



Leisure Education

Leisure Education in Public Recreation

Aggie Weighill, PhD
Janay Babuin Funk, CTRS



Recreation and
Tourism Management



World Leisure
Centre of Excellence
@
VANCOUVER ISLAND UNIVERSITY



Janay B. Funk, BA, CTRS
Recreation Therapy

Discovering strengths. Creating well-being.



Purpose of Workshop

We want you to consider...

1. Who is underserved in your community, and how do we improve their leisure literacy?
2. How can leisure education be part of the solution to address underserved people's leisure and social needs?

Find Someone Who...

Using the sheet provided...

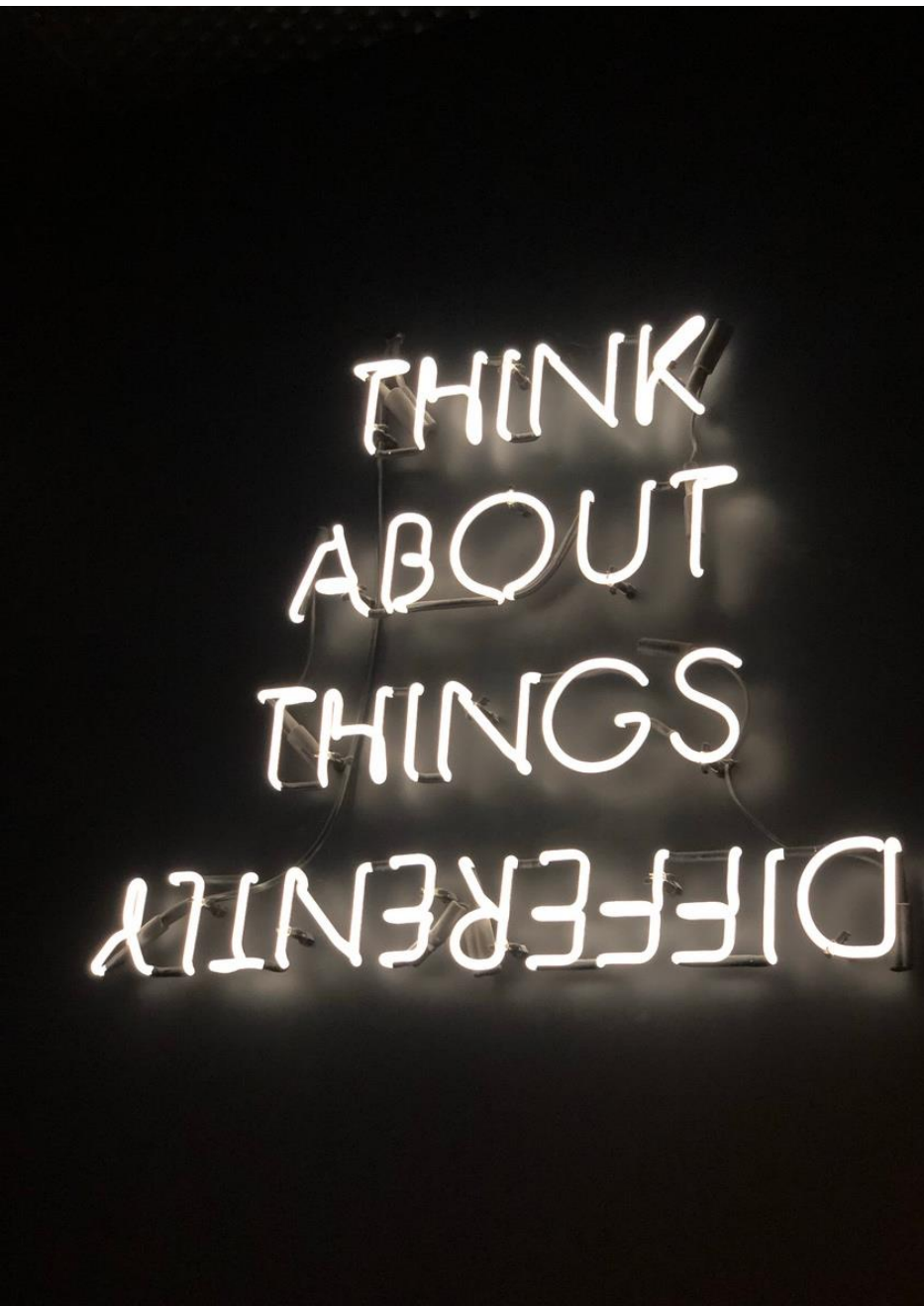
1. Interview your fellow participants and collect signatures from people identifying with the different statements.
2. You can't use the same person for more than two items.





Key Terms

- ✓ Casual vs Serious Leisure
- ✓ Leisure Repertoire
- ✓ Leisure Ethic
- ✓ Leisure Constraints
- ✓ Negotiation Strategies
- ✓ Self Efficacy

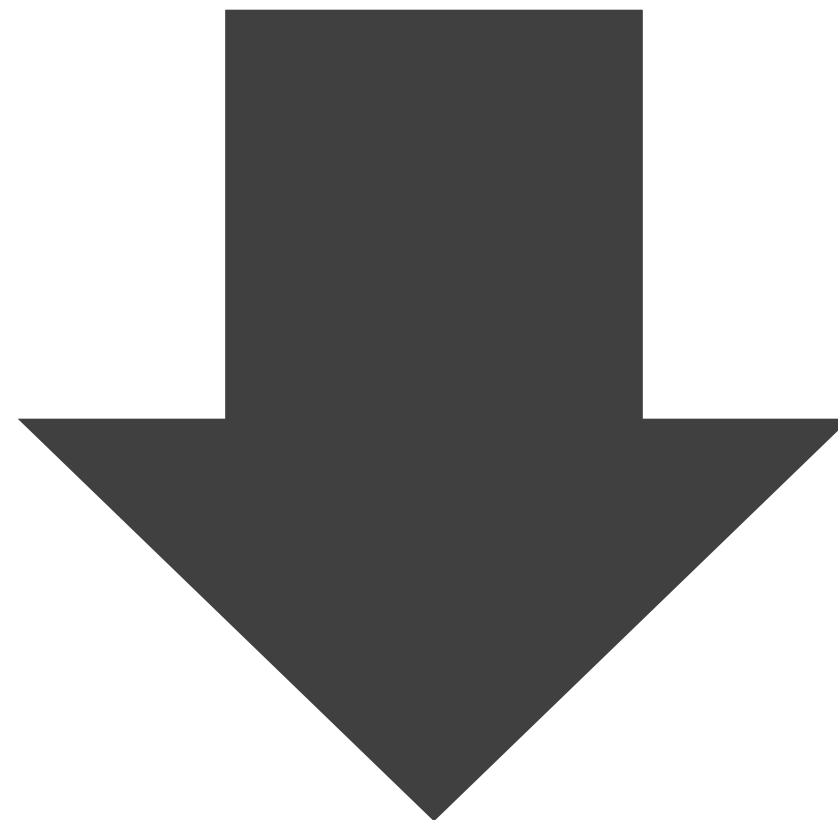


Why is Leisure Education Needed?



Negative Experiences

- Experience Reactance
- Learned Helplessness
- Unmet Needs



Demotivation

- Competence
- Self-determination
- Leisure Participation



The Leisure Alphabet

Using the sheet provided:

1. List as many leisure activities that you participate in as you can...for each letter of the alphabet.





The Leisure Alphabet

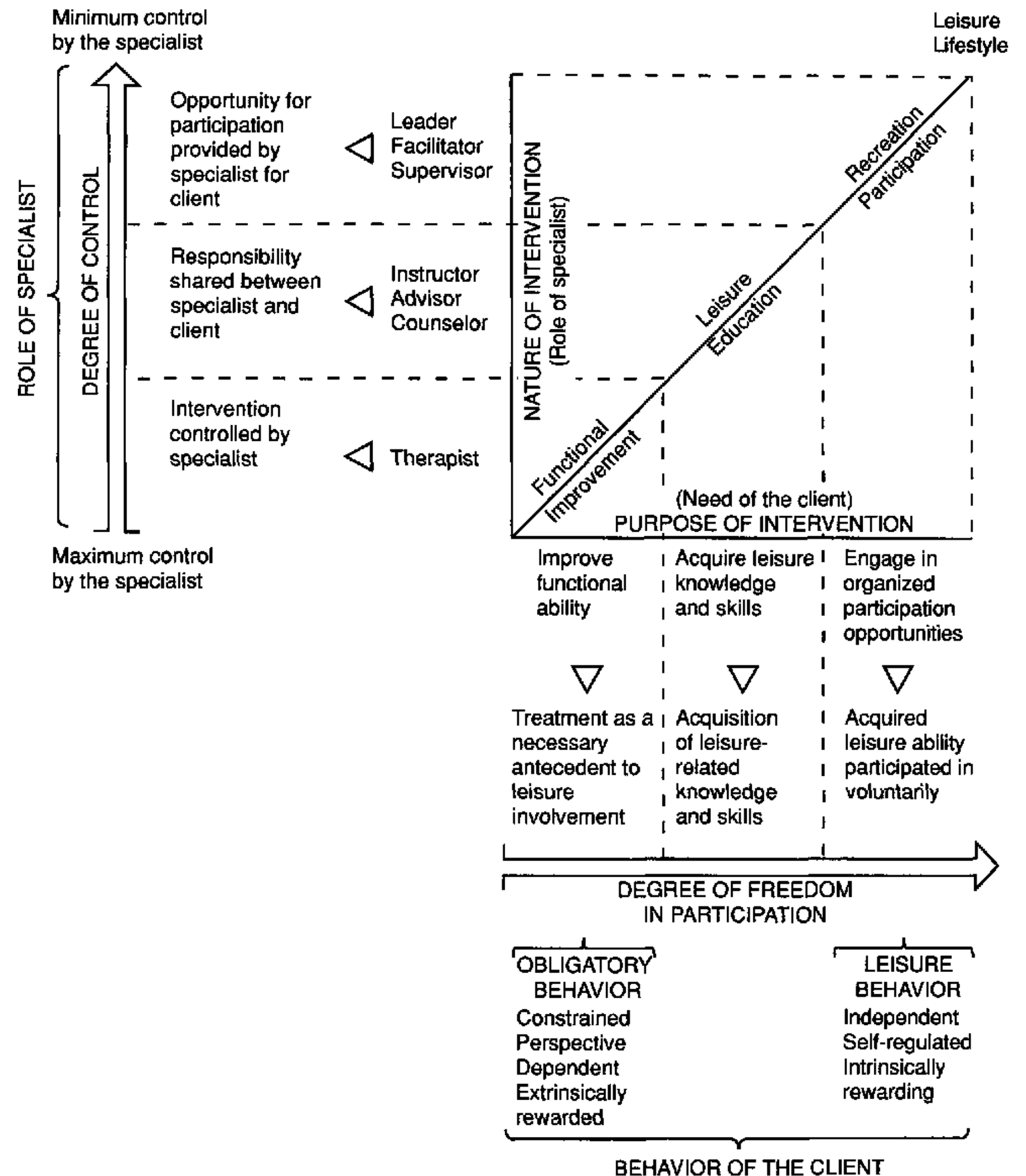
Debriefing...

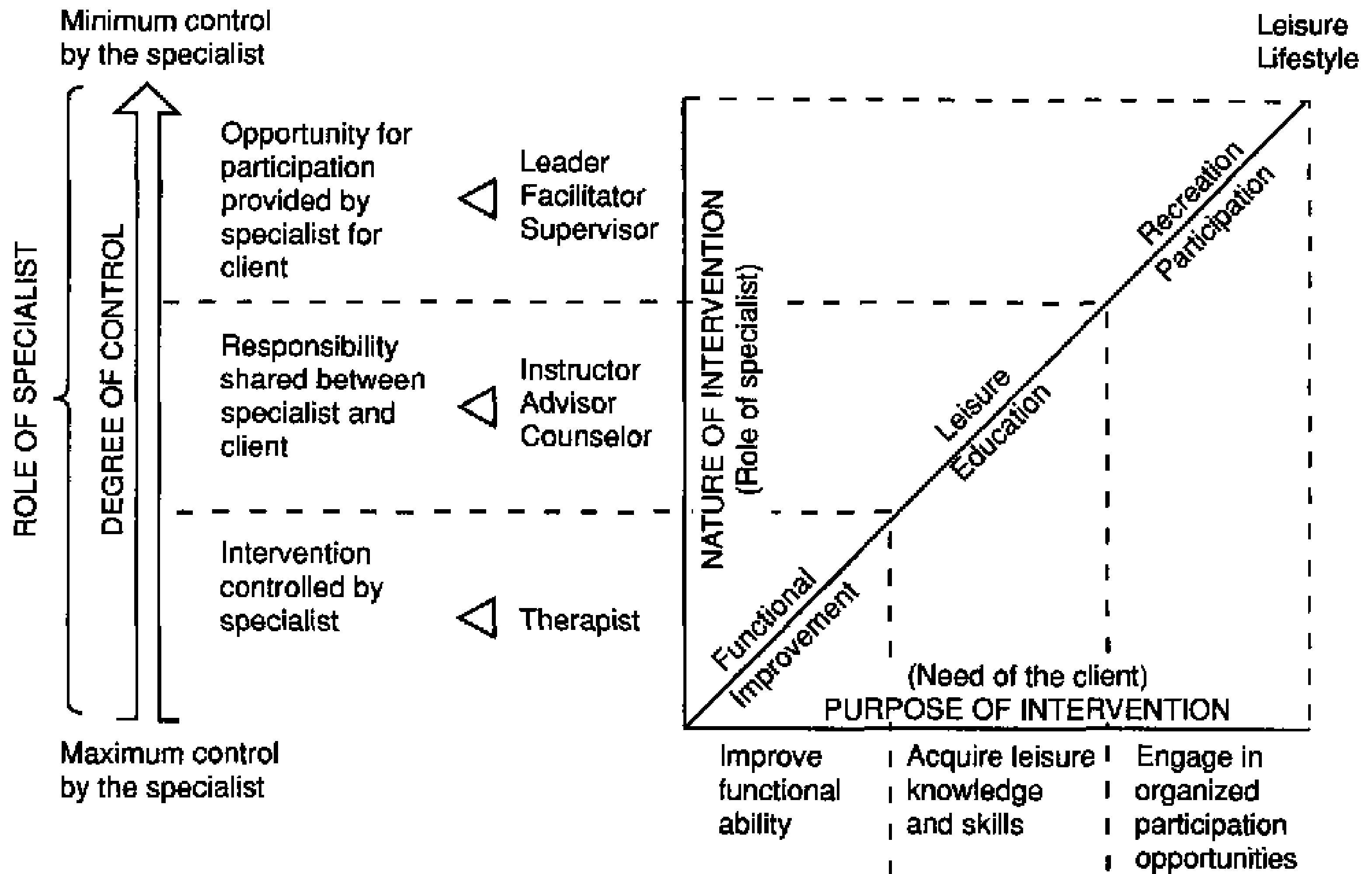
1. What activities are listed for the letter "S"?
2. What activities are listed for the letter "B"?
3. What activities are listed for the letter "H"?

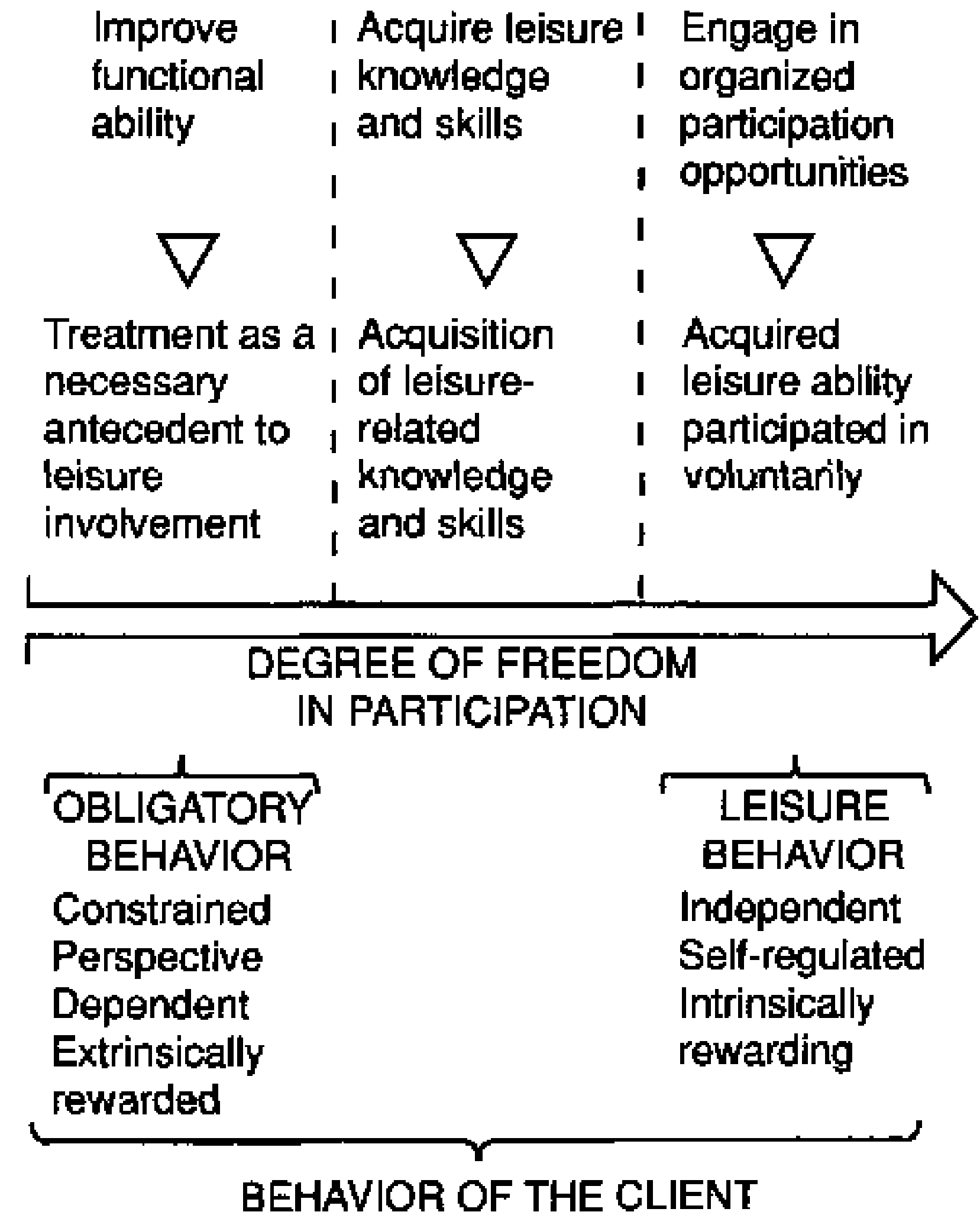
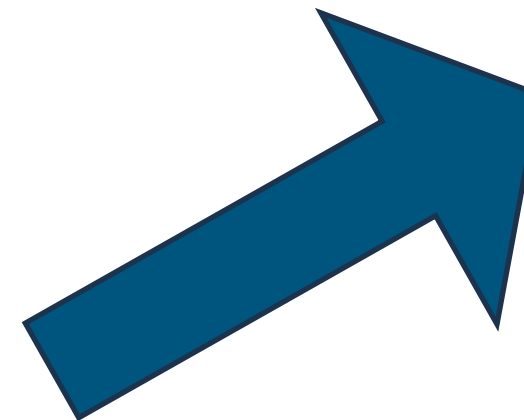
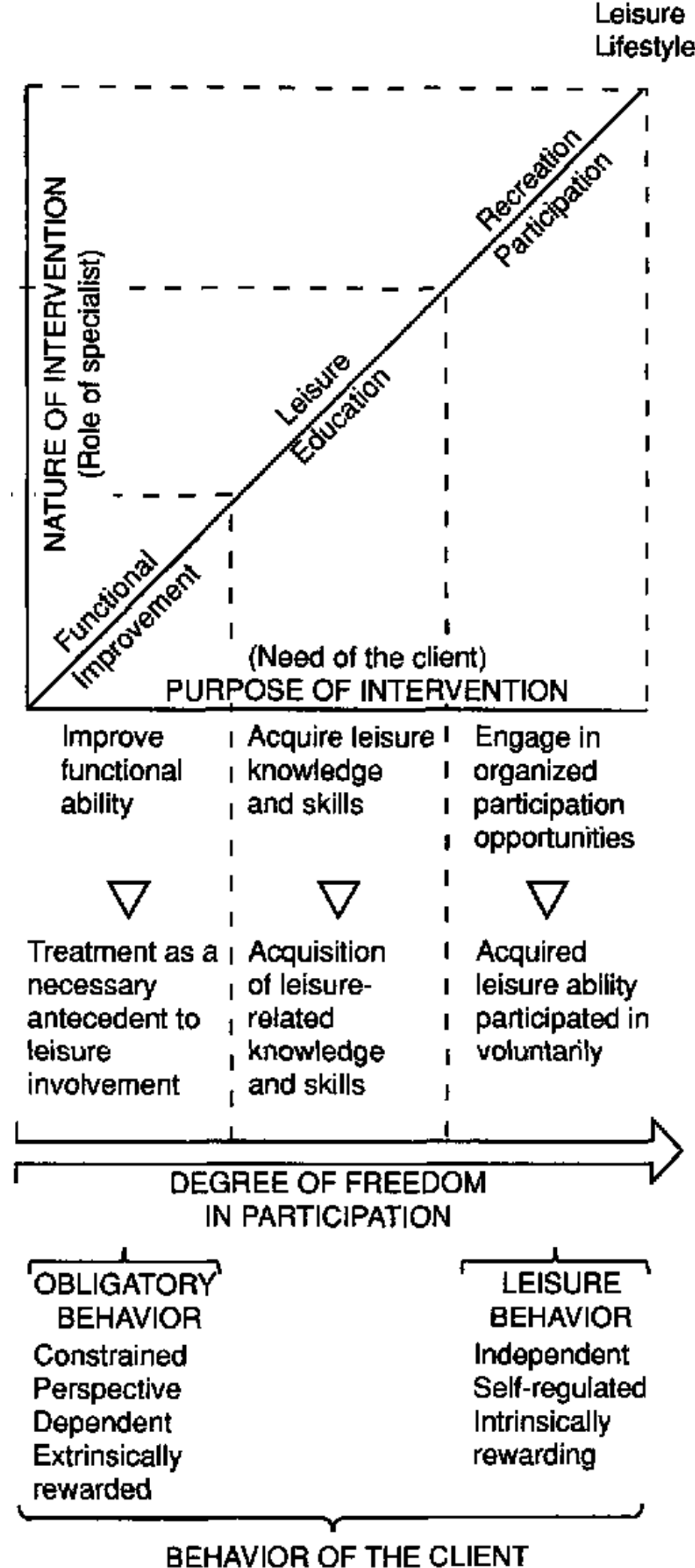




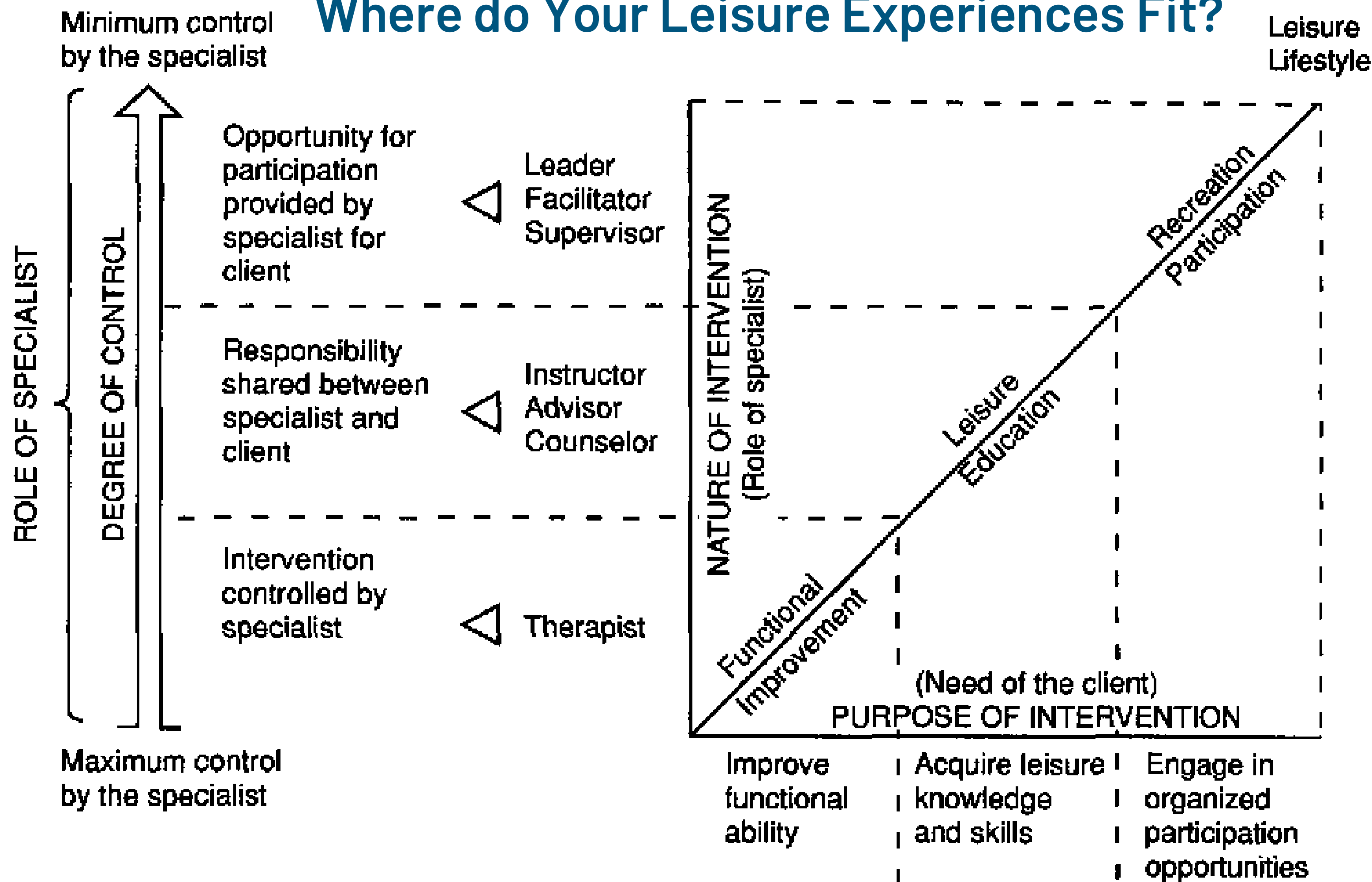
Leisure Ability Model

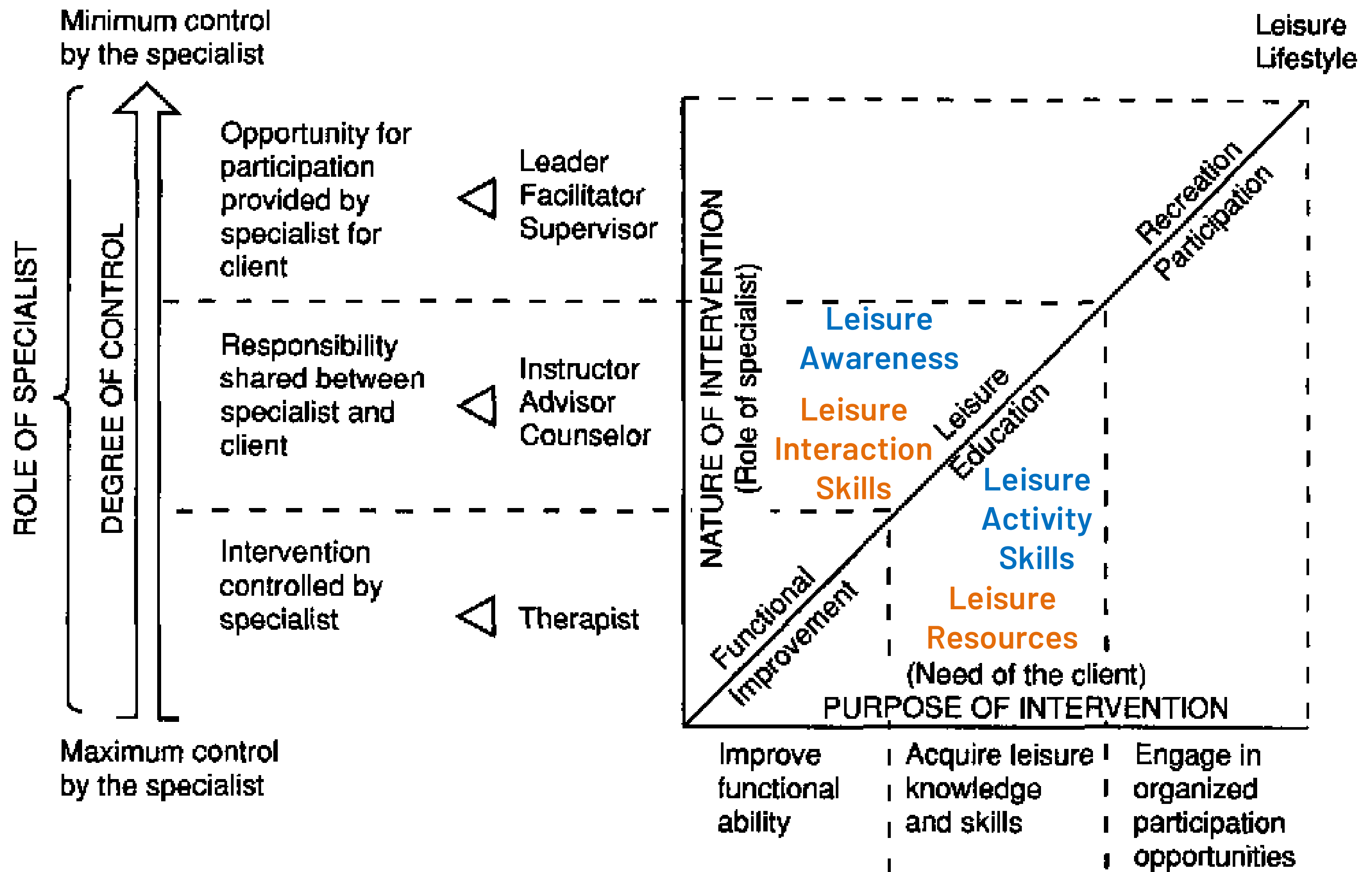




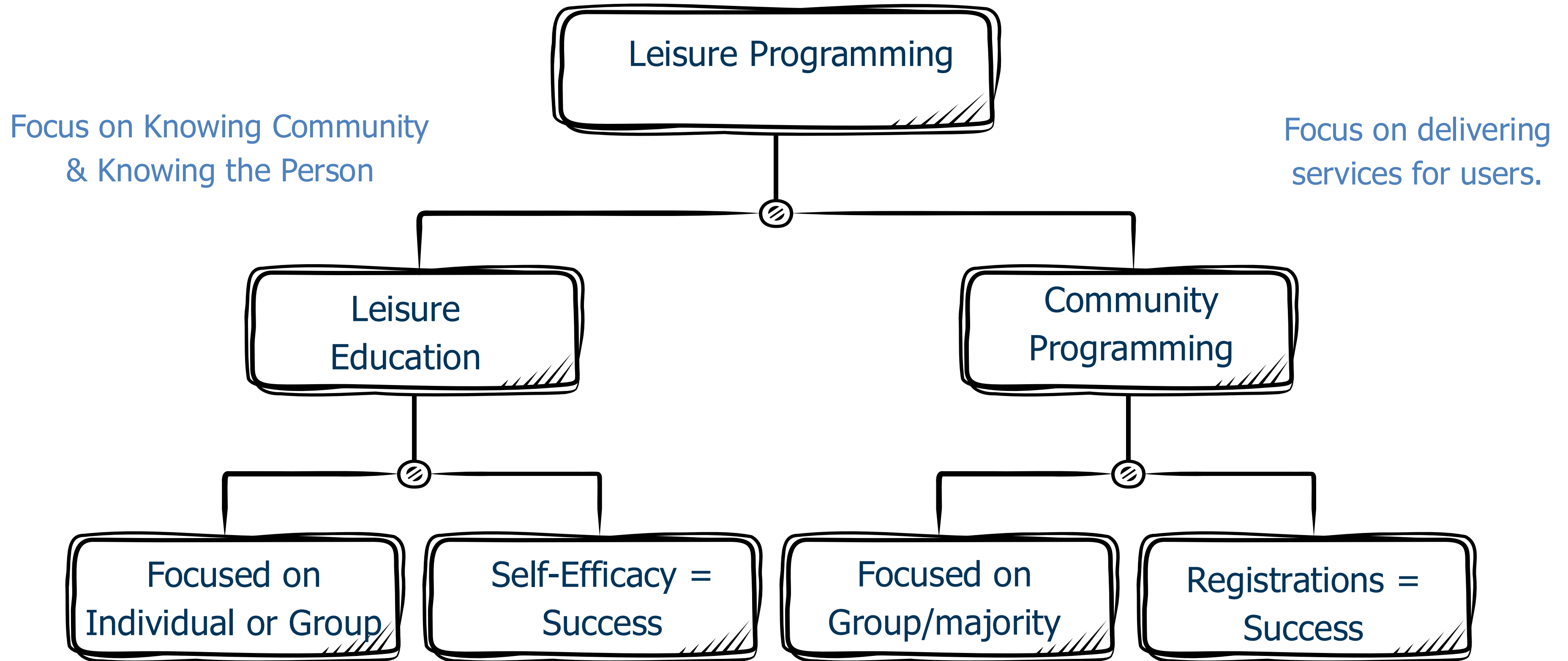


Where do Your Leisure Experiences Fit?



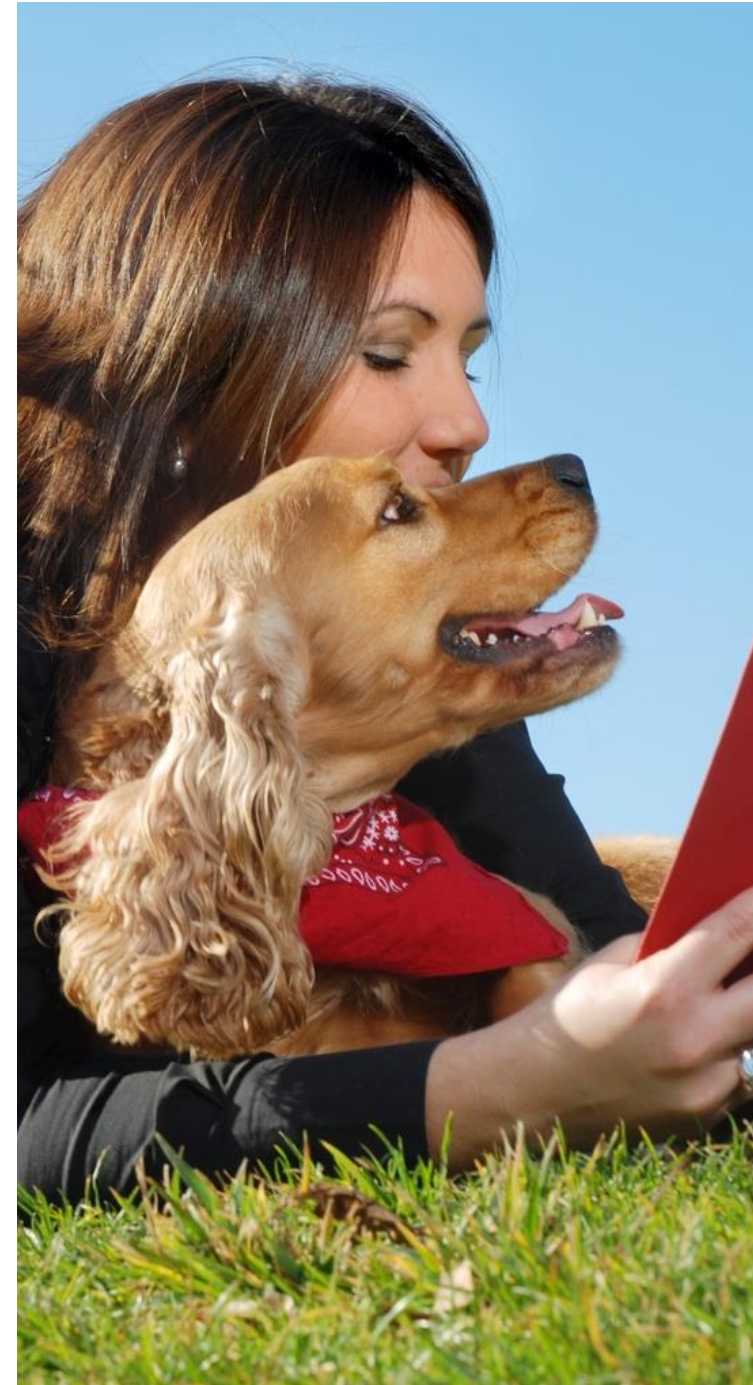


Leisure Education vs Traditional Programming

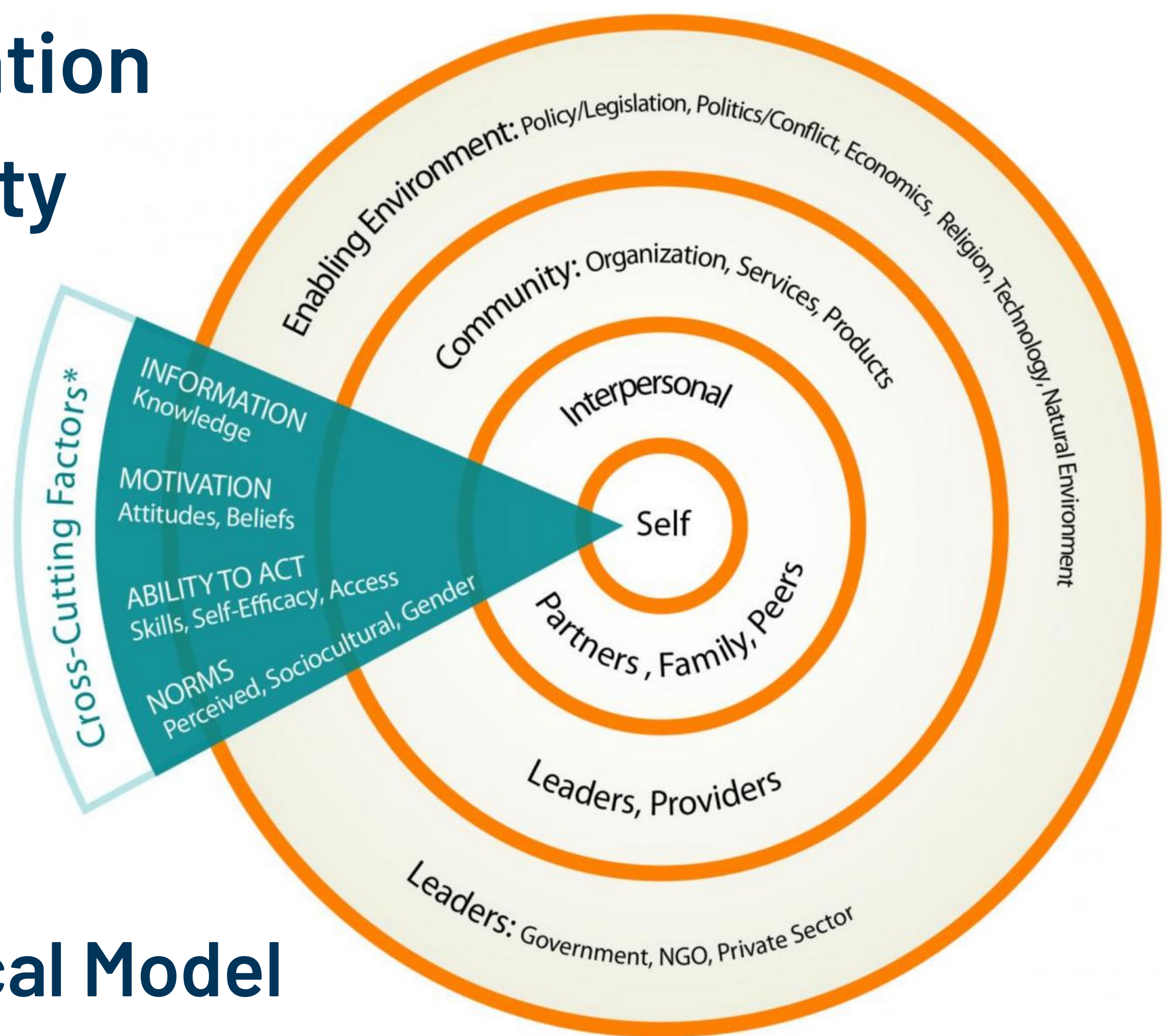


Leisure Education

Dattilo (2021) described leisure education as "a multifaceted, dynamic process that promotes exploration of perspectives and opportunities (p. 63).

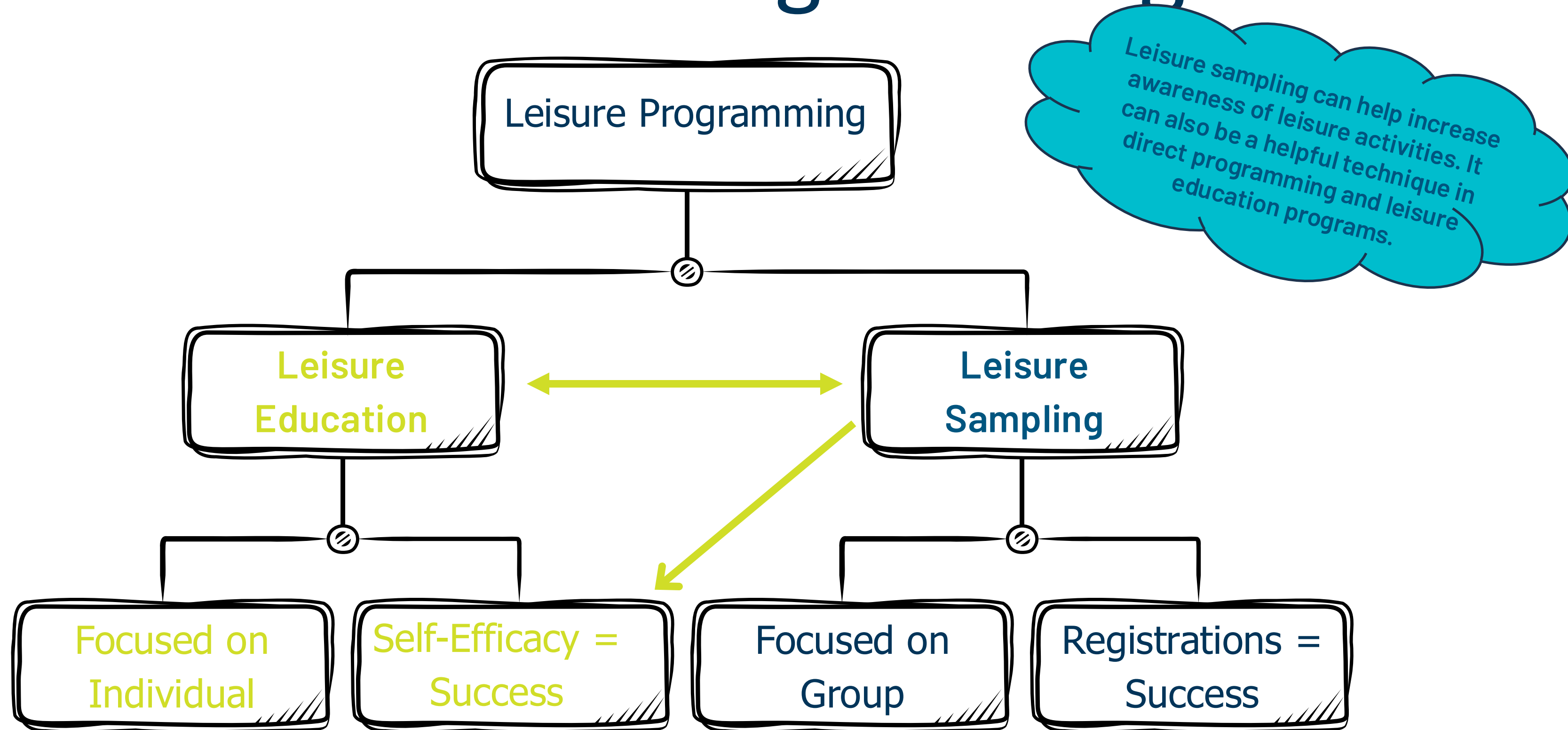


Leisure Education in Community



Social Ecological Model

Leisure Education vs Traditional Programming



Reflections

How might your leisure be different if leisure education had been available to you?

Think about your leisure alphabet:

- How did you 'learn' that activity?
 - How accessible are those activities to underserved populations?
-

What needs to be in place for you to consider offering leisure education programs in your organization?



Graphics used in this presentation were from:

- Dattilo, J. (2021). Leisure education program planning: A systematic approach (5th ed.). Sagamore-Venture, Champaign, IL.
- Stumbo, N.J. & Peterson, C.A. [The leisure ability model](#). (1998) Therapeutic Recreation Journal, pp. 82-96.
- The Communication Initiative Network (2011).
<https://www.comminit.com/content/c-capacity-11-resources-theory>



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Contact Aggie

Contact Janay:
janaybfunkctrs@gmail.com