

1. **Discuss** some of the challenges related to defining “leisure” (4 marks). **Explain** what leisure boredom is and why it occurs (2.5 marks). **Explain** what “leisure leak” is and why it occurs, ensuring to provide at least one strong example of the phenomenon (3.5 marks).

- Leisure means taking part in activities you like, so you can have fun while enjoying leisure. When you are participating in an activity, you will feel **the** flow. In order to feel **the** flow, the activity must include some challenges and matches the skills you have. challenge is necessary, otherwise people only feel boring instead of leisure flow.

- Leisure boredom: A mismatch between desired arousal-producing characteristics of leisure experiences, and perceptual or actual availability of such leisure experiences. leisure boredom occurs when a person's skills were much higher than the challenges of the activity.

- Leisure leak: Leisure leak refers to the loneliness and boredom caused by the lack of leisure time. leisure leak occurs when people work outside of regular office hours. **The psychological stress and time pressure are two crucial factors.** E.g.: When a programmer working 12 hrs per day, 7 days per week, he **doesn't** have any free time for leisure, **thus a leisure leak appears.**

2. **Identify** (2 marks) the difference between the concepts of “gender” and “sex.” Provide **one example** (2 marks) of how gender roles are reproduced through leisure, and **one example** (2 marks) of how gender roles are resisted through leisure. Through your examples, it should be apparent that you have a clear understanding of the difference between the two. **Define** (2 marks) “leisure constraints” and **provide one example** (2 marks) of a constraint that tends to disproportionately impact men in their leisure.

-Gender is a term that refers to social or cultural distinctions associated with being male or female. Sex refers to physical or physiological differences between males and females. Difference **in** ‘Sex’ is determined before birth, and “Gender” **refers to the** roles and expectations determined by society based on one's biological sex;

- reproduced leisure example: Male like sport because **of the** dominant **concept** of masculinity

- resisted leisure example: Women in Computer Science; UW **has** WICS club to encourage women to learn CS.

- leisure constraint is any factor that stands between a possible activity and one's opportunity for involvement in that experience. E.g.: Boys may feel constrained when trying to participate in ballet.

3. **Define** (2 marks) what “culture” is, and **identify and explain two** (4 marks) of the four modes of cultural change that we explored. **Explain** (2 marks) what is meant by the phrase, *cultural identity is socially constructed*, being sure to provide relevant **examples** (2 marks).

- Culture is a system of shared beliefs, values, customs, behaviors, and artifacts

- 1, melting pot: a process through which both the host and immigrant culture change. Ethnic and racial divisions are shed, and a new culture is formed.

- 2, Multiculturalism/Cultural Pluralism: accommodates racial and ethnic differences within the host population. Differences are appreciated and valued.

- Socially constructed means that culture identity **relies** upon the social context, it may differ from one society to another. Identity is a socially and historically constructed concept. We learn about our own identity and the identity of others through interactions with family, peers, organizations, institutions, media and other connections **that** we make in our everyday life. For example, people can learn Indian culture and identity from their Indian coworker.

4. **Define** (2 marks) the term “socioeconomic status.” **Explain** (2 marks) why some authors believe that the term “class” is outdated. **Define** (3 marks) the word “poverty” and in your definition, **differentiate** between absolute poverty and relative poverty. **Explain** (3 marks) why those living in poverty may have a difficult time accessing leisure programs and services.

- Socioeconomic status is generally determined by a person's occupation, level of education, **income, and other components.**

- Some authors believe that the term “class” is outdated. People can be **differentiated hierarchically** on one or more criteria, but it is much more complex.

- Poverty is defined as “the state of one who lacks a usual or socially acceptable amount of money or material possessions”. The relative poverty refers to having less **equity** than those in the same social context, and the absolute poverty refers to those who do not have enough to survive.

- Poorer areas often lack adequate parks, libraries, and community centers. **Thus, people from poorer areas have a hard time accessing leisure. There are limitations** in resources such as money **for them.** They might also not be socially accepted due to having a lower socioeconomic status.

5. **Define** (3 marks) the term “serious leisure” and explain how it differs from casual leisure. **Identify** the three types of serious leisure participants and provide an example of each (4.5 marks). **Explain** why serious leisure participants sometimes find themselves marginalized (2.5 marks).

- Serious leisure means systematic pursuit of an activity that participants find so substantial and interesting that they launch themselves on a “career” centered on acquiring and expressing its special skills, knowledge, and experience. It is different from casual leisure, since casual requires little or no skill and receives immediate rewards.

- Three Types of serious leisure participants are Amateur, Hobbyists and Volunteers

1, Amateur: They are linked in a variety of ways with their professional counterparts, except amateurs do not make their livelihood at the activity and they pursue it part-time. E.g.: Amateur skiers spend a lot of money on ski equipment, even though they are not financially compensated.

2, Hobbyists: lack the professional alter ego of amateurs, but no less involved. E.g.: People (Collectors) collect things of a specified type such like playing cards, coins, etc.

3, Volunteers: Volunteers provide helping action that is valued by him/her yet is not aimed directly at material gain or mandated or coerced by others. E.g.: Nursing home volunteers serve the elderly

- serious leisure participants sometimes find themselves marginalized because sometimes their interest can be uncontrollable or addictive. Moreover, serious leisure requires lots of time and money, sometime the experience is outweighing the cost.

**6. Explain (3 marks) what the “darker side of leisure” is and provide (4.5 marks) three reasons that people participate in this type of leisure. In your own words, explain (2 marks) how leisure can help those in marginalized populations, being sure to provide at least one clear example (0.5 marks).**

- Darker side of leisure, also been known as purple leisure, it’s the leisure that challenges societal norms, laws, or belief systems.

- 1, Differential Association, behaviour is learned through interaction with others in intimate personal groups.

- 2, Sensation seeking: people have the need for varied, novel and complex sensations and experiences. Also, they willingness to take physical and social risk for the sake of such.

- 3, Anomie: marginal leisure choices are associated with a feeling of disconnection from mainstream society

- Leisure can help them feel in control of their lives, it can let them integrate into a group. E.g.: A dancing group can help those people out of purple leisure.

**7. Explain, using examples, (3 marks) what the “social construction of disability” is. Using clear, relevant examples, explain the differences between an inclusive and an integrated classroom (3.5 marks each for inclusive and integrated [7 marks total]).**

- Social constructionism of disability is concerned with the meaning given by society to physical, mental, cognitive and emotional impairments. This meaning is created when a societal majority shares the meanings they assign to “behaviours, objects, and language”

- “Inclusion” denotes that every person should have the right to be accepted and included from the beginning of their lives

- “Integrated” alludes to the notion that people with disabilities have been removed from society in some way, and are now being reintroduced

8. Using an outdoor sleepaway summer camp as the activity, **explain** each stage of the Total Outdoor Recreation Experience, providing **relevant examples** (related to summer camp) for each stage. (0.5 mark for correctly identifying and defining each stage [2.5 marks total] and 1.5 mark for providing strong examples that illustrate your understanding of key concepts related to outdoor recreation and tourism [7.5 marks total]).

- 5 stage for Total outdoor sleepaway summer camp:

-1. Anticipation

e.g.: Choose a camping location, Read the travel notes, Prepare the necessary items for this camping, food tents, etc.

-2. Travel to the site

e.g.: Travel to the camping location by bus.

-3. On-site experiences and activities

e.g.: Put the tent up, hiking around and bbq in a safe place

-4. Return travel

e.g.: Travel back to the home by bus. Some teammates feel tired.

-5. Recollection

e.g.: Write a travel note for this summer camp, and share the photos of this trip to family and online (with travel note).

9. **Explain** (3 marks) three ways that sport can help strengthen communities. **Explain** (3 marks) three ways that sport can be challenging or controversial in terms of diverse populations. **Define** (1 mark) eSports and **discuss** (3 marks) whether or not you believe that competitive gamers should be considered athletes.

- Three ways that sport can help strengthen communities:

- 1, Sports can strengthen social solidarity

- 2, Sports can improve infrastructure such like stadiums

- 3, Sport can increase the community pride

- Three ways that sport can be challenging

- 1, **Homophobic assumptions that female athletes are lesbians**

- 2, Lack of diversity in senior management and board positions

- 3, Those men who do not play sports may find themselves excluded

from the dominant discourse on sport.

Less funding, less support for those who are not ‘mainstream

- eSport is a form of sports where the primary aspects of the sport are facilitated by electron systems
- I don't believe that they are athletes, because normally sports athletes have good physical fitness. The eSports players pay more attention to the brain than the physical body.

**10. Using an example, explain why "life stage" is a better indicator than "chronological age" for indicating what is going on at any given point in our lives (3 marks). Identify one of the stages of adulthood discussed in the online lecture (1 mark), and explain why you believe it would be the most challenging stage in terms of maintaining a meaningful leisure lifestyle (6 marks).**

- There is no longer consistency when it comes to what we can expect to happen at a given age (Chronological age); current stage (life stage) is probably a better indicator of what is going on in our lives than is age. For example, someone who is a full-time graduate student at the age of 28 may be living much more like we would expect an 18 or 19-year-old to be.

- I believe Early Adulthood is the most challenging stage. When people get married and have children, leisure tends to be very family-focused, which means that individual and couple activities often decline. They may experience a yearning for the unencumbered life of their early 20s (no kids, no job, no mortgage). During this time, career development also becomes a focus. For some people, it can be difficult to find a balance between family, leisure, and work, which can lead to feelings of guilt and tension at home.