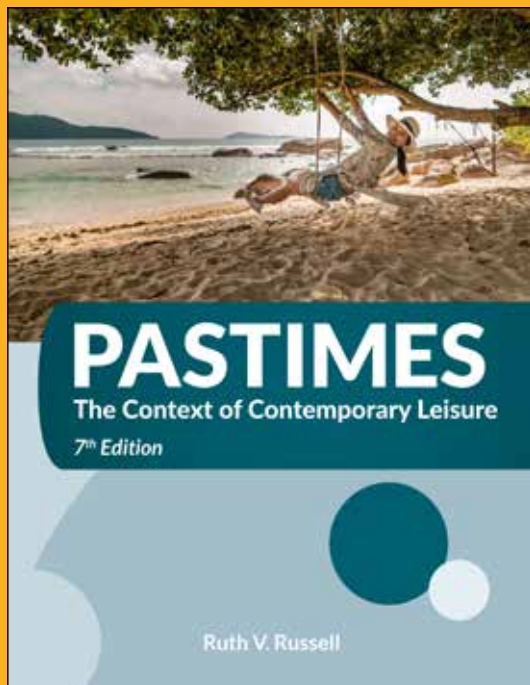




Student Resources

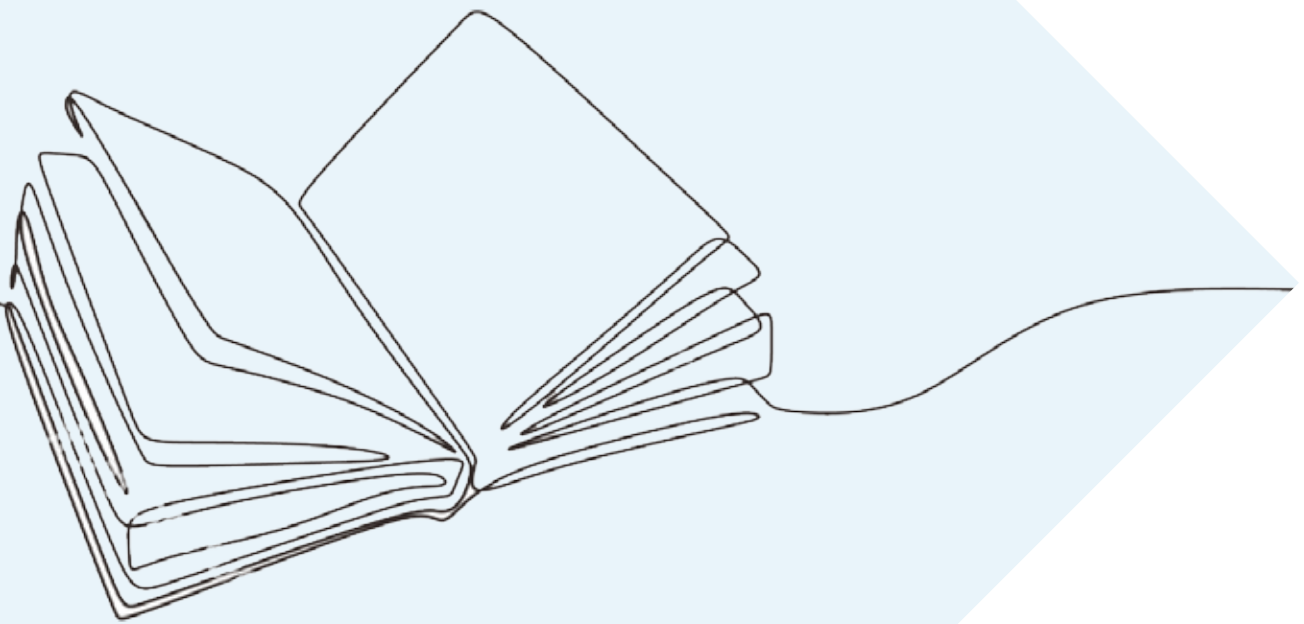
Pastimes: The Context of Contemporary Leisure, 7th ed.

by Ruth V. Russell



What's Inside

- ✓ Tips for Reading and Learning From This Book
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Tips for Reading and Learning From This Book

There is irrefutable proof that success in college depends in large part on reading. Reading the required course assignments is not the only important predictor of course achievement, but active reading for pleasure is as well. Further, employers consistently rank reading and writing skills as very important to success in any workplace. In support of this promise for your success in this course this semester, I'd like to offer some advice for reading this textbook.

Your mindset

1. Realize that your instructor does not assign reading as busy work. They feel that understanding what is in the reading is critical to your learning.
2. Be intentional about when and where you will read the assignment. Put it on your to-do list for each week. Plan it for when you are most alert and when you have a quiet, distraction-free, and well-lighted location. (This most likely means during the day, not in bed, not in front of the TV or other screens, and not in busy noisy places.)
3. Adjust your expectation on how long it will take you to read an assignment. To plan for this, multiply the number of pages you have to read by 5 minutes. The average page length per chapter in this text is 15 pages (some are longer and some are shorter, of course). So on average you can budget your time for 75 minutes to read a chapter.
4. Make it imperative that you complete the reading assignment before the class session or lecture where it will be discussed.

Step 1: Preview (takes only a couple of minutes)

1. Look through the text features in the chapter (headings, subheadings, photos, boxes, tables, and margin definitions) to gain clues about the chapter's essence and important elements.
2. Next, read the first paragraphs before the first heading; then read the end of chapter summary/questions.

Step 2: Actively Read (takes an average of 75 minutes)

1. Read an entire subsection of the chapter before going back to underline, highlight, or take notes.
2. Go on to the next subsection and so forth.
3. For highlighting, underlining, and/or note-taking, be selective. Avoid highlighting more than 20% of the subsection.

4. For each subsection convert the heading title into a question. For example, the subject heading “Building Blocks of Well-Being” (in Chapter 3) could be converted to “What are the building blocks for my well-being” and then search for the answers to this question as you read the subheading.
5. After reading each subsection, review for yourself what you learned.
6. Read aloud if you are having trouble focusing or grasping the material.
7. Make notes of questions that come to mind or of concepts that are not clear to you (or that you disagree with).

Step 3: After Reading (about 10 minutes)

1. Revisit the chapter later (ideally right before the class session) and review the main concepts.
2. After the class session, make notes on how the class session material intersected or not with the text material. Make an outline or concept map if that is helpful. One trick for doing this is to take lecture notes alongside your reading notes. For example, this template might be useful:

Sample Note-Taking Template (Example - Chapter 3: Leisure and Health)

Reading notes	Lecture notes
Core Plus Balance –	
Leisure & Physical Health –	
Leisure & Social Health –	
Leisure & Intellectual Health –	
Leisure & Emotional Health –	

3. Tell someone else about a concept or important point you read about in the chapter. Or participate in study groups or exam review sessions. Discussion moves material from short-term memory to long-term memory.



Success in Answering Essay Exam Questions

Performing well on essay questions requires a specific set of strategies. There are many resources available to you for help, in addition to this “Student Resource” that accompanies *Pastimes* (7th ed.). For example, see these websites for more information:

<https://www.lib.sfu.ca/about/branches-depts/slc/learning/exam-types/essay-exams>,

https://web.wpi.edu/Images/CMS/ARC/Answering_Essay_Questions_Made_Easier.pdf

<https://files.eric.ed.gov/fulltext/ED594162.pdf>

Why Does Your Instructor Give Essay Exams and/or Questions?

As you know, there are many forms of questions to measure student learning. The essay form determines whether you are able to sort through a large body of information, figure out what is most important, and explain why it is important. Your answers, therefore, should demonstrate that you can do the following:

- understand concepts that provide the basis for the course
- use these concepts to interpret other material not in the text
- make connections, see relationships, and draw comparisons with the material in the course
- synthesize diverse information in support of your own original assertion
- justify your own opinions and evaluations based on factual criteria
- critically and analytically think about a subject

Preparing before the exam

- Do all the assigned reading.
- Attend all classes.
- Take careful notes from the reading and class session.
- Participate in class discussions.
- Review for the exam not only by memorizing aimlessly but also by organizing and prioritizing the information into a thematic pattern.

Planning Your Time During the Exam

1. Wear a watch to your exam to keep track of time. Success on an essay exam can come down to managing the available time.
2. Read all instructions and note in your mind how the exam is organized (i.e., how many questions, etc.)

3. Notice the distribution of points for each question. Are they all equal? If some questions carry more weight than others, prioritize answering them first.
4. Finally, always allow enough time to review your answers before turning in the exam.

Reading the Exam Questions

1. First, read all the questions in the exam.
2. Mark those questions you choose to answer first. That is, prioritize those questions that you are most confident about or that carry the most points. Focus on what you do know, not on what you don't.
3. For each question, determine the type of answer required. To help, circle the main verb in each question. Is the question asking for cause-effect, comparison-contrast, definition, classification, problem solving, opinion, and so forth? (See the following table.)

Essay Exam Question Types and Answering Strategies

Verb(s) in the question	Question type	Answering strategy
Name, list, state, summarize, outline, define, identify	Factual recall	Restate as prescribed
Explain, discuss, demonstrate, describe	Analysis	Explain in detail, based on information from the course Point out cause and effect, consequences, applications Supply examples to support your conclusions Add diagram if appropriate
Evaluate, relate, prove, justify, apply	Synthesis	Transfer the information from one topic to another situation Compare and contrast Provide logical evidence to support conclusions Offer critique
In your opinion, what do you think about...	Opinion	Directly

Writing Strategies

1. Make a brief outline of your answer for each question, including the evidence and examples that you will use to support your points.
2. Place your thesis in your introduction so that your argument is clear even if you run out of time.
3. Use transitional words and phrases such as “first,” “however,” or “last” to help the reader navigate your answer and identify your main points.
4. Write a conclusion that summarizes your main points, even if it is brief. Like a hamburger, an essay question answer has an opening, a closing, and good stuff in between.
5. Stick to your time plan. It’s usually better to have something written for each question than nothing at all. Sometimes this can mean partial credit.
6. If your handwriting isn’t legible, print instead, so your instructor doesn’t have trouble deciphering your answers.
7. After you’ve finished, reread the exam, checking for coherence, inclusion of all requested parts of the question, grammar, spelling, and so forth.



Strategies for Answering Multiple-Choice Exam Questions

Multiple-choice tests usually include a phrase (called the stem) followed by three to five options to complete the phrase. You've no doubt encountered this question format many times, but did you ever stop to understand the strategies for succeeding at multiple-choice questions? Basically, you'll need to remember that you are looking for the best answer, not only a correct one, and not one that must be true all the time, in all cases, and without exception.

Dissecting the Stem and the Options

- Read the stem of the question carefully. One strategy is to cover up the options and attempt to complete the stem phrase on your own first.
- Now, read the stem again with each of the options one at a time. Treat each option of the stem as though it were a true/false question. Eliminate the "false" options.
- Question options that grammatically don't fit with the stem.
- Question options that are totally unfamiliar to you.
- Question options that contain negative or absolute words. A positive option is probably true if there is also a negative one.
- If more than one option is "true" choose "all of the above" or "a, b, d only" options.
- Study "echo" options. If two options are opposite each other, chances are one of them is correct.
- Favor options that contain qualifiers. This usually means the option is longer.

Strategies

- Read the directions completely.
- Read through all the questions first.
- Answer those questions you are most confident about first.
- Read through the test a second time and answer the more difficult questions. You may pick up cues for answers from the first reading or become more comfortable as you reread the questions.
- Always guess when there is not a penalty.
- After you've answered all the questions, reread the questions and your answers a third time. It is possible you originally misread a question or forgot to answer a question you held out to answer later.



Glossary of Terms

Chapter 1 - The Humanities of Leisure

Humanities – Human creations that describe human experience (p. 2)

Art – the expression of human creative skill and imagination (p. 2)

Art criticism – the evaluation of art on the basis of aesthetic, as well as personal, social, and cultural perspectives for the purpose of appreciation (p. 2)

Genre art – The pictorial representation of everyday life. The representations may be realistic, imagined, or romanticized by the artist (p. 4)

Impressionism – An artistic style, originating in France in the 1860s; characterized by the visual depiction of a feeling or experience of the moment, especially through the shifting effect of light and color (p. 4)

Mimesis – representation or imitation of the real world in art and literature; another term for mimicry (p. 8)

Chapter 2 - Why Leisure Is Vital

Eudaimonia – Aristotle's idea of happiness; doing good things provides the good life (p. 16)

Leisure satisfaction – gratification and contentment with one's leisure experiences and opportunities (p. 17)

Sensory pleasure – pleasure from direct stimulation of the senses (p. 18)

Expressive pleasure – pleasure from creativity (p. 18)

Intellectual pleasure – pleasure from thinking (p. 18)

Ritual – an activity performed in a customary way; different communities and cultures have different ritual practices in leisure (p. 26)

Sight sacralization – a tourist destination is considered sacred (p. 27)

Decorum – socially useful behavior (p. 28)

Serious leisure – the substantial and systematic pursuit of a pastime (p. 29)

Chapter 3 - Leisure and Health

Life span – the changes and continuities of life from birth to death (p. 38)

Core Plus Balance – there is both a persistent core and a balancing variety in our pastimes across the life span (p. 39)

Adolescence – the transition from childhood to adulthood, describing both the development of physical and sexual maturity, as well as psychological and economic independence (p. 41)

Peer – belonging to the same societal group – usually based on age, social status, and economic status (p. 43)

Gender identity – a person's private sense of, and subjective experience in, their own gender (p. 44)

Socialization – the process of learning to behave in a way that is acceptable to society (p. 44)

Autonomy – independence from others in thoughts and actions; ability to self-govern (p. 44)

Cognitive skills – the ability to process information, reason, remember, and relate (p. 47)

Locus of control – the extent to which individuals believe they can control events that affect them (p. 49)

Chapter 4 - Defining and Explaining Leisure Behavior

Demographic information – characteristics of a population (p. 60)

Gender – social expectations and roles (p. 61)

Gender fluidity – identifying as neither male nor female; instead having a fluctuating gender identity (p. 62)

Lifestyle – a quality and custom of living (p. 63)

Theory – a plausible set of principles used to explain a behavior or event (p. 65)

Philosophy – beliefs about morals, character, and behavior (p. 65)

Liminality – a transitional stage of ambiguity (p. 72)

Communitas – a temporary sense of social camaraderie (p. 72)

Chapter 5 - Leisure in Past Societies

Schole – an ancient Greek term for scholarship that is translated today to the word *leisure* (p. 82)

Mass leisure – leisure expressions adopted by the collective of many people in a culture; mass entertainment is an example today (p. 83)

Ludi – a Latin word for public games and festivities (p. 84)

Feudalism – fragmented political and economic power in which people worked and fought for nobles who gave them protection and the use of the land in return (p. 87)

Work ethic – a cultural norm placing a positive moral value on hard work and self-deprivation (p. 87)

Renaissance – the transitional era between medieval and modern times in Western Europe that is marked by a revival of the arts (p. 87)

Humanism – a philosophy emphasizing the capacities and worth of human beings (p. 88)

Industrial Revolution – the complex and radical socioeconomic changes from extensive mechanization of production (p. 90)

Social movement – a significant change in the social conditions and patterns of behavior in a society (p. 91)

Settlement house – institution in an inner city providing various community services (p. 91)

Chapter 6 - Leisure's Anthropology

Cultural anthropology – the comparative study of human groups and their development (p. 96)

Culture – the distinct ways the people in different social groups live (p. 96)

Subculture – a subdivision of culture, often having beliefs or interests at variance with those of the larger culture (p. 98)

Enculturation – the process by which cultural understanding is transmitted to new members (p. 98)

Innovation – a chance discovery that gains widespread acceptance (p. 101)

Diffusion – the spread of customs from one culture to another (p. 101)

Cultural loss – change resulting in the loss of a cultural tradition (p. 102)

Acculturation – a merging of cultures as a result of prolonged contact (p. 102)

Assimilation – to adopt the ways of the main culture (p. 102)

Integration – combining parts so they form a new whole (p. 103)

Rejection – denial and avoidance of others (p. 103)

Marginalization – to relegate to an unimportant or powerless position within a group (p. 103)

Material culture – artifacts that humans use to survive; define social relationships; represent facets of identity; or benefit their state of mind, social, or economic standing (p. 104)

Development – the process of improving the material conditions of people through the use of knowledge and technology (p. 105)

Modernization – a transition involving the implementation of recent techniques, methods, or ideas (p. 106)

Ethnocentricity – the belief that your own cultural or ethnic group is superior to that of others (p. 107)

Postmodernism – skeptical reaction to modernism (p. 107)

Chapter 7 - Leisure's Geography

Geography – the study of earth and its life (p. 112)

Density – the frequency with which something occurs in space (p. 114)

Concentration – the extent of a feature's spread over space (p. 114)

Pattern – geometric arrangement of objects in space (p. 114)

Crowding – a subjective and negative judgment about the number of objects (e.g., people) in a given space (p. 115)

Distance decay – interaction between two locales declines as the distance between them increases (p. 116)

Space-time compression – processes that accelerate the experience of time and thus reduce the significance of distance (p. 116)

Smellscape – smells are place related and elicit emotional responses (p. 117)

Virtual geography – web- and/or computer-based virtual versions of the real world that allow human-environment interactions (p. 118)

Place attachment – emotional bond between a person and a place (p. 119)

Place identity – a place provides the source of self-identification for a person (p. 119)

Place dependence – a person's functional association with a place (p. 120)

Aesthetics – relating to the beautiful (p. 121)

Conservation – efficient use of natural resources over the long term (p. 123)

Preservation – protection of natural resources from human damage (p. 123)

Sustainable tourism – a balance of economic, social, and environmental principles that guarantee long-term sustainability for the tourist site (p. 125)

Ecotourism – tourism in threatened, natural environments that directly supports conservation efforts (p. 126)

Chapter 8 - Popular Culture

Popular culture – heavily influenced by mass media, the collection of ideas, images, and other phenomena that permeate the everyday lives of members of a society (p. 132)

High culture – typical pastimes of the social elite of a society (p. 133)

Folk culture – local or regional traditional pastimes (p. 133)

Hip-hop – in this case, specifically a type of music typically consisting of a rhythmic style of speaking called rap or MCing often over backing beats performed on two turntables by a DJ (p. 137)

Pluralistic – ethnically, religiously, racially, and socially diverse (p. 137)

Genre – a kind or type, usually applied to films, books, and plays (P. 138)

Orienting response – instinctive visual or auditory reaction to novel stimulus (p. 140)

Scopophilia – from the Greek “love of looking”; deriving pleasure from watching other people (p. 141)

Entertainment – amusements provided by someone or something else that divert and hold attention (p. 142)

Mediated entertainment – entertainment provided via media (p. 142)

Chapter 9 - Leisure and Technology

Technology – innovations that apply scientific knowledge for practical purposes (p. 151)

Information technology (IT) – computing and telecommunications inventions (p. 151)

Prosumer – production by consumers (p. 154)

Social media – the collective of online communications channels dedicated to community-based input, interaction, content-sharing, and collaboration (p. 155)

- GPS** – radio navigation system that allows land, sea, and airborne users to determine their exact location, velocity, and time, 24 hours a day, anywhere in the world (p. 157)
- A-GPS** – a system that often significantly improves the startup performance of a GPS satellite-based positioning system; used with GPS-capable cellular phones (p. 157)
- Virtual reality** – an artificial world of images and other experiences created by a computer that is affected by the actions of a person (p. 157)
- Augmented reality** – an interactive experience where the objects from the real world are enhanced by computer-generated perceptual information (p. 157)
- Streaming media** – video or audio content sent in compressed form over the Internet and played immediately (p. 158)
- Virtual assistant (AI assistant)** – an application program that understands natural language voice commands and completes tasks for the user (p. 158)
- Mobile apps** – generally small, individual software units with a specific function (p. 158)
- Cyberhood** – virtual neighborhoods formed on the Internet (p. 165)

Chapter 10 - Taboo Recreation

- Taboo** – restriction of a behavior based on social tradition (p. 174)
- Ideational mentality** – something is bad based on our own ideas (p. 175)
- Sensate mentality** – something is bad based on our own experience (p. 175)
- Formal deviance** – behavior that violates formal cultural norms, such as laws (p. 175)
- Informal deviance** – behavior that violates informal cultural customs (p. 175)
- Substance use disorder** – overindulging in and depending on a drug, alcohol, or other chemical, to the detriment of physical and mental health (p. 182)
- Reactive aggression** – an emotional response with harm as its goal; violence in sport can be an outcome (p. 183)
- Anomie** – lack of the usual social or ethical standards in an individual or group (p. 185)
- Leisure boredom** – when people feel they cannot escape a meaningless leisure routine (p. 186)
- Differential association** – delinquent behavior learned from others (p. 186)
- Retreatism** – differences from the dominant social norms as a matter of personal expression (p. 187)

Chapter 11 - The Work, Money, Leisure Tripartite

- Homo faber** – human as worker (p. 194)
- Homo ludens** – human as player (p. 194)
- Workaholism** – colloquially: compulsiveness about working (p. 196)
- Play-aversion** – applying the behaviors and standards of work to leisure (p. 197)
- Central life interest** – the primary focus of one's life and identity (p. 198)
- Standard of living** – the degree of prosperity in an economy, measured in part by income levels, quality of housing and food, medical care, educational opportunities, etc. (p. 203)
- Gross domestic product (GDP)** – total market value of the goods and services produced in an economy (p. 203)
- Gross domestic product (GDP) per capita** – the total market value of an economy's goods and services as divided by the number of people living there (p. 203)
- Conspicuous consumption** – spending money on luxuries in order to enhance one's prestige (p. 204)
- Economic system** – the method by which a society allocates its resources and apportions goods and services (p. 205)
- Capitalism** – the economic system of privately possessing capital (p. 205)
- Consumption** – all purchases of goods and services for personal use (p. 207)
- Consumerism** – a social and economic order that encourages the purchase of goods and services in ever greater amounts; preoccupation with and an inclination toward the buying of consumer goods (p. 207)
- Harried leisure** – spending money for leisure, thus spoiling leisure by making us feel frantic (p. 208)

Chapter 12 - The Freedom and Tyranny of Time

Cyclical time – time experienced as constant and returning (p. 217)

Mechanical time – time paced by machine, enabling a precise division of the day into equal parts and a linear perception of its passing (p. 218)

Endogenous rhythms – time generated within an organism (p. 219)

Circadian clock – daily rhythm of activity and rest; our master body clock (p. 219)

Monochronic groups – cultures in which time is organized sequentially; schedules and deadlines are valued over people (p. 221)

Polychronic groups – cultures in which time is organized horizontally; people tend to do several things at once and value relationships over schedules (p. 221)

Time famine – having insufficient free time (p. 223)

Temporal displacement – altering the timing of events as reaction to adverse changes at a recreation site (p. 223)

Time sufficiency – amount of free time available to a culture (p. 224)

Time urgency – feeling rushed (p. 225)

Time deepening – doing multiple activities at the same time without fully experiencing any of them (p. 226)

Micro-boredom – ever smaller slices of unoccupied time from which mobile technology offers an escape (p. 228)

Chapter 13 - Is Leisure Fair?

Equity – fairness (p. 233)

Discrimination – prejudicial treatment of different categories of people, things, or ideas (p. 233)

Constraints – that which inhibits a leisure pursuit once an interest for it has been formed (p. 234)

Inclusion – valuing all people regardless of their differences (p. 236)

Diversity – celebrating differences in people (p. 236)

Pluralism – a form of society in which minority groups maintain their independent cultural traditions (p. 236)

Immigrants – people who come to live permanently in a different country (p. 237)

Feminism – the belief in and action toward political, economic, and social equality for men and women (p. 240)

Disabling conditions – a physical, sensory, and/or mental condition that substantially limits one or more life activities (p. 241)

Self-determination – defining goals for oneself and taking the initiative to achieve them (p. 242)

Self-advocacy – speaking on behalf of oneself (p. 243)

Normalization – the availability of typical leisure experiences (p. 243)

Integration – enabling persons with and without disabilities (p. 243)

Racism – prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior (p. 246)

Ethnicity – a social construction indicating common cultural, ancestral, and/or language traits (p. 246)

Race – self-defined distinction usually based on physical characteristics (p. 246)

Marginality – being on the margins of the dominant culture (p. 247)

Chapter 14 - Leisure Systems

Leisure service delivery system – a means for providing leisure products and services to the public (p. 254)

Public good – for the benefit or well-being of everyone (p. 255)

Social capital – the value of social networks; transactions are marked by reciprocity, trust, and cooperation for a common good (p. 255)

Cultural capital – personal assets such as education, intellect, dress, or physical appearance that promote social mobility (p. 256)

Tourism system – an industry created to serve tourists (p. 259)

Community arts council – a collective method of art-making, engaging professional artists and self-defined communities through collaborative artistic expression (p. 260)

- Cultural arts center** – an organization, building, or complex that promotes the arts; can be neighborhood arts organizations, private facilities, government-sponsored, or activist-run (p. 261)
- Eustress** – moderate or normal psychological stress that can be beneficial (p. 264)
- Municipal recreation** – leisure services sponsored by local governments, such as a city (p. 267)
- Military recreation** – in the U.S., leisure services sponsored by the Department of Defense; community recreation for military personnel and their families (p. 270)
- Employee recreation** – leisure services sponsored by companies as an employee benefit (p. 271)
- Campus recreation** – leisure services sponsored by colleges and universities for students and the campus community (p. 272)
- Recreational therapy** – the profession that provides recreation services as treatment for persons with illness or disabling conditions (p. 273)



Additional Information (Websites, Readings, and Paper Topic Ideas)

Chapter 1 - The Humanities of Leisure

Paul Gauguin

Gauguin (1848 – 1903) was a French artist who is classified as post-Impressionist. He is recognized for his experimental use of color and a Synthetist style. Synthetist artists aimed to combine, or synthesize, ideas into a new and more complex product. Typically, they synthesized the features of the outward appearance of natural forms; the artist's feelings about their subject; and the purity of the aesthetic of line, color, and form. In studying many of Gauguin's works you can see that his approach to genre art (p. 4 in the text) was more stylized than other Impressionists—including bold colors, simplified forms, and strong lines. Here is an example of Gauguin's painting:



Night Café, Paul Gauguin, 1888 (Pushkin Museum, Moscow)

Toward the end of his life, Gauguin spent 10 years in French Polynesia and most of his paintings from this time include genre art examples from that region. While there he also developed a style later labeled as Primitivism. Here is an example of a Gauguin painting from this period:



The Siesta, Paul Gauguin, ca. 1892–94 (Metropolitan Museum of Art, New York)

Particularly after his death, his work was influential to the French avant-garde (experimental, radical, or unorthodox art) and many modern artists, such as Pablo Picasso and Henri Matisse. To read more, visit these websites:

https://www.metmuseum.org/toah/hd/gaug/hd_gaug.htm

<http://www.visual-arts-cork.com/famous-artists/gauguin-paul.htm>

<https://arthistoryunstuffed.com/paul-gauguin/>

Possible paper topic ideas that study the art of Paul Gauguin as interpreting leisure:

1. The painting *Where Do We Come From. What Are We. Where Are We Going* is Gauguin's self-proclaimed masterpiece. It represents the culmination of his ideas and beliefs that he acquired throughout his life as a painter. Many visual characteristics of the painting that we've discussed above (e.g., the color, line, and light seem unrealistic in nature) are evident. Explore the painting for yourself, along with the interpretations of art historians and critics, and write an essay on the painting's meanings for leisure.
2. Perhaps Gauguin is most recognized today for the work produced during his later period in French Polynesia. Do some research into the Tahiti of this time and prepare a paper that discusses the cultural contexts of Gauguin's paintings from there. What was life like then and there, and how did Gauguin interpret it in his art?

Why We Like the Impressionists

Imagine throngs of people standing in line for hours waiting to be let inside and, once in, pushing and elbowing each other to get a better view. Where are they? A rock concert? No, this has been the scene at almost every major museum exhibit of Impressionist art for several decades, from Manet at the Metropolitan Museum of Art to Monet at the Chicago Art Institute to Renoir and Pissarro at Boston's Museum of Fine Arts. Why is Impressionism such a crowd-pleasing blockbuster?

One reason, of course, is the vibrant colors the Impressionist artists used. They created a new color of violet by glazing cobalt blue or ultramarine with red. They were especially known for their extensive use of complementary colors to bring depth to an object. Often this made the object look livelier and more realistic. With color they sought to capture not only the look of the object but also the atmosphere—often of cheerful brightness. These artists went outside to paint to catch the sun and light.

Another reason we like the Impressionists is that the subject matter of the paintings is about people having fun. The Impressionists frequently depicted scenes of leisure, such as cafes, hotels, beaches, gardens, and public parks.

But, while we think all this is very endearing, these artists and their work were very unusual for their time. In fact, the sketch-like quality of the work was often quite shocking. In the mid-19th century, artists in France were expected to exhibit their work in the “Salon”—a large annual exhibition juried by the life members of the French painting academy. The Impressionists weren’t usually admitted to the Salon, so they began to organize their own independent exhibitions (kind of like circumventing the art gallery and instead using social media to build a following). Their first independent exhibition was held in 1874 and the new style was viewed by art patrons and critics as amateurish and unfinished-looking— scandalous!

The Impressionist artists were not trying to paint a realistic picture, but an “impression” of what the person, object, or landscape looked like to them. They wanted to capture the movement and life of what they saw. They often painted thickly and used quick (and messy) brushstrokes. Before then, patrons of art at the Salon were used to a much flatter, neater surface where you couldn’t see the brushstrokes at all. Read more at these website:

https://www.metmuseum.org/toah/hd/sara/hd_sara.htm

<https://courses.lumenlearning.com/masteryart1/chapter/reading-impressionism/>

Possible paper topic ideas about Impressionism as an art change-agent:

1. Impressionism changed both the subject matter and the method of art in the late 19th century. These artists declared that feelings and impressions were much more important than fact and reality. To tell us about this, they chose incidences of everyday life—especially of leisure life. For example, one way to explore this in an essay is by discussing how Impressionism rearranged the hierarchy of subject matter in art. Prior to the Impressionists, what was the hierarchy? What is it today?
2. Shortly after artists began exhibiting their work independently, practitioners in other forms of the humanities, such as literature and music, began trying to incorporate the impressionist principles into their own work. For example, a group of poets, the Symbolists, began poetry in which the words were used purely for their sounds and not for their actual meaning. Music compositions from the Impressionism period contained some of the same characteristics of the paintings as well. A very impressive paper topic would be to consider the musical compositions of Claude Debussy as impressionistic—music intended to stir emotions in the audience.

Chapter 2 - Why Leisure Is Vital

Religion and Leisure

One of the chapter sections discussed how leisure provides opportunities to express spirituality. What about institutionalized religion? Is there a connection there? Even though church and synagogue attendance has declined in the Western world since the 1960s, people still seem to be looking for meaning-making in life that is inspired by the belief in something beyond themselves—something they can sometimes find by joining with others in a specific organization. For example, on the one hand, studies have found that social responsibility and strong reverence for family togetherness, commonly mandated by some religions, foster family-friendly leisure activities. On the other hand, certain religious denominations inhibit certain forms of leisure expression.

One source for exploring this is a 2011 research study featuring life histories about the influence of religious and nonreligious spirituality on leisure participation. (See <https://scholarworks.umass.edu/nerr/2011/Papers/6/>.) The conclusions from semistructured interviews of 12 individuals with different religious backgrounds, were as follows:

- Religious activities can serve as a catalyst for recreation participation.
- Religious practices can provide a platform for family leisure traditions.
- Religious participation can offer an opportunity to expand friendship networks.
- Religious commitments can reduce leisure participation.
- Fears and feelings of guilt are induced by certain religions and constrain leisure.
- The religious beliefs of others can both extend and restrict another's leisure participation.

Later, in a 2018 study, the religious attendance and spirituality of adolescents were studied in terms of leisure choices (See <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0198314>.) The conduit was that since spirituality and religious attendance are associated with personal attitudes and values, lifestyle choices would be similarly affected even for adolescents who make leisure choices in a highly secular environment. Based on survey results of a large sample, it was found that compared to nonattending and nonspiritual respondents, both attending respondents and spiritual respondents were less likely to watch television and play computer games excessively. Also, religious and spiritual respondents were more likely to be involved in at least one organized leisure activity.

A possible paper topic:

1. What is religious (or holy) leisure? More than there being an association between leisure and institutionalized religion, is religion itself leisure? Write an essay debating the question.

Creating Delight With Play

From this chapter and the next, we are aware that the quality of play is very important in leisure and that children would not grow up without play. But what about growing old? Is play necessary for old age? Check out a 2016 book that places play, along with gratitude and humor, at the top of the quality-of-life pyramid for all ages: *Creating Delight: Connecting Gratitude, Humor, and Play for All Ages*, by Laenhue, Roberts, and Wall.

Paper topic idea:

1. What is delight? What is its role in leisure and in the quality of our lives? Do you experience delight in your own life? How? Is there research available to consult on the quality of delight? What are some of the findings?

Chapter 3 - Leisure and Health

Biological Markers of Chronological Aging

If you're like most people, for as long as you can remember you've been answering the question, "How old are you?" Usually this is an easy question, but as you grow up, mature, and get older, the answer becomes more complex. This is because your chronological age is just one part of the answer. We (and scientists) have long been fascinated by the fact that some people seem to age—in terms of health, appearance, and lifestyle—faster than others, and vice versa.

In fact, this other source of determining age is the biological process. That is, there are biomarkers of aging. So you have two ages: the chronological and the biological. Your biological age doesn't just measure your time here on earth (as your chronological age does), but it also measures how your body functions relative to others of the same chronological age. Your passport may say you're 50, but depending on your genetics, behavior, the environment, and lifestyle, your biological age might be closer to that of someone who is 40 or 60. In fact, biological age is the superior measure of true age, as it most closely correlates with mortality and health status. Therefore, the search for reliable predictors of biological age has been ongoing for several decades.

For example, in a 2013 study, new discoveries about determining life span, as well as the quality of aging, were found. According to the study's summary published in *The New York Times*, biomarkers (referred to in the study as "signature for age") were discovered that were largely not changed by disease or ethnic background. One biomark-

er that has shown promise is gender. That is, men appear to age on average 4% faster than women.

<https://www.nytimes.com/2013/07/23/health/meaningful-markers-of-aging.html>

Since 2016 advances in artificial intelligence, combined with the availability of large data sets, have led to a boom in the field, increasing the variety of biomarkers that could be considered candidates as potential age predictors. To read more about this, go to these websites:

<https://academic.oup.com/innovateage/article/3/4/igz035/5560154?searchresult=1>

<https://www.frontiersin.org/articles/10.3389/fgene.2019.00263/full>

https://www.eurekalert.org/pub_releases/2019-07/imi-dac070319.php

Possible paper topic idea:

1. Find the latest research and summaries about biological aging and our ability to predict life span. Then write a paper that bridges the gap in terms of leisure's role. For example, you might begin with the connection via physical activity. Also, the idea of leisure satisfaction (see the text p. 17) may be a source of explanation. Here are some places to begin:

[https://www.mayoclinicproceedings.org/article/S0025-6196\(18\)30792-4/pdf](https://www.mayoclinicproceedings.org/article/S0025-6196(18)30792-4/pdf)

www.jomes.org/journal/view.html?doi=10.7570/jomes.2019.28.2.92

Which Is First? Leisure or Health?

Men and women with high mental well-being at the age of 42 are more physically active at the age of 50 compared to those who got lower scores in mental well-being. So which comes first? Does physical activity positively influence mental well-being, or is it the other way around? In a 2019 study, mental well-being was investigated through three dimensions: emotional, psychological, and social well-being. Emotional well-being indicates overall satisfaction with life and a tendency to have positive feelings. Psychological well-being refers to experiences of personal growth and the purpose of life. And social well-being tells about relationships with other people and the community. (See <https://www.sciencedaily.com/releases/2019/05/190503112740.htm>.) It was a surprise to the researchers that leisure-time physical activity did not predict later mental well-being or even subjective health, but rather mental well-being predicted physical activity.

Paper topic idea:

1. What do you think of these conclusions? Check the research literature to learn whether the above mentioned study has been replicated or repeated. If so, were the findings similar? Write a fact-based opinion piece arguing one way or the other: Does leisure affect health or does health affect leisure? Incorporate examples from your own personal experience.

Blue Zones Update

“We have a \$3.7 trillion health care problem (in the U.S.) that ain't going away. . . . It's completely delusional to think we're going to get 330 million Americans to eat the right diet, do 300 minutes of physical activity a week, and live a purpose-driven life. . . . In Okinawa, for example, they don't have a word for retirement. They talk about *ikigai*, which means why I wake up in the morning.” (<https://www.aarp.org/entertainment/movies-for-grownups/info-2019/dan-buettner-blue-zones-interview.html>)

This idea of Blue Zones was profiled in the text box on page 40. Buettner's latest book, not included in the box, is *The Blue Zones Kitchen* (<https://www.bluezones.com/blue-zones-kitchen/>), containing 100 recipes from the Blue Zones regions that help you live to 100. Here's one for Mushroom Tacos:

Ingredients

¼ cup olive oil
 1 lb. cremini mushrooms
 ½ yellow or red onion, diced
 2 garlic cloves
 1–2 tablespoons paprika
 1 tablespoon cumin
 ½ tablespoon cayenne
 ¼ cup cilantro
 2 tablespoons white vinegar
 Salt and pepper, to taste
 Corn tortillas

Directions

1. In a medium pan, heat ¼ cup of olive oil on medium-high. Then, sauté mushrooms and cook until soft.
2. Add onions and sauté until onions are soft. Add garlic and mix.
3. Add remaining ingredients and stir until all seasonings are well blended. You might need to add more spices depending on flavor preference.
4. Finish with vinegar and season with salt and pepper to taste.
5. Put the mushroom mixture on your favorite corn tortillas.

Note: Get creative with your toppings—from black beans and corn salsa, cabbage tossed in oil and lime juice to pickled carrots or tropical fruits like mango and pineapple.

Paper topic ideas:

1. Considering all the components of the Blue Zones perspective on health, how closely are you personally following along? Watch Buettner’s TED Talk and offer a critique in terms of your life.
https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100?language=en
2. Can you imagine what would happen on your own campus or community if a Blue Zones project were implemented. How would life change for you and your fellow students and/or citizens? Buettner has partnered with several U.S. locales to try to replicate what he’s discovered elsewhere. For example, check out what’s happening in Fort Worth, Texas. Could this happen where you live? What would be different?

Chapter 4 - Defining and Explaining Leisure Behavior***Leisure and Noise***

Demographic explanations of leisure behavior include “type of residence” and “residence location” (p. 60 in the text). For example, some pursuits are determined by urban versus rural residential location distinctions. We know that rural residents spend more time in pursuit of outdoor recreation, while urban residents have more opportunities for cultural arts expressions.

You can add to this understanding by considering the concept of noise and its relationship to leisure behavior. An introduction to this can come from a New York Times article on the din in New York City. (See <https://www.nytimes.com/2013/07/12/nyregion/behind-citys-painful-din-culprits-high-and-low.html>.) Indeed, there are numerous examples of how noise has negatively affected urban residents’ lives—including the compromise of calm and peaceful leisure expressions.

But another approach is to consider the codependency between leisure and noise itself. That is, some people prefer leisure that makes noise. For typical leisure participants, the average noise levels are above 90 dBA, which increases the risk of suffering hearing loss by 10%. According to a 2019 study

(<https://asa.scitation.org/doi/full/10.1121/1.5132949>), the loudest leisure noise activities were amplified music, car/home stereo listening, and power tools. Further, loud leisure noise was more prevalent among 12–39 year olds and males. (Note: Noise-induced hearing loss (NHL) most commonly occurs due to repeated/sustained exposure to sounds over 85 dBA. A whisper = 30 dBA.)

Following are the A-weighted decibel levels (relative level of sounds in the air as perceived by the human ear) for a sample of “noisy” leisure pursuits:

Pastime	Typical decibel levels (dBA)
Video arcades	110
Firecrackers	125–155
Live music concerts	120 +
Gunshots	150–167
Movie theatres	118
Health clubs and aerobics studios	120
Personal stereo with headphones	105–120
Large sporting events	127
(Seattle Seahawks Football Stadium)	137
Motorboats	85–115
Snowmobiles	99
Many children’s toys	135–150

Note. Adapted from “Recreational Noise Level Facts,” by the Center for Hearing and Communication, n.d. <https://chcheating.org/noise/common-environmental-noise-levels/recreational-noise-levels-facts/>

Paper topic idea:

1. What about the role of noise in your own favorite pastimes? Do you participate in motor sports, dance clubs, or woodworking? Look up the dBA levels for any that are not listed in the above table. Then add the dBA levels up to develop an understanding of how noisy your leisure is (or is not). Write an essay discussing the results.

Leisure Theory

Leisure behavior theory development is an ongoing and broad endeavor. Those theories discussed in the chapter are only a sampling of the more widely known. Now could be a great opportunity to explore others such as the following:

- Parker’s the leisure–work relationship
- Dumazedier’s the leisure–work relationship
- Weber’s the Protestant ethic
- Iso-Ahola’s optimal arousal
- Kelly’s sociological theory

For a more challenging reading on theory that attempts to explain a particular category of leisure behavior, begin with a research review on tourist behavior theory by Cohen et al. (2014) available at <https://www.tandfonline.com/doi/full/10.1080/13683500.2013.850064>. As well, a 2018 study published by Yousaf et al. explores the theory literature on tourist motivation to travel. This article is available at <https://hrcak.srce.hr/199783>.

Paper topic idea:

1. The theories discussed in the chapter represent prominent understandings about leisure behavior from the fields of psychology, sociology, anthropology, and political science. There are other disciplines, of course, that could perhaps shed some light on our understanding. For example, what about biology? To get you started, check out this 2003 article by More and Averill:

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.523.5808&rep=rep1&type=pdf>.

Chapter 5 - Leisure in Past Societies

Another Industrial Revolution

During the Industrial Revolution in Britain, Europe, and North America, leisure was seen as having a utilitarian role in counteracting the harsh and tedious conditions of work. Are there situations where this is true today? For example, some have suggested that we are embroiled in a contemporary industrial revolution—a fourth industrial revolution (<https://www.weforum.org/agenda/2016/01/the-fourth-industrial-revolution-what-it-means-and-how-to-respond/>):

“The First Industrial Revolution used water and steam power to mechanize production. The Second used electric power to create mass production. The Third used electronics and information technology to automate production. Now a Fourth Industrial Revolution is building on the Third, the digital revolution that has been occurring since the middle of the last century. It is characterized by a fusion of technologies that is blurring the lines between the physical, digital, and biological spheres.”

Also check out these websites:

<https://www.forbes.com/sites/bernardmarr/2018/08/13/the-4th-industrial-revolution-is-here-are-you-ready/#1b905735628b>

<https://www.cnbc.com/2019/01/16/fourth-industrial-revolution-explained-davos-2019.html>.

While this is discussed at length in Chapter 9 of the text, here we can add to our understanding by putting it within the context of the impact on leisure's utility. Is leisure a prime means of dealing with the problems created by today's industrial revolution, as it was more than a century ago? Leisure has perhaps always been an important “cure” for the stresses of work. Albert Einstein mastered the violin. Why? Did this leisure pursuit help Einstein simply have more fun in life, or did it help him with his work?

For one, leisure activities are being called upon today as mechanisms for creating better work environments, including fostering better cooperative relationships among employees. They are encouraged to socialize outside work, holiday parties are sponsored, and everyone is invited to the lunchroom to share snacks together. Most directly is the use of games to build a team culture at work. For example, for more information you might begin with these websites:

<https://www.proofhub.com/articles/team-building-activities-for-workplace>

<https://www.forbes.com/sites/andrewcave/2016/03/25/four-reasons-why-team-building-exercises-can-actually-damage-your-workplace/#66ef7d4043ef>

Possible paper topic idea:

1. Organize a few team-building games in your own classroom. After, discuss with classmates what they experienced and how they felt about it. Write a one-page conclusion to what you learned. For example, some ideas can be found at:

<https://www.wrike.com/blog/team-building-games/>

<https://www.workstyle.io/5-minute-team-building-activities>.

Chapter 6 - Leisure's Anthropology

Festivals We Celebrate

Like leisure, culture is an inexhaustible topic. One way to experience this for both concepts is via a comparison of festivals across cultures. For example, perhaps the festival you've already taken part in in your own country is Germany's Oktoberfest. An estimated 6 million people visit the city of Munich each fall to consume huge quantities of beer, sausages, and pretzels. All of this is accompanied by live music and groups of people singing happy songs and wearing colorful traditional Bavarian costumes. Except during wars, it has been celebrated every year since 1810, originally at the wedding of King Ludwig and Queen Teresa.

How about celebrating tomatoes? La Tomatina is an annual festival held in the Valencian Town of Buñol in the East of Spain. Participants throw tomatoes and get involved in a tomato fight purely for fun. Since 1945 it has been held on the last Wednesday of August.

Taking place each November, Diwali is India's "Festival of Lights." Shimmering lanterns appear in cities throughout the country, and colorful designs made from rice flour and chalk cover the streets and squares. Firework shows light up the skies even more at night.

Another light-featured festival is China's Lantern Festival, which marks the end of Chinese New Year celebrations in early February. Lit paper lanterns are sent into the sky to call for hope in the new year. At ground level, lion dances are performed, and the annual exchange of red envelopes filled with money are a gesture of good luck too.

A paper idea for this chapter:

1. Focus a paper on another festival not mentioned above, such as one of the following:
 - Koninginnedag (The Netherlands)
 - Bay to Breakers (San Francisco)
 - Boryeong Mud Festival (South Korea)
 - Carnival (Rio de Janeiro)
 - Mardi Gras (New Orleans)
 - Dia de Los Muertos (Mexico)
 - Montreux Jazz Festival (Switzerland)

Or research the many other festival topic possibilities. In your paper, relate the celebrations to the discussion of ritual in Chapter 2 of the text.

Chapter 7 - Leisure's Geography

Rats in National Parks

When we (there are millions of us) go the U.S. national parks each year we are hoping to see animals, including bison, mountain goats, grizzly bear, lynx, manatee, bighorn sheep, wild turkey, and alligators. Instead, the parks are being overrun by rats, cats, and feral hogs.

<https://www.cnn.com/travel/article/national-park-invasive-species-scen-trnd/index.html>

In fact, about one half of the parks are dealing with invasive animal species. The invasive population includes all sorts of animals. For example, in the Everglades National Park, the invasion of pythons is well-known, as they have been thriving and reproducing there since 2000.

<https://www.sciencedaily.com/releases/2019/12/191203082925.htm>

<https://phys.org/news/2019-12-expert-national-invasive-animal-species.html>

A 2019 report on the situation was produced by the U.S. Department of Fish and Wildlife Conservation, the U.S. National Park Service, and several university departments. They studied "how big the threat of invasive

species is to the nation's parks. Of the 1,409 reported populations of nonnative species in the national parks, the report says, only 11% are under control". The report authors urged the National Park Service to declare the issue a "service-wide priority".

<https://www.cnn.com/travel/article/national-park-invasive-species-scen-trnd/index.html>

To see a slideshow about the magnificent animals of the U.S. national parks, link to <https://www.popularmechanics.com/science/animals/g1988/national-park-wildlife/>.

To learn more about what can be done about the invasive animal problem, see these websites:

<https://www.nps.gov/articles/invasive-species.htm>

<https://www.allianceforthebay.org/2018/02/10-ways-you-can-prevent-the-spread-of-invasive-species/>.

Paper topic idea:

1. After reading the above referenced articles and others that you investigate, select one of the invasive animal species in U.S. national parks or select one national park that has an invasive animal problem. Discuss its prevalence, the pros and cons of the situation, and what is being done to manage it.

Chapter 8 - Popular Culture

Reality Television's Reality

Are you a fan of the TV reality shows *Survivor*, *The Bachelor*, or *The Great British Bake Off*? Or do you binge watch episodes of *Big Brother*?

Big Brother has been on television for over 20 years. It started out in the Netherlands in 1999, and about 3,000 people applied to be on the first edition of the show. The premise then and now is that usually 9–16 housemates move into a purpose-built house, equipped with 24 cameras and cut off from contact with the outside world. These "houseguests" are competing for a \$500,000 grand prize, with weekly competitions and evictions determining who will win the show. The series takes its name from the character in George Orwell's novel *Nineteen Eight-Four*.

<https://variety.com/2019/tv/news/big-brother-20th-anniversary-peter-salmon-endemol-shine-reality-tv-1203336266/>

[https://en.m.wikipedia.org/wiki/Big_Brother_\(American_TV_series\)](https://en.m.wikipedia.org/wiki/Big_Brother_(American_TV_series))

The format of the show is mainly considered a social experiment: How do people interact with others who may have differing ideals, beliefs, and prejudices? The television viewer is allowed to witness the relationships formed in the house and the behavior of the houseguests. Is *Big Brother* just-for-fun entertainment? Or does the show live up to some of its criticism as filled with overt racism, sexism, and ageism? Here are some articles that argue this question:

<https://theweek.com/articles/855138/big-brothers-persistent-problem-racism>

<https://www.oprahmag.com/entertainment/tv-movies/a28206876/big-brother-season-21-racism-twitter-reactions/>

<https://www.realityblurred.com/realitytv/2019/08/cbs-executives-survivor-big-brother-racism-diversity-inclusion/>

Paper topic ideas:

1. What is your opinion on the question asked above—is reality television harmless entertainment or is it providing an experimental lab for interpersonal problems? What reality shows do you enjoy? What is their role in entertainment for you? What do you learn from them? How do you feel after you've watched them?

2. What is it about reality shows that keep us watching? After one watches a show such as *Keeping Up With the Kardashians* or *The Real Housewives*, the craving is strong for the next episode of the next week. Are reality television producers exploiting people by giving them a “sense” of reality, or are they giving them a real version of it? Are stereotypes used to make money?

Can Popular Culture Solve Problems?

Even though the chapter attempts to demonstrate the meaningful and interesting reflection of our society through popular culture, is there a more direct cause-and-effect relationship? Could popular culture solve human problems? Recently, some very intriguing news has emerged about Disney cartoons as treatment for children with autism. Indeed, animated films have become a lifeline for children with autism trying to make sense of the world around them. Now, therapists are even using them as a diagnostic tool to detect autism in infants. For example, check out the following articles that feature a boy who used *Beauty and the Beast*, *Aladdin*, and *The Little Mermaid* to climb out of his noncommunicative situation:

<https://www.theguardian.com/lifeandstyle/2016/dec/03/how-disney-gave-voice-to-a-boy-with-autism>

<https://www.nytimes.com/2014/03/09/magazine/reaching-my-autistic-son-through-disney.html>

<https://www.miamiherald.com/living/helping-others/article234423102.html>

Additionally, a video can be found here:

<https://www.cbsnews.com/news/breaking-through-autism-with-disney-movies/>

As another specific example, consider Disney Pixar’s 2015 smash success *Inside Out*. It follows 11-year-old Riley and her family’s move from Minnesota to San Francisco, California. Riley’s five basic emotions personified in the film—Joy, Fear, Anger, Disgust, and Sadness— help her through the tough process of moving to a new place, needing to make new friends, and adjusting to an overall new life. For example, Joy, the lead emotion, does not understand the purpose of Sadness and attempts to keep Riley from ever feeling any Sadness.

Over the course of the movie, Joy slowly realizes the importance of Sadness, so by the movie’s end, Joy and Sadness are working together to create the best of things for Riley. Audiences adored the movie, but for parents of autistic children *Inside Out* was more than just an hour and a half of entertainment. The portrayal of emotions as the main characters allowed parents to see the effects that, at times, conflicting emotions can have on a person. And autism, which affects the processing of emotions, often makes knowing how your autistic child truly feels nearly impossible.

Paper topic idea:

1. What are other examples of how Disney films help solve problems? How about the short film *Bao*, which addresses the nuanced relationship that immigrant parents have with their children. Or, what about *Purl*, who is an excited ball of yarn who just scored a job at a start-up. However, she isn’t prepared for the male-centered culture. What about some of the old, original Disney animated films? After the 1935 release of *Once Upon a Time*, driving safety became much talked about and promoted. Have some fun digging around for specific film examples that support this thesis.

Chapter 9 - Leisure and Technology

VR and AR in Museums

Both virtual reality (VR) and augmented reality (AR) are huge in the theme park and entertainment sectors. Now, many traditional museums are getting into it too, as it enhances exhibitions and displays. For example, the Franklin Institute in Philadelphia has been offering a range of museum VR experiences since 2016. Using VR, museumgoers can explore the deep sea and encounter a blue whale. They can journey to outer space and take a

look at the inner workings of the inner body. Some of this content is available online so virtual museum visitors can download the app and strap on a VR headset at home.

Check it out here:

<https://www.bizjournals.com/philadelphia/news/2016/10/25/visitor-hours-cost-virtual-reality-franklin-institut.html>.

There are other examples to check out, too. For example, in 2019 the Louvre in Paris had a VR way to view the Mona Lisa: <https://arts.vive.com/us/articles/projects/art-photography/mona-lisa-beyond-the-glass/>.

Visitors to the Petersen Automotive Museum in Los Angeles can explore cars from around the world: <https://www.petersen.org/vault-purchase>.

You can also check out what's happening at the Smithsonian Museum in Washington, DC: <https://www.fast-company.com/90213035/how-the-smithsonian-is-turning-its-art-exhibitions-into-virtual-reality-experiences>.

Paper topic ideas:

1. Now your professor probably uses PowerPoint to illustrate points made in class. What if your professor used virtual reality or augmented reality? Write a paper that distinguishes the future possibilities with virtual reality and augmented reality, and then imagine how they might change the learning experience for you.
2. With virtual reality (VR), the user is completely submerged in a simulated surrounding environment, blocking out the real environment. With augmented reality (AR), the user is in the real environment with added layers of virtual objects to the real environment. Compare and contrast the pros and cons of VR and AR for the leisure experience. How might VR or AR be better (or worse) than a real leisure experience devoid of any virtual component?

More Web Resources for Leisure and Technology

When Social Media Fueled a Revolution:

<https://kimgarst.com/4-instances-social-media-fueled-revolution/>

Reasons for and Against Email Versus Social Networking:

<http://tweakyourbiz.com/marketing/2013/04/10/replace-email-with-social-networking-16-reasons-for-and-against/>

Facebook vs. Twitter:

http://www.diffen.com/difference/Facebook_vs_Twitter

Ted Talk: Wearable Technology That Helps You Navigate By Touch:

https://www.ted.com/talks/keith_kirkland_wearable_tech_that_helps_you_navigate_by_touch?language=en

Disney Research Studios – Collaborative Storytelling Between Robot and Child (Feasibility Study):

<https://studios.disneyresearch.com/2017/06/27/collaborative-storytelling-between-robot-and-child-a-feasibility-study/>

Streaming Media – “Digital Concert Hall”:

<https://www.digitalconcerthall.com/en/home>

Alone in SM

https://www.ted.com/talks/sherry_turkle_alone_together?language=en

<https://www.npr.org/sections/health-shots/2017/03/06/518362255/feeling-lonely-too-muchtime-on-social-media-may-be-wh>

Are You Addicted to Your Smartphone?

<https://www.yahoo.com/tech/are-you-addicted-to-your-smartphone-read-these-12-110817737379.html>

45 Scary Smartphone Addiction Statistics 2019 [Nomophobia on the Rise]:

<https://techjury.net/stats-about/smartphone-addiction/>

Internet Addiction Disorder

<https://www.psycom.net/iadcriteria.html>

Fortnite Addiction Is Forcing Kids Into Video-Game Rehab:

<https://www.denverpost.com/2018/12/02/fortnite-addiction-video-game-rehab/>

Top 10 Digital Transformation Trends for 2020. *Forbes*:

<https://www.forbes.com/sites/danielnewman/2019/07/14/top-10-digital-transformation-trends-for-2020/#6920c54976be>

Future Hotel:

<https://www.scmp.com/lifestyle/travel-leisure/article/2130306/how-ai-and-virtual-reality-will-drive-future-hotels-and>

Robotic Companions for the Elderly:

<https://www.kickstarter.com/projects/tombot/tombot-affordable-robotic-companion-animals-for-se>.

Ted Talk: Unintended Consequences of Technology:

https://www.ted.com/talks/chuck_nice_a_funny_look_at_the_unintended_consequences_of_technology?language=en

Deepfake:

<https://www.creativebloq.com/features/deepfake-examples>

<https://www.cnn.com/interactive/2019/01/business/pentagons-race-against-deepfakes/>

Non-Truths and Consequences (Pew Research):

<https://www.pewresearch.org/internet/2017/10/19/the-future-of-truth-and-misinformation-online/>

Chapter 10 - Taboo Recreation

More on Boredom in Leisure

A study not discussed in the chapter extends our consideration about boredom in leisure. Published in 2014 in *Leisure Studies*, using longitudinal data it examines the association between leisure boredom and risky sexual behaviors among South African youth (N = 1695). The researchers hypothesized that youth who were higher on boredom in leisure at the end of the ninth grade would be more likely to report engaging in risky sexual behaviors at the beginning of tenth grade. Chi-square results indicated youth, especially males who experience high levels of

leisure boredom in ninth grade, are more likely to engage in risky sexual behaviors in tenth grade. Here's the study to read for yourself:

<https://www.tandfonline.com/doi/abs/10.1080/01490400.2014.860789>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4326014/>

Just for fun, also view a video to accompany this study (Bob Seger's Night Moves) from <https://www.youtube.com/watch?v=8zQrBvDN6w0> (remastered official music video).

For a more how-to avoid discussion on leisure boredom see

<https://www.psychologytoday.com/us/blog/why-bad-looks-good/201908/how-liven-leisure-time-and-beat-boredom>.

Possible paper topic:

1. Most of the research on leisure boredom has been conducted on high school students. These studies have concluded that students who do not have leisure skills are more likely to be bored during leisure time. This varies according to other variables, such as gender and income. What about college students? Search the research literature to see if there are studies about this age group? Or what about leisure boredom in the elderly? Or for yourself? There are actually three paper topics here!

Chapter 11 - The Work, Money, Leisure Tripartite

Workism

In this chapter, there is a discussion of workaholism (pp. 196–197). In a 2019 article in the magazine *The Atlantic*, this is referred to as workism. “For the college-educated elite, work has morphed into a religious identity – promising transcendence and community, but failing to deliver. This, the article claims, is the religion of work. Like, workaholism, workism is the belief that work is not only necessary to economic production but also the centerpiece of one’s identity and life’s purpose. Further, it critiques the belief that any policy to promote human welfare must always encourage more work.

<https://www.theatlantic.com/ideas/archive/2019/02/religion-workism-making-americans-miserable/583441/>

Paper topic idea:

1. Read the article and argue either agreement or disagreement.

The Economics of Vice Leisure

An additional consideration for this chapter in concert with Chapter 9 on Taboo Recreation is the relationship between “vice” leisure pursuits and economics. According to some economists, tough economic times are no match for bad habits. For example, the so-called “vice stocks” (alcohol, tobacco, gambling) usually thrive in uncertain financial times. According to Money Magazine article, the Vice Fund (VICEX), which owns the three sin sectors plus military hardware makers, has beaten the S&P by 10 percentage points. Check this relationship out for yourself:

<https://usamutuals.com/wp-content/uploads/2019/04/Vice-Fact-Sheet-2019-Q1V6.pdf>

https://en.wikipedia.org/wiki/Vitium_Global_Fund

<https://money.usnews.com/funds/mutual-funds/large-blend/usa-mutuals-vice-fund/vicex>

<https://www.cnbc.com/video/2019/07/01/why-this-venture-capital-fund-founder-is-investing-in-vice-companies.html> (a video)

Paper topic idea:

1. What is your investment philosophy? Would you invest in vice funds? Why or why not? Or, as one recent article asked, who's the better investor, God or Satan? What do you think?

<https://slate.com/business/2005/07/who-s-a-better-investor-god-or-satan.html>

Chapter 12 - The Freedom and Tyranny of Time

Monotasking vs Multitasking

In this chapter, one of the time tyrannies discussed was time deepening. An allied label is multitasking, and these days a debate has raged pitting multitasking against monotasking. We already know what multitasking is and have suspicions about what is meant by monotasking! Monotasking, also known as single-tasking, is the practice of dedicating yourself to a particular task, experience, or event and minimizing potential interruptions until it is completed or a significant period of time has elapsed. Monotasking contrasts with multitasking, which is the act of dividing your focus among multiple tasks, experiences, or events. The problems with texting while driving are well known. Leisure examples of monotasking, on the other hand, might include sitting down and listening to a musical piece without doing anything else—just listening.

But let's add a little more complexity to it. Another distinction to make is between multitasking and background tasking. They are different. Background tasking can be driving your car while listening to a musical piece. Scientists consider this to be using different sections of your brain at the same time, so there is no conflict as in multitasking. Multitasking, on the other hand, is switch-tasking. You're trying to use the same section of your brain on two or more tasks. This could be writing a paper for a course and talking on the phone with a friend.

What is the debate relative to leisure? Well, one perspective is the quality of the experience according to monotasking versus multitasking. For example, people really can watch TV and post on social media, or exercise and watch a movie without diminishing either experience. Perhaps these are too easy of examples. After all, watching TV and posting on social media don't require much of our brains at all. One study of millennials, for example, found that only 5% watch TV without engaging in another activity. Another argument in favor of multitasking is that it reduces task-time and increases the hours you can spend in leisure activities.

Check out the debate and the pros and cons of all this:

<https://ppx.inkwellpress.com/blog/monotasking-tips/>

<https://medium.com/jamieai/multitasking-vs-monotasking-which-should-you-adopt-28176876757>

<https://www.inc.com/amy-vetter/why-you-should-close-your-eyes-at-work-other-tips-to-achieve-deep-focus.html>

<https://www.nytimes.com/2016/05/01/fashion/monotasking-drop-everything-and-read-this-story.html>

<https://www.sciencedirect.com/science/article/abs/pii/S0736585315001124>

<https://www.christinecarter.com/2017/01/the-perils-of-multitasking/>

Paper topic idea:

1. What is multitasking versus monotasking for me? Incorporating what you've discovered in the resources cited above, how do you personally settle the debate? When you multitask in leisure, what happens? Does it diminish or enhance your experience? How?

Leisure's Role in the Sense of Time's Passing

Studies have borne out the idea that we all perceive time differently. For example, in 2001, two scientists at University College London conducted research showing that even our internal clocks don't always match.

<https://earthsky.org/human-world/where-does-our-sense-of-time-come-from>

Where does our sense of time come from? One obvious source, of course, is our sense of sight. We have a good estimate of the time when we watch the sun come up in the morning and set in the evening. Another source is our emotions. Research has also demonstrated that time seems to slow down for a person during dangerous events. For example, when we skydive or bungee jump, we are capable of complex thoughts in what would normally be the blink of an eye.

https://en.wikipedia.org/wiki/Time_perception

Is there a role for leisure in our sense of time passing? According to a 2013 article, there is. For example, from the article “If you want time to slow down, learn something that requires sustained effort; do something novel. Put down the thriller when you’re sitting on the beach and break out a book on evolutionary theory or Spanish for beginners or a how-to book on something you’ve always wanted to do. Take a new route to work; vacation at an unknown spot. And take your sweet time about it.”

<https://www.nytimes.com/2013/07/21/opinion/sunday/fast-time-and-the-aging-mind.html>

Paper topic idea:

1. What is the science behind differences in our sense of time’s passing? One way to answer this is via physics. Read the following article: <https://qz.com/1516804/physics-explains-why-time-passes-faster-as-you-age/>. Then write a review of its main points.

Chapter 13 - Is Leisure Fair?

Ageism on the Screen Can Be Bad for Your Health

A terrific tie-in for this chapter on fairness in leisure and Chapter 8 (Popular Culture) is the topic of ageism – using popular U.S. films as illustration. For example, of the 100 top grossing films from 2015, just 11% of the characters were 60 or older, less than that age group’s 18.5% share of the U.S. population. Of 57 films that did feature a leading or supporting senior character, 30 included ageist comments. Check out these two articles to read more:

<https://www.scp.org/news/2016/09/13/64605/older-people-underrepresented-in-film-new-survey-f/>

<https://annenberg.usc.edu/news/faculty-research/new-study-aging-americans-snubbed-best-picture-films>

Perhaps unexpected, however, is the conclusion that portrayal of older adults in popular culture can influence their overall health. That is, seniors with an optimistic view of their place in the world perceive themselves as 12 years younger than their biological age and report feeling ill fewer than 3 days a month. Pessimistic seniors feel 7 years older and report feeling ill 13 days a month. (See <https://annenberg.usc.edu/news/faculty-research/usc-annenberg-film-study-pop-culture-stereotypes-aging-americans.>)

Paper topic idea:

1. What stereotypes about age do you believe? Did you derive any of these stereotypes from popular culture? Do you buy the above discussion about ageism in popular culture? After all, today we have Diane Keaton, Candice Bergen, Lily Tomlin, Morgan Freeman, and Robert DeNiro who are still starring in films and TV series, and not as dowdy grandmas or grumpy old men. There’s also Bruce Springsteen, Rod Stewart, Stevie Nicks, and Cyndi Lauper who still command concert stages. Write about your own position on this topic.

Chapter 14 - Leisure Systems

Llamas as Therapists

Perhaps the latest animal to be called to service at nursing homes, hospitals, prisons, rehabilitation centers, and college campuses is llamas. Read all about it here:

<https://www.mentalfloss.com/article/608123/llamas-therapy-animals>

<https://www.cnn.com/2016/03/14/health/llama-pet-therapy-oregon-feat/index.html>



Paper topic idea:

1. Is this a good idea? Llama owners declare that llamas have a sixth sense about people who are needy, ill, or frail. What are some of the pros and cons of extending the pet therapy roster to animals such as llamas as a leisure service? In addition to the tried and true dogs and cats, what about horses, pigs, rabbits, mice, or parrots?

Inflatable Theme Parks

In the chapter, sponsors for leisure services are distinguished, including a discussion of commercial agencies. Another example of a commercially sponsored leisure service is inflatable theme parks. Opening worldwide, these are both a gym and an entertainment business. They allow both adults and children to enjoy games, obstacle courses, slides, and mechanical rides. For owners, the advantages are not having to deal with weather-related issues and less physical labor to establish.

For example, an indoor inflatable park recently opened in Sarasota, Florida. Jumpin Fun Inflata Park bills itself as the largest park of its kind in America. The 15,000-square-foot park features 15 interactive elements and added a zip rail coaster that allows riders to zip across the facility while suspended from a harness.

Meanwhile, The Big Bounce America also claims to be the biggest inflatable theme park. It boasts America's largest inflatable obstacle course, as well as the world's largest bounce house. It's novelty as a commercial business is that it tours around the U.S. It contains a 900-foot obstacle course and a space-themed wonderland. Dodgeball games, inflatable animals, ball pits, climbing towers, and confetti blasts are on offer at The Big Bouncer. Visitors can also enjoy music from a DJ.



Paper topic idea:

1. In 2004, the world's first trampoline park opened in the U.S. Now, the U.S. boasts more than 600 trampoline parks—the majority operated by one of eight major chains. Since then, these forms of entertainment have spread into Europe and there are currently 1,000 such parks worldwide. But there are differences. For one, in Europe interactive playing is growing more popular. Is this a fad or a look into the future? Here's one perspective on the answer: <https://launchtrampolinepark.com/blog/trampoline-parks-fad-or-future/>.

What do you think? Do some investigation, including a visit to a local inflatable theme park near you, and write about your grounded conclusions.

Top National Parks Podcasts Can firearms protect you from a bear attack in the backcountry of a national park? How are Yellowstone National Park's wolves and grizzlies doing these days? Did you hear what Hurricane Dorian did to Cape Lookout National Seashore? These and other audio stories are available here:

<https://apple.news/AtPPCNtfvSAeaHVXqOwaHpQ>.



Bonus Interactive Activities (Case Studies, Quizzes, Puzzlers)

Chapter 1 - The Humanities of Leisure

Sample Essay Question

Practice up for a possible exam question by outlining and trying your hand at this question that co-ops information from two chapters.

Question: Contrast leisure's contemporary meanings according to the three definitions presented in Chapter 4 (pp. 58–60). Then, which of these definitions do you think F. Scott Fitzgerald is using in the short story excerpt in Chapter 1 (p. 3)?

Tip: Before beginning to write, jot down a rough outline of your answer. Here is an example outline:

- Intro
- Free time
- Recreational activity
- Special spirit
- What story excerpt says
- Which definition?
- Why?

Chapter 2 - Why Leisure Is Vital

Case Study: Monopoly

In the chapter, the point is made that games are a “synthetic counterpart to real life” (p. 19). The game of *Monopoly* can be used to highlight this serious aspect of play. For example, in this game players roll dice to move around the game board, buying and trading properties, and developing them with houses and hotels. Players collect rent from their opponents who land on their properties, with the goal being to drive them into bankruptcy. The game has hundreds of editions, as well as many spin-offs and related media. It has become a part of international popular culture, having been licensed in more than 103 countries and printed in more than 37 languages.

In 2013, a new version of the game named *Monopoly Empire* was released. The point is to celebrate, and not critique, corporate America. Then, in 2019 the manufacturer Hasbro launched a cashless version of Monopoly that dispenses with the game's classic pastel-hued banknotes. Instead, players can command a voice assistant to buy properties and manage financial transactions.

<https://www.cbsnews.com/news/new-monopoly-game-in-2019-goes-cashless-with-voice-assistant-banker/>

What do these, and other changes, in the game reflect about how people see things today? Answer the following questions for yourself and/or with classmates:

1. Compare and contrast these new versions of the game against the original version. For example, you could check out the history of the game, including the role of the Quakers in the game's formation.
2. Do these new versions still reflect a "play" value in the game? Why or why not?
3. Do you enjoy playing *Monopoly*? Why or why not?

Chapter 3 - Leisure and Health

Puzzlers on Health and Leisure

From AARP (American Association of Retired Persons) come some fun and informative quizzes that amplify what you've learned in this chapter (No, you're not too young!):

<https://www.aarp.org/health/brain-health/info-07-2013/remember-your-friends-quiz.html#quest1>

<https://www.aarp.org/health/healthy-living/info-2015/how-love-affects-body-quiz.html#quest1>

<https://www.aarp.org/health/healthy-living/info-03-2013/keys-to-happiness-quiz.html#quest1>

<https://www.aarp.org/health/healthy-living/info-09-2011/fitness-trivia-quiz.html#quest1>

Chapter 4 - Defining and Explaining Leisure Behavior

Matching Quiz

Following are two lists: One is the name of a theory of leisure behavior presented in the chapter and the other is a brief description of a theory of leisure behavior presented in the chapter. Match them up.

What the theory says about leisure behavior	The leisure behavior theory's name
Leisure choices are a reaction to a satisfying work. _____	Flow
Leisure is defined by the amount of perceived freedom and intrinsic motivation in the behavior. _____	Self-as-entertainment
Leisure is a formal ritual that takes us outside everyday life. _____	Spillover
Leisure is a behavior that is a subjective interpretation of symbols. _____	Reversal theory
Leisure choices are based on a personality trait for filling free time meaningfully. _____	Veblen's theory of the leisure class
Leisure choices are a reaction to an unsatisfying work. _____	Neulinger's paradigm
Leisure is optimal experience _____	Compensation
In leisure we reverse between motivation domains depending on the situation. _____	Anti-structure theory
Leisure is a symbol of political power. _____	Symbolic interactionism

Chapter 5 - Leisure in Past Societies

Case Study: The Kingdom of Kush

Africa has been called the “birthplace of the human race” because the oldest evidence of human-like creatures found anywhere consists of fossils discovered at many sites there, especially in the fertile soils of the Nile Valley. In recent reports, archaeologists said they had found widespread evidence that the kingdom of Kush, in its ascendancy from 2000 B.C. to 1500 B.C., exerted influence over a 750-mile stretch of the Nile Valley, sometime before the Egyptians.

<https://www.smithsonianmag.com/science-nature/how-africa-became-the-cradle-of-humankind-108875040/>

Not much has been known about Kush until recently when archaeologists working in advance of rising Nile River waters behind a new dam in northern Sudan began to uncover ancient settlements, cemeteries, and gold-processing centers (https://www.newworldencyclopedia.org/entry/Kingdom_of_Kush). For example, the Kushites appear to have been like their later neighbors, the Egyptians, in their fondness for body adornment. They are considered to have used strong scents, and a popular form was a perfumed ointment shaped like a cone and worn by men and women on the top of the head. As the evening progressed, the cone would melt and the scented oil would run down the face and neck.

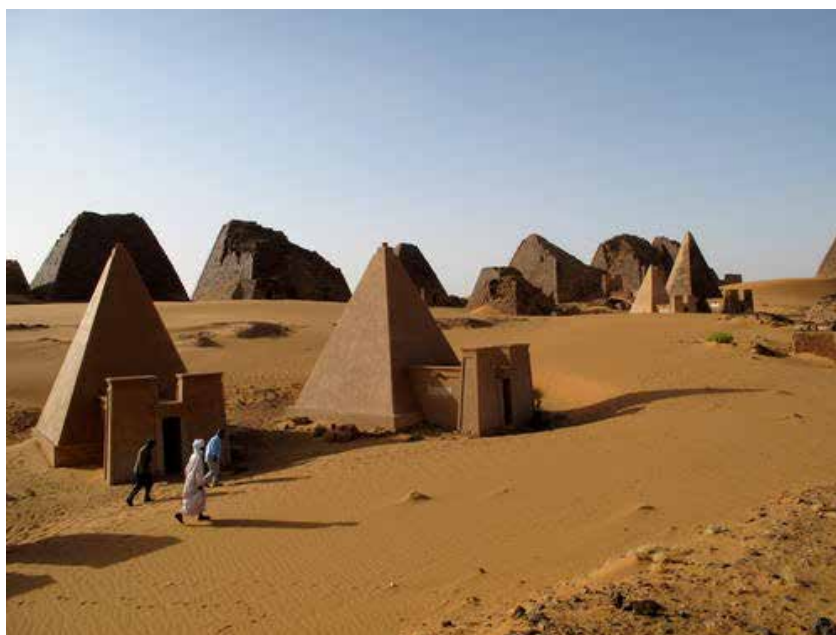
<https://pdfs.semanticscholar.org/8167/7a6542251005be5fc1bb303391fa27489d54.pdf>



But unlike the Egyptians, the Kushites were ruled by a succession of women—an innovation not seen in any other major civilizations of the time. Law, too, was independent of the arbitrary wishes of the king or queen, suggesting some notion that the law was to be protected from manipulation by the most powerful in society.

But, back to leisure legacies, we follow up on the idea of body adornment. Eye makeup, typically green and black, was probably the most characteristic of Kushite cosmetics. Red ochre mixed with fat was thought to be applied as lipstick, and henna was used as hair dye. Tattoos of the god Bes (short wide-faced man with mane, tale, and ears of a lion; God of dancing and singing) have been found on the thighs of mummified females, thought to be dancers, musicians, and servants. Tools such as short fine-tooth combs, hairpins, and small bronze implements with a pivoting blade thought to be a hair curler have also been found. A video about all this can be seen at <https://www.bbc.com/news/av/world-africa-40679116/history-of-africa-beauty-tips-from-the-ancient-kingdom-of-kush>.

Meroe, on the banks of the Nile River, was an agricultural and industrial complex, as well as the capital of the Kingdom of Kush, for a period of time. Today it is a UNESCO World Heritage Site (<https://whc.unesco.org/en/list/1336/>):



Follow up on the readings cited above and contemplate these questions:

1. What else do you want to know about the Kingdom of Kush? For example, too often the only ancient African civilization studied in school is Egypt, but the emphasis is on its Mediterranean rather than its African roots. Kush offers a genuinely African civilization, contemporary with Egypt, Greece, and Rome, whose culture and military power rivaled that of others to the extent that for a century it took over and ruled Egypt. With some independent research, find out more.
2. In what way might you argue that personal adornment is a form of leisure? Can you cite contemporary examples as well?
3. After exploring more about Kush culture, economy, and geography, what other conclusions of the history of leisure can you claim?

Chapter 6 - Leisure's Anthropology

What Is Your Cross-Cultural Understanding?

Here are some online self-checks about your own cross-cultural understanding and attitude:

<https://myworldabroad.com/quizzes/10290>

https://commisceo-global.com/resources/quizzes/cultural-awareness-quizzes?view=quiz&quiz_id=5

<https://study.com/academy/practice/quiz-worksheet-characteristics-of-cross-cultural-communication.html>

Chapter 7 - Leisure's Geography

Case Study: Rethinking Tourism

A server in an Australian lodge is pouring French wine and Italian mineral water that have crossed a hemisphere to land on this table. The air-conditioning blasting in an Arizona spa in midsummer is so forceful that you're grateful for the roaring fire in the relaxation room.

<https://www.cntraveler.com/story/with-14-billion-people-traveling-its-time-to-rethink-tourism>

With 1.3 billion people traveling each year, is it time to rethink tourism? Tourism today has a problem. Pundits are debating over tourism, peak tourism, and tourism phobia. Cities such as Barcelona, Venice, and Dubrovnik are

witnessing a backlash against imposed forms of tourism. In response, new tactics have been tried, ranging from tourist “police” and tourist taxes to entry fees and crowd control tricks. Cities are having to rethink their engagement with tourism if they want to keep the locals from rioting.



For example, almost everyone loves traveling. New technologies and freedoms of movement have made traveling easier, faster, and cheaper. Today travel and tourism represent one of the biggest industries worldwide. This growth industry has come with consequences—especially for our planet. Impacts caused by uncontrollable tourism on natural resources, consumption patterns, pollution, and even social systems are more apparent than ever.

To read more, see these websites:

<http://theconversation.com/rethinking-tourism-so-the-locals-actually-benefit-from-hosting-visitors-116066>

<https://greenbuzzberlin.de/event/rethinking-tourism-how-can-we-make-traveling-more-sustainable/>

1. Are you interested in how you can contribute to a more sustainable way of traveling? If so, how might you do this?
2. As a society, how can we reduce the damage we cause to our ecosystem while traveling? How can the industry implement a responsible plan to survive itself?
3. Is it possible for the world to achieve the right balance between growth and sustainability? Can the habits of travelers be changed?

Chapter 8 - Popular Culture

Below is a jigsaw puzzle (1,000 pieces) with a popular culture theme:

Chapter 9 - Leisure and Technology

Case Study: Augmented Reality Is Real?

In the chapter, a distinction is made between virtual reality (VR) and augmented reality (AR; p. 157). Unlike how VR creates a new sensual environment, AR uses digital tools to offer an interactive experience that is grounded in reality. This is a big difference. In AR, users are still partially in their realities—a hospital floor, a shopping aisle, or even Mars. This makes for an opportunity for practical training experiences that are not too far from the real world. This is why the future of AR looks bright, even though at present you and I can purchase VR applications much more readily than AR ones.

But there are examples of what's available now that might suggest AR's future, including for leisure. While VR requires the complete use of equipment, either through goggles or a helmet, for users to be in the virtual experience, AR can involve the projection of images onto clear glasses over the live view. You might have seen people in arcades or video game stores wearing a large helmet, making wild gestures in the air. They're deep into an imaginary world, possibly fighting medieval armies. That's VR. Meanwhile, in 2016 an AR application that made headlines was *Pokémon Go*. Pokémon characters appeared over real images of streetscapes on smartphones as players walk along. Some have walked off cliffs as they played this AR-based game. Now, it has Snapchat filters that users can use to make themselves look younger or like an animal—AR trickery.

Even more development is predicted for the 2020 decade. For example, kicking it off is the game *Garfield GO*. This is one of the many games featuring the world's most famous fat orange cat, but the first one to feature AR. In the game, you help Garfield find treasures (rare collectible comics) and feed him his favorite treats. Your reward is real-life prizes, such as Amazon gift cards and Domino's Pizza gift cards.

You can read more about this at these websites:

<https://now.northropgrumman.com/the-future-of-augmented-reality-blends-virtual-with-real-life-perspectives>

<https://venturebeat.com/2019/12/26/whats-next-for-consumer-ar-in-2020/>

<https://arpost.co/2017/12/07/what-exactly-is-augmented-reality-technology/>

1. Could AR (and VR, too) be disruptive to location-based entertainment, cultural, and sport events, much like TV was to movie theatres? With AR and VR you don't have to leave your home and be in an arena or field.
2. Could AR solve the problem presented in the case study presented above for Chapter 7? How? Or do you imagine it making the problem worse? How?
3. Have you experienced an AR application? Have you experienced a VR application? What was your experience like?

Chapter 10 - Taboo Recreation

Case Study: Dark Fandom

In the chapter, Box 10.2 (p. 177) features the case of “dark tourism,” that is, traveling to meet the dead—travel to Ground Zero, Auschwitz, and the like. In this additional case study, we expand the issue to include other forms of “dark” leisure pursuits. There is a deep and persistent cultural fascination with the macabre aspects of death—public executions, true crime books, slasher films, and sites of violence have attracted large audiences.

This is not a new fascination. In Victorian England, mortality was a part of everyday life. So there arose a “death culture.” Women dressed entirely in black for years after the passing of a loved one, carrying around locks of hair, bones, or ashes locked inside pretty jewelry. Now, Ralph Lauren, Martin Margiela, Thom Browne, and H&M have all infused their collections with lurid imagery. Skulls, crossbones, and other associated icons adorn pajamas, bedding, lunch boxes, and even baby clothing. Skull and crossbones are the symbols of choice for gangs, punk-rockers, and goths. And, of course, we celebrate Halloween (the U.S.) and Día de Muertos (Mexico).

Today, this culture of death has become more macabre. Serial and mass murderers increasingly achieve fame, as they are celebrated in countless TV shows and movies. For example, a recent Netflix film *Extremely Wicked, Shockingly Evil and Vile* tells the well-trodden story of serial killer Ted Bundy, this time from the perspective of his girlfriend. Meanwhile, in 2014, Japan's Burger King branch unveiled an all-black burger. It resembled burnt leftovers, outfitted with poisonous-looking black cheese and tar-like sauce infused with squid ink. The buns were dyed with bamboo charcoal. The restaurant labeled it a "gothic burger," and it reportedly received a favorable reception in Japan.

The word macabre refers to dwelling on the gruesome aspects of death. Events and objects belonging to the macabre contain elements of violence and decay. These are usually seen as undesirable, horrific, and disturbing things that one should avoid whenever possible. Therefore, this is the intriguing question: If the macabre is viewed with such trepidation, why is its artistic representation a popular source of entertainment? Is it pleasure or discomfort? Enjoyment or apprehension? What is the fascination for these dark fans?

Here are some ideas for reading more about this:

<https://contempaesthetics.org/newvolume/pages/article.php?articleID=764>

<https://www.smithsonianmag.com/smithsonian-institution/why-cant-we-just-turn-our-eyes-away-grotesque-and-macabre-180956424/>

<https://sites.psu.edu/rclblogmgh/2018/10/18/what-made-people-attracted-to-the-macabre/>

<https://www.tandfonline.com/doi/abs/10.1080/01639625.2019.1596453>

1. What is your own experience with dark fandom? Do you know of examples in your own life, among your own friends or family?
2. Is it morally wrong to be interested in true occurrences of gruesome depravity? Why or why not?
3. Is dark fandom leisure?

Chapter 11 - The Work, Money, Leisure Tripartite

Chapter Multiple-Choice Quiz

Here is a self-assessment that checks your reading and understanding of this chapter. After you've individually taken the quiz, compare your answers with classmates. (Answers are at the end of this manual)

1. The word taboo as applied to recreation in this chapter refers to
 - a. Behavior that violates formal cultural norms, such as laws
 - b. A restriction on a pursuit based on social tradition
 - c. The pastimes of the proletariat
 - d. None of the above
2. In determining that a particular leisure action is "bad," we typically use one of two sensibilities. These are
 1. Sensate and ideational mentality
 - b. Formal and informal deviance
 - c. Economics and political science
 - d. Psychology and sociology
3. Examples of taboo recreation include
 - a. Vandalism
 - b. Gambling
 - c. Risky health behaviors
 - d. All of the above

4. There have been many attempts to understand violence in sport. One is the concept of reactive aggression. *Reactive aggression* is
 - a. Due to social drinking on social media
 - b. A lack of the usual social or ethical standards
 - c. An emotional response with harm as its goal
 - d. None of the above

5. The concept of *anomie* is one of the options for explaining taboo recreation in general. Anomie includes the concept of *leisure boredom*. How does leisure boredom support the theory of anomie? That is, leisure boredom can be defined as
 - a. When people feel they cannot escape a meaningless leisure routine
 - b. When delinquent behavior is learned from others
 - c. Differences from the dominant social norms as a matter of personal expression
 - d. All of the above

6. Taboo recreation can include forms such as
 - a. Prole leisure
 - b. Playful deviance
 - c. Invasive leisure
 - d. All of the above

Chapter 12 - The Freedom and Tyranny of Time

Case Study: Take Back Those 4 Hours a Day!

On average, we (teens through older adults) spend 4 hours a day with our phones. If you're like many people, you may have decided you want to spend less time doing this.

It's a good idea, as an increasing amount of evidence suggests (according to Catherine Price) that the time we spend on our smartphones is interfering with our sleep, self-esteem, relationships, memory, attention spans, creativity, productivity, and problem solving. (Catherine Price is a writer for *The New York Times*. Much of what she writes about are the problems associated with your phone. Check out some of her essays here:

<http://www.catherine-price.com/clips>)

But there is another reason. In the past, most discussions of our phone's biochemical effects on us have focused on dopamine, a brain chemical that helps us form habits—both good ones and bad ones. Like slot machines, smartphones and apps are explicitly designed to trigger dopamine's release, which makes them difficult to put down. But, according to Catherine Price and others, smartphones also raise levels of cortisol, the body's main stress hormone. Cortisol is our primary fight-or-flight hormone. Its release triggers physiological changes, such as spikes in blood pressure, heart rate, and blood sugar. These effects can be lifesaving if you are running from a charging bull, but checking your phone 4 hours every day isn't usually life-threatening. Our mobile devices are loaded with social media, email, and news apps that create a constant sense of obligation, generating unintended personal stress. According to David Greenfield, of the University of Connecticut School of Medicine, your cortisol levels are elevated even when your phone is in sight or nearby, or when you hear it or think you hear it.

<https://virtual-addiction.com/about-us/>

What can you do? A friend of mine, and her whole family as well, do a weekly detox. Starting on Fridays at 5:00 p.m., they all turn off their phones for 24 hours.

1. In Chapter 9, Box 9.10, you have the opportunity to assess if you are addicted to your smartphone. What were your results? Are you satisfied with your results?

2. If you wanted to cut back on the time you spend on your smartphone, what are some possible ways to do this? Brainstorm with your classmates possible strategies. What would you do with the extra 4 hours per day you'd get back?
3. In your own life, how does your smartphone usage enhance the time tyrannies discussed in the chapter (pp. 225–228)?

Chapter 13 - Is Leisure Fair?

Case Study: Esports

Esports (electronic sports) is a form of competition using video games. They usually take the form of organized, multiplayer video game competitions, particularly between professional players, individually, or as teams. (For more information, see <https://en.wikipedia.org/wiki/Esports>).

Labeling video games as sports is a controversial point of debate. Some maintain esports are not “true sports” because of the lack of athleticism, whereas others point to the anticipated future acceptance of them as Olympic sports. If popularity is the standard of measure, then esports are indeed a sport. By the late 2010s, it was estimated that within the next 10 years the total audience of esports would grow to 454 million viewers, with revenue increasing to over US \$1 billion (<https://www.reuters.com/article/us-videogames-outlook-idUSKCN1Q11XY>).

This popularity has extended to schools, as well. Some colleges and universities now offer scholarships for top players. In 2019 alone, the number of schools represented by the High School Esports League (HSEL) has grown from around 200 to more than 1,200. For example, athletes at Mission Viejo High school in California huddle after their matches to talk about strategy. Faculty at Duncan Polytechnical High School, also in California, hope that student-athletes are building skills that transcend sport—such as knowing how to collaborate, how to communicate, and how to value and respect their team members.

<https://edtechmagazine.com/k12/article/2019/01/esports-programs-start-pop-k-12-schools>

What about being treated equitably? More so than more traditional sports competition, do esports level the playing field? Is it fair for male and female esports gamers to compete against each other? Well, for one, as more colleges and universities add esports to their formal athletics programs, they'll eventually need to grapple with Title IX implications. Yet esports in and out of schools has customarily placed numerous barriers, such as harassment and sexism, to full and equal female participation.

Learn more about this from the following articles:

<https://edtechmagazine.com/k12/article/2019/01/esports-programs-start-pop-k-12-schools>

<https://thejournal.com/articles/2019/10/21/new-report-pushes-for-greater-diversity-in-esports.aspx>

<https://repositories.lib.utexas.edu/handle/2152/62914>

<https://www.tandfonline.com/doi/abs/10.1080/02614367.2019.1640778>

1. Do you think there is gender equity in esports? Why or why not?
2. Seemingly, esports would be an easy place to enhance gender equity because the games themselves do not emphasize physique or strength differences. Has this been the case?
3. What needs to be done to create more gender equity in esports?

Chapter 14 - Leisure Systems

National Parks Quizzes How much do you know about the U.S. national parks? Sample some of these quizzes and find out!

<https://www.nationalgeographic.com/travel/quizzes/national-parks-quiz-part-1/>

https://www.sporcle.com/games/g/us_nationalparks (a really hard one!)

<https://www.nationalparkstraveler.org/2019/12/national-parks-quiz-and-little-bit-trivia>

Answer Key for Chapter 11 Quiz:

1. B
2. A
3. D
4. C
5. A
6. D