussion of how the 2016 presidential election might impact parks and recreation, but as this text goes to press, much is still being decided by the new administration.

- ◆ Chapter 1 combines what was previously Chapters 1 and 2. These have been integrated in order to strengthen the text's introduction. New first-person case studies have been added with a focus on individual perceptions of the leisure experience and planning a leisure experience from a senior's perspective.
- ◆ Chapter 2 provides updates on physical activity and health data, including obesity rates, and incorporates two new case studies.
- ◆ Chapter 3 features an expanded discussion of race and ethnicity, as well as their implications for leisure. New case studies have been developed.
- ◆ Chapter 4 combines the previous edition's two history chapters, providing one comprehensive look at the history of the field from early civilization through the present day. New case studies and a timeline have been added, along with new trend information related to health, diverse populations, and other areas of relevance to today's practitioners.
- ◆ Chapter 5 incorporates changes to two of the functions discussed. "Improving intergroup and intergenerational relations" has been expanded to "educating and uniting community members" to showcase the role parks and recreation plays in this important function within a community. The last function has been expanded from promoting health and safety to also include wellness, as parks and recreation is a key player in overall community wellness.
- ◆ Chapter 6 creates a foundation for the delivery of leisure by looking at 10 major elements of the delivery system. Added for the first time are small business enterprises, which have been a mainstay of

the commercial aspect of recreation and leisure. Updates have been incorporated into the sections on different agencies in government providing recreation services, as well as the private and nonprofit sector.

- ◆ Chapter 7 includes new statistics on the impact of travel and the ever-evolving trends in the industry as well as new case studies emphasizing these trends.
- ◆ Chapter 8 adds new information on ADA and the therapeutic recreation job analysis, as well as data on inclusion practices. New case studies have been added, and more current information related to MWR programming and employer-provided benefits related to wellness was added.
- ◆ Chapter 9 features updated sport participation levels, as well as the removal of the Sport Fan Index. The content has been refreshed with new and updated information.
- ◆ Chapter 10 showcases a new set of professionals and what their careers are like on a day-to-day basis. They are all young professionals that current students can aspire to be in the near future.
- ◆ Chapter 11 updates the future challenges presented and examines mandates. It reorganizes, updates, and presents twenty-first century agendas from a new perspective, demonstrating how they interact. This chapter reflects that the millennial generation has come of age and taken its rightful place as a key influencer of leisure. An aging society remains a key component of the leisure fabric, and coverage of this facet in this chapter has been updated and strengthened. Detailed information about each agenda has been updated with current data and expanded where necessary. Climate change remains an important focus. The “Technology and Time” section has also been significantly revised.

FOR THE INSTRUCTOR

Qualified instructors can receive access to the full suite of instructor resources, all of which have been revised to reflect the content of the *Eleventh Edition*. These resources include the following:

- ◆ Instructor’s Manual, including chapter outlines, suggested assignments and projects, and additional case studies
- ◆ Slides in PowerPoint format, incorporating more than 400 slides
- ◆ Test Bank, featuring more than 300 questions
- ◆ Sample Syllabus

FOR THE STUDENT

Additional resources are available online for the student, including the following:

- ◆ Interactive eBook, featuring embedded weblinks and practice Knowledge Check questions tied to specific sections of the text
- ◆ Flashcards
- ◆ Slides in PowerPoint format
- ◆ Lecture Outlines

Recreation and Leisure in Modern Society is meant to make readers think about the field and how it impacts their lives on a daily basis. Its aim is to make the reader appreciate the recreational opportunities that are available in North America and to educate each reader on what it means to be a parks and recreation professional.



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There is little more valuable to the completion of this text than the stories, examples, brochures, reports, photos, and information provided by the numerous public, private, nonprofit, commercial, and other organizations that have given material to us. Although it is difficult to thank everyone who has supported this edition, we truly appreciate the support of the University of Nevada (Las Vegas), Illinois State University, and Clemson University, as well as our families who understand the sacrifices needed to complete this project. In addition, we thank the National Recreation and Park Association and SHAPE America for providing examples of their services.

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We welcome Denise Anderson of Clemson University as our new coauthor. She brings a rich knowledge of parks, recreation, and leisure that helps to keep this text current and relevant. Finally, Dan McLean, who is retiring with this edition, thanks all of the professionals, educators, students, volunteers, and others it has been his pleasure to work with and call colleagues since his first part-time playground leader summer job in Modesto, California, in 1965. That experience changed his life and focus forever.

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We are particularly indebted to the late Dr. Richard Kraus, who has left a tremendous gap in the parks and recreation field. To carry on his work is both important and critical. His efforts for more than 40 years as a writer, practitioner, and educator helped to shape this profession. This text has become a standard, and as future editions are prepared, we hope to stay close to the roots that Dr. Kraus nurtured while remaining current with the changes in the profession.

