

RECREATION AND LEISURE MANAGEMENT



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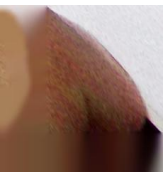
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UNIT 1

INTRODUCTION TO LEISURE AND RECREATION

Lesson 1: History and Development of Leisure and Recreation

Introduction

The concept of leisure and recreation has been used even in the earlier years. It can be traced back to the ancient civilizations wherein activities for leisure and recreation are also practiced, although not commercialized. The history of recreation and leisure is a rich tapestry of people, places, events and social forces, showing the role of education, religion, government and the custom and value of different cultures as well as their arts sports and other past times. By studying its evolution, we will be able to understand more on this sector of the tourism industry.

This lesson shall introduce you to recreation and leisure as well as its evolution from the past to what it is now at present. Additionally, you will also be able to learn the importance of recreation and leisure to an individual and to different groups in the society.

Learning Outcomes

1. Differentiate leisure and recreation
2. Discuss the historical origins and development of leisure and recreation
3. Explain the social context of leisure and recreation

Definitions of Leisure and Recreation

Before we look into the origins and evolution of leisure and recreation, we must first know its definitions as well as the differences between the two terms.

Leisure Defined

Leisure, in simple terms, means free time that can be spent as you see fit and the activities that is involved in such time. It is said to be the time that is not necessarily planned but also not necessarily wasted which is believed to be the chance for the body to rejuvenate itself.

Richard Kraus (1978), a pioneer in the field of leisure and recreation, outlines four views of leisure. These are the following:

1. The Classical View of Leisure

- The classical view regarded leisure as "a state of being in which activity is performed for its own sake"
- The most critical aspect of this view is considered to be "a state of mind" and that this state is brought about through activities engaged in for their own sake.

2. Leisure as a Symbol of Social Class

- This view of leisure is traced back to Thorstein Veblen's *Theory of the Leisure Class* (1899) which both described the conditions that brought about this view as well as helped to establish this particular meaning of the term.