SPH-R 110 29712 Foundations of Recreation and Leisure
Rasul Mowatt
TuTh 4:00-5:15 p.m.
RH 100

This class meets with another SPH-R 110.
The human behavior of leisure is an important health-related, social, cultural, and economic force that has a great influence on the quality of life and well-being of community residents. This course offers an introduction to leisure and public health as a significant force in contemporary life as well as a human behavior that has spanned across history and cultures. Course discussions, activities, and projects will delve into leisure’s relational importance to the public health of individuals, groups and communities by studying its social, behavioral, psychological, historical, philosophical, economic, anthropological, and geographical foundations. The course fulfills general education requirements in all Indiana University majors and is a pre-requisite course for students choosing majors in the Department of Recreation, Park, and Tourism Studies of the School of Public Health – Bloomington.