

TEST BANK

Recreation & Leisure Programming

A 21st Century Perspective



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Contents

- 1: Recreation & Leisure in the 21st Century**
- 2: Historical Perspectives of Recreation & Leisure Programming**
- 3: What Is a Recreation & Leisure Service?**
- 4: Organizing Community Resources**
- 5: Leader–Participant Interface**
- 6: Leisure & Programming**
- 7: Diverse & Marginalized Populations**
- 8: Program Benefits**
- 9: Participant-Centered Program Planning**
- 10: Needs Assessment**
- 11: Program Areas**
- 12: Program Formats**
- 13: Program Promotion**
- 14: Technology & Programming**
- 15: Supervision**
- 16: Evaluation & Quality Assurance**
- 17: Leisure Education**
- 18: Trends, Fads, Issues, and New Opportunities**

1

Recreation & Leisure in the 21st Century

TRUE/FALSE

1. The 21st century will be marked by rapid change, globalization, and a rise of digital technology. **True**
2. Social relations that have impacted the connections between and among individuals will influence their recreation and leisure patterns and behavior. **True**
3. There is no relationship between the evolution of work-leisure relationships and time use. **False**
4. Diversity will not be a major factor influencing the provision of recreation leisure programming in the 21st century. **False**
5. *Recreation* is not as challenging a term to define as *leisure*. **False**
6. There is no universally accepted definition of leisure. **True**
7. The social instrument definition of leisure suggests that it is a reflection of one's social class or status. **False**
8. Perceived freedom reflects an individual's knowledge, skill, or ability to participate in a leisure experience. **False**
9. Commercial recreation and leisure organizations are not profit driven. **False**
10. Nonprofit organizations derive their resources primarily from membership fees, fundraising initiatives, sales revenue, grants, donation, gifts, and other fees. **True**

MULTIPLE-CHOICE QUESTIONS

1. Play can best be defined as
 - a. A way to refresh and restore oneself
 - b. A socially redeeming activity
 - c. **A form of human behavior pursued for intrinsic purposes***
 - d. An activity pursued exclusively by children
 - e. None of the above
2. The free time definition of leisure has been advocated by
 - a. John Neulinger
 - b. John Kelly
 - c. James Murphy
 - d. Thorston Veblen
 - e. **Sebastian DeGrazia***
3. The spiritual expression definition of leisure suggests that
 - a. It does not necessarily serve any given purpose
 - b. **It may reflect one's religious values***
 - c. It is a multidimensional construct
 - d. As a social construct it is politically driven
 - e. It is a form of prevention or intervention

4. Positive affect refers to
 - a. **The ability of an individual to control how the leisure experience unfolds***
 - b. Motivation from within oneself
 - c. When the challenge is greater than one's skill level or knowledge
 - d. The power of a person to act without constraints
 - e. All of the above
5. Which of the following best describes a recreation and leisure service government organization
 - a. Tax supported
 - b. Found at the municipal, state, provincial, and federal levels
 - c. Involved in managing recreation programs
 - d. Manage programs and services including areas and facilities
 - e. **All of the above***

SHORT ANSWER ESSAY QUESTIONS

1. What distinguishes recreation and leisure programming and the work of the programmer in the 21st century?
2. Identify and discuss social, cultural, economic, and environmental factors impacting recreation and leisure programming in the 21st century. Identify one example of each factor in your local community.
3. Why is recreation and leisure programming is essential in addressing the needs and interests of individuals as we move into the 21st century?
4. Why is recreation and leisure programming a basic responsibility of the recreation and leisure professional?
5. What is play? Why is it useful to understand play, and how can one's definition be applied to one's professional activities?
6. What is recreation? Why is it useful to understand recreation, and how can one's definition be applied to one's professional activities?
7. Define leisure from its multiple perspectives. Why is *leisure* such an elusive term to define?
8. What is meant by antecedents to the leisure experience? Identify four antecedents to leisure. Why is knowledge of these antecedents useful in the recreation and leisure programming process?
9. There appears to be a cycle to the leisure experience. Identify and define this cycle, and discuss ways the recreation and leisure programmer can influence it.
10. Identify three general types of recreation and leisure organizations. Locate one or more of these types of organizations in your local community and discuss them in terms of goals and objectives and recreation and leisure program offerings.

2

Historical Perspectives of Recreation & Leisure Programming

TRUE/FALSE

1. The organized recreation and leisure movement dates back to a little more than 150 years. **True**
2. The Agricultural Era directly influenced the contemporary recreation and leisure service movement. **False**
3. The Christian Church was the major civilizing force during the Middle Ages. **True**
4. European communities during the Middle Ages appointed a person known as “Lord of Misrule” to organize festivals and other events. **True**
5. Friedrich Froebel developed *The Normal Course in Play*. **False**
6. Municipal parks in America date back to the late 1600s. **True**
7. Movement from the Agricultural Era to the Industrial Era created many social, cultural, and economic challenges resulting in multiple social innovations. **True**
8. The first playground in America was located in Central Park in New York City. **False**
9. The creative class includes technology workers, artisans, and musicians. **True**
10. Democratic values have been reflected in the crafting of public parks, playgrounds, recreation centers, and swimming pools. **True**

MULTIPLE-CHOICE QUESTIONS

1. Programs aimed at addressing the needs of the disadvantaged or marginalized populations reflect the
 - a. **Social welfare orientation***
 - b. Service for all orientation
 - c. Marketing orientation
 - d. Work-leisure orientation
 - e. None of the above
2. Programs affected by property tax limitations reflect the application of the
 - a. Social welfare orientation
 - b. Service for all orientation
 - c. **Marketing orientation***
 - d. Work-leisure orientation
 - e. None of the above
3. The _____ involved a transition from manual production to the use of machines
 - a. Agricultural Era
 - b. **Industrial Era***
 - c. Knowledge/Technology Era
 - d. Creative Era
 - e. All of the above

4. The _____ is marked by the advent of the use of the computer and the changing nature of work
 - a. Agricultural Era
 - b. Industrial Era
 - c. **Knowledge/Technology Era***
 - d. Creative Era
 - e. None of the above
5. _____ is known as the father of the kindergarten
 - a. Jean-Jacques Rousseau
 - b. Johann Heinrich Pestalozzi
 - c. **Friedrich Froebel***
 - d. Moritz Lazarus
 - e. Karl Groos

SHORT ANSWER ESSAY QUESTIONS

1. Why is the knowledge of historical perspectives important to recreation and leisure programmers?
2. Name three concepts that may have influenced the establishment of recreation and leisure programming. Discuss these concepts.
3. Name and discuss three individuals who had early influence on the development of recreation and leisure programming as a movement.
4. What happened during the Agricultural Era?
5. How has the Industrial Era impacted recreation and leisure programming?
6. Identify and discuss four major programs that emerged to solve problems emerging from the Industrial Era. What specific social problems did they address?
7. What types of problems have emerged during the Knowledge/Technology Era that will require new forms of social innovation? Speculate about recreation and leisure services that you might create to address such problems.
8. What is meant by “high-tech/high-touch”? Who are the high-tech people? Who are the high-touch people? What roles do they play in society? Where can their roles be fused?
9. How has the advancement of technology had an effect on recreation and leisure programming?
10. What is the Creative Class?
11. Identify and discuss three philosophical orientations to recreation and leisure programming.

3

What Is a Leisure Service?

TRUE/FALSE

1. It is a challenge to match the service capacity of an organization with the demand for services and expected benefits. **True**
2. Participants in a recreation and leisure program are part of the service. **True**
3. Providing the service, such as scheduling, permits, selling/registering for the program, and other program logistics, is part of the program planning process. **True**
4. Recreation and leisure services are tangible, much like goods and products. **False**
5. The interpersonal dynamics between staff and the client become crucial for the success or potential failure of a program. **True**
6. Tangibility refers to the physical cues provided by staff (appearance), others users, and facilities and equipment. **True**
7. Reliability refers to the ability of recreation and leisure service staff to perform the promised service dependably and accurately. **True**
8. Empathy refers to caring, individualized attention the recreation and leisure organization provides its customers. **True**
9. Assurance refers to knowledge and courtesy of employees and their ability to inspire trust and confidence. **True**
10. We are no longer in an era of the service economy. **False**

MULTIPLE-CHOICE QUESTIONS

1. Pine and Gilmore (1998) note four phases of the economy:
 - a. Extraction (natural commodities)
 - b. Making (goods, products, equipment, and supplies)
 - c. Delivering (services)
 - d. Staging (experiences)
 - e. B and C
 - f. **All of the above***
2. Services refers to the field of recreation and leisure with respect to
 - a. Planning activities
 - b. Leading group activities
 - c. Maintaining places and facilities
 - d. **All of the above***
 - e. A and B
 - f. B and C

3. *Experiences* refers to a particular instance of encountering something and includes
 - a. Process of personally observing something
 - b. Encountering something
 - c. Undergoing something
 - d. **A, B, and C***
4. Leisure and recreation programs have in common
 - a. Goods
 - b. Experiences
 - c. Services
 - d. A and C
 - e. **A, B, and C***

SHORT ANSWER ESSAY QUESTIONS

1. What is a service?
2. Give five examples of recreation and leisure customer services.
3. What is the rationale for viewing recreation and leisure services within the context of the greater “experience” economy model?
4. Why measure service quality?
5. What are the main categories of measuring service quality?
6. Give two specific research examples of service quality in recreation and leisure services and how they were documented in the literature.
7. How has the measurement of service quality evolved in our profession?
8. In response to the dimensions of a service, what types of program management responses to service quality are evident in your community?
9. Define a service-oriented recreation and leisure organization.
10. Using Table 3.2, give examples of a recreation program in your community. What ways can a customer service approach be used within the three phases in the table?

4

Organizing Community Resources

TRUE/FALSE

1. Recreation and leisure programs assist in the advancement of community livability and quality of life. **True**
2. A community can be thought of as a group of individuals who share common interests and/or live in close proximity to one another. **True**
3. A community can be formed around one's leisure interests and produce a sense of belonging. **True**
4. A community can be thought of as a physical place or a grouping of individuals. **True**
5. Recreation and leisure programs do not assist individuals to cope with social isolation and loneliness. **False**
6. Community meaning can be enhanced with the preservation of historic landmarks. **True**
7. Community development is a task-oriented approach to programming. **False**
8. Social planning promotes indirect service delivery. **False**
9. Social action addresses social, economic, and environmental injustices. **True**
10. The social policy approach to programming involves the establishment of action, guidelines, principles, procedures, and rule. **True**

MULTIPLE-CHOICE QUESTIONS

1. This element can be promoted with tree planting, street sculpture, floral displays, landscaping, and improving building fronts
 - a. Environmentally sensitive practices
 - b. **Community attractiveness***
 - c. Leisure, social, and cultural programs
 - d. Opportunities for the involvement of people
 - e. Heritage management
2. This element can be promoted by finding ways to engage individuals in social contact, social discourse, and a renewal of the spirit of life
 - a. Environmentally sensitive practices
 - b. Community attractiveness
 - c. Leisure, social, and cultural programs
 - d. **Opportunities for the involvement of people***
 - e. Heritage management
3. This concept of community organization theory often includes confrontation
 - a. Social planning
 - b. Community development
 - c. Social marketing
 - d. **Social action***
 - e. Social policy

4. This concept of community organization is focused on satisfying participant needs
 - a. Social planning
 - b. Community development
 - c. **Social marketing***
 - d. Social action
 - e. Social policy
5. This approach to community organization results in indirect service delivery
 - a. Social planning
 - b. **Community development***
 - c. Social marketing
 - d. Social action
 - e. Social policy

SHORT ANSWER ESSAY QUESTIONS

1. What is meant by the terms *community liability* and *quality of life*? How and in what ways are recreation and leisure programs connected to these terms?
2. What does the broad concept of organizing community resources imply?
3. What is a community? How do communities provide individuals with a sense of belonging?
4. Identify five assets that recreation and leisure organizations bring to building community life?
5. Identify and describe five components that can assist in the building of community liveability. Locate and identify examples of each component in your own community.
6. What is a professional practice/strategy? How are such practices and strategies influenced by an organization's philosophy, mission, vision, and/or goals and objectives?
7. Identify and define five basic community organization practices and strategies.
8. What is the difference between direct service delivery and indirect service delivery? How does a given community organization practice and strategy relate to this concept?
9. Identify and discuss professional roles associated with basic community organization and practices.
10. Locate and discuss examples of basic community organization practices and strategies in your local community.

5

Leader–Participant Interface

TRUE/FALSE

1. Several recreation and leisure researchers interpret leadership to be situational. **True**
2. Four categories of leadership skills exist: technical, interpersonal, conceptual, and promotional. **False**
3. It is better for recreation and leisure program leaders to be proactive rather than reactive when managing risk. **True**
4. The Ohio State studies on leadership highlight two main components of leadership: task orientation and consideration of followers. **True**
5. The two leadership styles exhibited on the Tannenbaum and Schmidt continuum are authoritarian and laissez-faire. **False**
6. Being authentic is a distinctive feature of a quality interaction between recreation and leisure program leaders and followers. **True**
7. Important characteristics associated with servant leadership include active listening and good stewardship. **True**
8. Synergy is the collaboration of individuals' efforts, leading to a greater result than if someone tried to accomplish something on his or her own. **True**
9. Transactional leadership involves a change within the person. **False**
10. According to the tri-dimensional leader effectiveness model, maturity involves setting high but attainable goals. **True**

MULTIPLE-CHOICE QUESTIONS

1. Technical leadership skills involve
 - a. Knowledge of the recreation and leisure program's day-to-day operations
 - b. Marketing and promoting a recreation and leisure program
 - c. Being able to design a risk management plan for a recreation and leisure program
 - d. **All of the above***
 - e. None of the above
2. According to Fiedler's contingency model of leadership effectiveness, favorable situations include
 - a. Leader–member relationships
 - b. Task structure
 - c. **All of the above***
 - d. None of the above
3. Which of the dimensions listed below is NOT a part of George's authentic leadership model
 - a. Leading with the heart
 - b. Demonstrating self-discipline
 - c. **Using a laissez-faire style of leadership***
 - d. None of the above

4. Which distinctive features exist within quality leader–participant interactions
 - a. Sincerity
 - b. Caring
 - c. Self-centeredness
 - d. Prioritization of leader’s benefits
 - e. A and B***
 - f. None of the above
5. Which qualities are representative of an active listener?
 - a. Avoid interrupting the speaker
 - b. Reading body language
 - c. Making sure one’s own point is understood first before others'
 - d. A and B***
 - e. None of the above

SHORT ANSWER ESSAY QUESTIONS

1. What three categories of skills should leaders possess?
2. Describe how Tannenbaum and Schmidt define leadership, as well as how the situation factors into leadership style.
3. How do transactional and transformational leadership differ regarding the impact on the recreation and leisure program participant?
4. List and describe four of the characteristics associated with servant leadership.
5. What five characteristics are associated with authentic leadership?
6. What is synergy, and how does effective leader–participant interfacing impact synergy?
7. What five main characteristics are associated with quality leader–participant interactions?
8. What is the significance of kindness in leading recreation and leisure program participants?
9. How does active listening enable growth within recreation and leisure program participants, as well as within the leaders themselves?
10. From a recreation and leisure program leader’s perspective, what might be some of the challenges to engaging in a positive and cooperative attitude with participants?

6

Leisure and Programming

TRUE/FALSE

1. Knowledge of theoretical frameworks helps avoid a shotgun approach to programming. **True**
2. Dark tourism is associated with the anti-structure theory of leisure. **False**
3. The cultivation of one's mind during leisure can be thought of as an ontological leisure theory. **True**
4. Neulinger's theory of leisure proposes three pillars involving combinations of leisure, work, and job. **False**
5. Black spot leisure is a form of postmodern leisure devoted to celebrating death. **True**
6. The theory of anti-leisure suggests that rituals occurring outside of daily life are a form of leisure. **True**
7. Serious leisure is the systematic pursuit of an amateur, hobbyist, or volunteer activity. **True**
8. Balanced leisure activities occur on a consistent or regular basis close to or in one's home. **False**
9. Benefits-based programming focuses on determining what services are currently offered in a successful fashion. **False**
10. The human services approach to programming promotes a social ethic in which services are related to community needs. **True**

MULTIPLE-CHOICE QUESTIONS

1. This way of viewing leisure involves a devotional practice whereby individuals commit themselves to pleasurable and exciting experiences
 - a. Theory of flow
 - b. **Liquid leisure***
 - c. Anti-structure leisure
 - d. Neulinger's leisure paradigm
 - e. All of the above
2. This theory involves balancing the challenge with an individual's skills
 - a. **Theory of flow***
 - b. Liquid leisure
 - c. Anti-structure leisure
 - d. Neulinger's leisure paradigm
 - e. None of the above
3. Spontaneous activities on one end of the continuum, highly exotic ones on the other
 - a. Direct vs. indirect continuum
 - b. Service continuum
 - c. Serious leisure continuum
 - d. Core and balanced leisure continuum
 - e. **Casual/structured leisure continuum***

4. Determining what successful programs have been offered in the past and repeating
 - a. **Traditional approach***
 - b. Expressed desires approach
 - c. Current/best practices approach
 - d. Cafeteria approach
 - e. Benefits approach
5. Programming involves crafting a menu or smorgasbord of services
 - a. Traditional approach
 - b. Expressed desires approach
 - c. Current/best practices approach
 - d. **Cafeteria approach***
 - e. Benefits approach

SHORT ANSWER ESSAY QUESTIONS

1. What is meant by the term *theory*?
2. Why is the knowledge of leisure theory important in producing leisure experiences?
3. What is the relationship between the recreation and leisure programming process and leisure theory?
4. Identify and define three major leisure theories and discuss implications for program planning.
5. What is meant by the term *the program continuum*?
6. Identify and discuss three program continuums. What are the similarities and differences between these?
7. What is meant by the term *program approach*?
8. Identify and discuss three program approaches. What are the similarities and differences between these?
9. Identify in your local community ways leisure theory is used in the program planning process.
10. Discuss examples of various program approaches in your community.

7

Diverse & Marginalized Populations

TRUE/FALSE

1. Social capital is the social networks and connections among individuals that create norms of reciprocity and trustworthiness that often develop because of recreation and leisure-based endeavors. **True**
2. A person from a minority ethnic background who has appreciation for the ethnic group to which he or she belongs would be in the conformity stage of the minority identity development (MID) model. **False**
3. Recreation leaders who learn about their own racial and cultural heritage and how it personally and professionally affects their definitions and biases is learning cross-cultural knowledge. **True**
4. Chronic and persistent stress disrupts the brain's stress response, resulting in excessive glucocorticoid release and a reduction in glucocorticoid receptors, which can lead to brain degeneration. **True**
5. The "I" triad consists of information, include, and involve. **False**
6. The decline of recreation and leisure programs as social capital contributed to Kensington, a neighborhood in Philadelphia, becoming one the most dangerous and crime-ridden areas in the United States. **True**
7. Cultural encapsulation is the practice of ignoring cultures. **True**
8. Many leisure agencies, like other societal institutions, have a hidden, discriminatory, or abusive past when it comes to serving people from minority racial-ethnic groups. **True**
9. Twenty-five percent of the civilian noninstitutionalized population aged 15 or older has a disability, with 6.6% identified as having a severe disability. **False**
10. Three fundamentals for providing leisure programs for people with disabilities are accessibility, accommodations, and adaptations. **True**

MULTIPLE-CHOICE QUESTIONS

1. The three-phase cross-cultural competences framework consists of
 - a. Knowledge, skills, and abilities
 - b. Skills, aspirations, and abilities
 - c. Awareness, competence, and abilities
 - d. **Knowledge, skills, and awareness**
2. Which of the following is a leisure program designed to help people who are homeless that has partnered with the City of Los Angeles Department of Recreation and and uses Gladys Park and San Julian Park
 - a. **Single Room Occupancy (SRO) Housing Corporation***
 - b. Camp Homeward Bound
 - c. Strike Night
 - d. None of the above
3. Overall poverty rate in the United States
 - a. 28.5%
 - b. 26.2%
 - c. 23.3%
 - d. **14.8%***

4. An inclusion specialist has what role in a recreation and leisure agency
 - a. Helping people with disabilities experience leisure
 - b. Training recreation and leisure professionals on inclusive practices
 - c. Facilitating accessibility, accommodations, and adaptations
 - d. **All of the above***
5. Which of the following is not accurate (not true) regarding the Americans With Disabilities Act (ADA)
 - a. A civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life
 - b. **Is an advocate-driven framework***
 - c. Most ADA complaints alleging disability discrimination are made to the U.S Department of Justice
 - d. Ensures that people with disabilities have the same rights and opportunities as everyone else

SHORT ANSWER ESSAY QUESTIONS

1. What is social capital, and how is it related to recreation and leisure programming for diverse and marginalized populations?
2. Explain what is meant by the view that recreation and leisure agencies need to embrace the wrongs they committed and celebrate that there is time to start anew.
3. In regard to Table 7.1 that lists attitudes, beliefs, and skills needed to provide recreation and leisure programs across diverse cultures, what three propositions do you need to develop? Explain why.
4. Connecting recreation and leisure programming with the minority identity development (MID) model, what difference might you expect when working with a person who acts out of the conformity stage versus the introspective stage? Explain your answer.
5. Name five recreation and leisure programs specifically focused on helping people who are homeless. Which program do you think you could duplicate in your future career?
6. Related to living in poverty, explain the social causation and social stress model and the individual and societal consequences of people living in intense and chronic stress. Further, explain how recreation and leisure programming can mediate the potential individual and societal consequences due to acute and persistent stress.
7. In your community, visit a community parks, along with other recreation and leisure agencies, in an upper class/wealthy section and in a poorer section of your town or city. What differences did you notice about the setting and programs?
8. Explain the "I" triad and how you would use it in recreation and leisure programming in your future vocation. What steps would you take?
9. Name four recreation and leisure programs specifically focused on helping people who are LGBT. Which program do you think you could duplicate in your future career?
10. Discuss why recreation and leisure agencies should hire an inclusion specialist when it comes to recreation and leisure programming for people with disabilities. How might an inclusion specialist help a recreation and leisure agency in the areas of accessibility, accommodations, and adaptations?

8

Program Benefits

TRUE/FALSE

1. Today, recreation and leisure service organizations use program benefit information to organize programs and services that will have beneficial outcomes for their constituents. **True**
2. Economic benefits refer to the value of changes resulting from recreation and leisure involvements, such as spending and enhanced health. **True**
3. There are noneconomic benefits concerned with behavioral values and changes, but these are not important in recreation and leisure programming. **False**
4. Research has not clearly established specific benefits to participation in recreation and leisure programs. **False**
5. NRPA advocates parks and recreation as having economic value, health and environmental benefits, and social importance. **True**
6. The American Planning Association has embraced the importance of parks and recreation and the benefits of these systems in communities to combat the impacts of development, sprawl and congestion, and quality of life. **True**
7. The benefits that people seek from recreation and leisure experiences have been well documented in the literature. **True**
8. Recreation has not been proven as a therapeutic tool helping to restore physical, mental, and social capacities and abilities. **False**
9. Arts and culture contribute to mental health. **True**
10. Recreation and leisure has been correlated with healthy lifestyles. **True**

MULTIPLE-CHOICE QUESTIONS

1. Driver, Brown, and Peterson (1986) noted two types of benefits
 - a. Economic
 - b. Noneconomic
 - c. Services
 - d. Experiences
 - e. **A and B***
 - f. B and D
 - g. A and C
2. Today, recreation and leisure organizations use program benefits information to
 - a. Plan activities
 - b. Promote activities
 - c. Justify budgets
 - d. A and B
 - e. B and C

- f. **A, B, and C***
- 3. Just as water, sewer, and public safety are considered essential public services, parks are vitally important to
 - a. Establishing and maintaining the quality of life in a community
 - b. Ensuring the health of families and youth
 - c. Contributing to the economic and environmental well-being of a community and a region
 - d. A and B
 - e. **A, B, and C***
- 4. Leisure and recreation benefits are numerous, but can be categorized into the following
 - a. Personal
 - b. Community
 - c. Psychological
 - d. Economic
 - e. Social
 - f. A, B, C, and D
 - g. **A, B, C, D, and E***

SHORT ANSWER ESSAY QUESTIONS

1. What is meant by a recreation and leisure benefit?
2. Give five examples of recreation and leisure benefits.
3. What is the rationale for benefits-based approaches to recreation and leisure programming?
4. Why are benefits important?
5. What are the main categories of benefits?
6. Give two specific research examples of benefits and how they were documented in the literature.
7. How has the benefits-based movement developed in the recreation and leisure profession?
8. What five individual benefits do you seek when participating in a recreation and leisure program?
9. Define a benefit.
10. Define noneconomic and economic recreation and leisure benefits.

9

Participant-Centered Program Planning

TRUE/FALSE

1. Recreation and leisure programming can best be viewed as a process. **True**
2. Recreation and leisure programming is systematic and scientific as well as artistic. **True**
3. Recreation and leisure programming involves delivering benefits or the expectation of benefits to participants. **True**
4. The initial step in the participant-centered programming process involves establishing goals and objectives. **False**
5. Preprogramming design elements into the participant-centered programming process involves reviewing primarily the content areas of the program. **False**
6. Age and stage programming involves assisting individuals in gaining skills, knowledge, and abilities that aid in their transformation and growth. **False**
7. Intervention programming is aimed at stopping undesirable actions before they occur. **False**
8. Prevention programming is aimed at addressing situations after they have emerged or been exhibited by an individual. **False**
9. Linear programming views the process and the context of time. **True**
10. Community-building programming is focused on enhancing assets related to livability and quality of life. **True**

MULTIPLE-CHOICE QUESTIONS

1. The elements represented in the process of program planning involve
 - a. Creating the vision
 - b. Creating the environment
 - c. Creating the connection
 - d. **All of the above***
 - e. None of the above
2. Building relationships between and among participants and the leader is referred to as
 - a. Creating the vision
 - b. Creating the environment
 - c. **Creating the connection***
 - d. All of the above
 - e. None of the above
3. Combines individuals across dimensions into a unified cohort group
 - a. Age and stage programming
 - b. **Crossed-contextual programming***
 - c. Preventive programming
 - d. Transformational programming
 - e. Programming as a social instrument

4. Used as a mechanism of social change
 - a. **Social instrument programming***
 - b. Community building programming
 - c. Linear vs. developmental programming
 - d. Systematic vs. humanistic programming
 - e. Fantasy programming
5. Provides dimensions that increase or decrease the pace of engagement
 - a. Escape programming
 - b. Educationally based programming
 - c. **Slow vs. fast programming***
 - d. Active vs passive programming
 - e. Entertainment programming

SHORT ANSWER ESSAY QUESTIONS

1. What is meant by participant-centered programming?
2. What are the implications of the statements that programs are vehicles to deliver leisure experiences?
3. Discuss three basic elements in crafting a leisure experience.
4. Outline the six-step process in the participant-centered program planning model.
5. Describe in detail any two of the six steps in the participant-centered program planning model.
6. Identify and describe three types of goals and objectives in the participant-centered program planning process.
7. Why is program evaluation important?
8. What is the difference between formative and summative evaluation.
9. What is quality assurance?
10. List three considerations that a recreation and leisure programmer may review and discuss the implications for programming?

10

Needs Assessments

TRUE/FALSE

1. It is imperative today that recreation and leisure service organizations conduct needs assessments to justify budgets for programs. **True**
2. Needs assessment is the first step in program planning. **True**
3. Needs identification allows for targeting services that will have the most beneficial impact or outcome for a population. **True**
4. A need is not an essential requirement that can be identified. **False**
5. Examining needs helps to improve services to target populations. **True**
6. A needs assessment is a primary tool in the recreation and leisure planning process. **True**
7. Recreation and leisure organizations regularly conduct needs assessments. **False**
8. Funding initiatives is more important than spending resources on needs assessments and evaluation. **False**
9. Needs assessments and evaluation only reveal success or failure. **False**
10. Needs assessments are too complicated and costly and must involve outside experts. **False**

MULTIPLE-CHOICE QUESTIONS

1. Specific information sought in a needs assessment include
 - a. Existing and potential park and recreation resources
 - b. Desired programs and facilities
 - c. Gap analysis
 - d. Funding and pricing
 - e. **All of the above***
 - f. A and B
2. From a marketing perspective for recreation and leisure
 - a. A need is a consumer's desire for a product or service's specific benefit whether that be functional or emotional
 - b. A want is the desire for products or services that are not necessary, but which consumers wish for
 - c. A need means parks and recreation agencies must provide those services and people will attend the event/program
 - d. A and C
 - e. **A and B**
3. A number of basic human needs relate to recreation and leisure
 - a. New experiences such as adventure
 - b. Relaxation, escape, and fantasy
 - c. Recognition and identity
 - d. Physical activity and fitness

- e. **All of the above***
 - f. A, C, and D
4. Leisure and recreation needs have been classified by Mercer (1973) and Bradshaw (1972) as
- a. **Normative, felt, expressed, and comparative***
 - b. Community, economic, and social
 - c. Psychological, social, and community
 - d. All of the above

SHORT ANSWER ESSAY QUESTIONS

1. Discuss what is meant by the term *needs assessment*?
2. Define needs identification.
3. Define and provide examples of needs, desires, and wants.
4. What is meant by concept of systematic research?
5. Discuss and provide examples of a normative needs approach that could be used in your community.
6. How can a comparative needs approach be used in your community?
7. What steps are involved in a needs assessment study?
8. Identify the last time a needs assessment was conducted in your community. How were the findings used, and what impact did the assessment have?
9. Contrast the needs approach by the City of Homer, Alaska; City of Los Angeles, California; and Town of Essex, Vermont. How are they similar, and what was the purpose of the assessments?
10. Discuss one method of needs assessment and how it may be useful in establishing programs.

11

Program Areas

TRUE/FALSE

1. Because of the unique nature of recreation and leisure dance programs, it is important and often essential to have a dance-specific facility or area in which to conduct activities. **True**
2. Visual arts is about designing something for utilitarian purposes. **False**
3. New arts recreation and leisure programs can involve digital photography and learning how to use Photoshop. **True**
4. Self-improvement recreation and leisure programs focus only on the emotional development of a participant. **False**
5. Genealogy is an example of a recreation and leisure program that falls under the wellness/fitness program area. **False**
6. Aquatics recreation and leisure programs can occur at indoor pools, outdoor pools, and open water areas such as rivers and lakes. **True**
7. Outdoor recreation and leisure programs encourage conservation and preservation. **True**
8. Wellness/fitness recreation and leisure programs can include exercise classes, stress management discussion groups, and alcohol awareness lectures. **True**
9. Hobbyists require little to no support from the local recreation and leisure organization. **False**
10. Because volunteers are unpaid, recreation and leisure program leaders should treat them differently than paid staff members who are working within the same program. **False**

MULTIPLE-CHOICE QUESTIONS

1. Which example falls under the crafts recreation and leisure program area
 - a. **Silversmithing***
 - b. Digital photography
 - c. Puzzle building
 - d. All of the above
 - e. None of the above
2. Which example falls under the self-improvement/educational activities program area
 - a. Sign language
 - b. Financial management classes
 - c. Crochet
 - d. **A and B***
 - e. All of the above
 - f. None of the above

3. Which example falls under the travel/tourism program area
 - a. RV trip
 - b. Day trip
 - c. Cruise
 - d. A and B
 - e. A, B, and C***
 - f. None of the above
4. Features seen at aquatic centers include
 - a. Lazy river
 - b. Locker rooms/shower rooms
 - c. Concession/vending area(s)
 - d. A and B
 - e. A, B, and C***
 - f. None of the above
5. According to the National Program for Playground Safety, how many general age groups should be considered when designing playground spaces
 - a. 1
 - b. 2***
 - c. 3
 - d. None of the above

SHORT ANSWER ESSAY QUESTIONS

1. What are 2–3 categorical groupings of variables that factor into program area design?
2. What are the programmatic guidelines when facilitating dance programs or activities?
3. What are the basic components associated with the design of a dog/pet park?
4. List 2–3 benefits of participating in community gardening.
5. Why might participants volunteer to help facilitate a recreation and leisure program or activity?
6. Explain what is meant by the term *shelf life* in the design of a social recreation program or activity.
7. What are some recommendations for supervisory staff involved in aquatics programs?
8. List 2–3 programmatic ideas associated with the visual arts.
9. What are a few benefits to participants involved in interactive gaming?
10. Using the various categories associated with the wellness/fitness program area, identify 2 programs or activities that occur in your community and the wellness/fitness benefits for participants.

12

Program Formats

TRUE/FALSE

1. A competitive recreation and leisure program format involves judging a participant against another participant's performance. **True**
2. The "win at all costs" mentality within a competitive recreation and leisure program format can lead to a potential loss of participants over time. **True**
3. Because a drop-in or open recreation and leisure program format usually involves unstructured time for participants, it is not necessary to post organizational policies or procedures for program involvement. **False**
4. Having manageable ratios within an instructional recreation and leisure program format is directly connected to participant enjoyment and involvement. **True**
5. Clubs are rarely self-regulating and usually require the leadership expertise of the recreation and leisure organization. **False**
6. Ad hoc planning committees often form to help develop special events. **True**
7. Learning kinesthetically at a workshop or conference involves learning by pure observation. **False**
8. A special interest group can form around geographic location or a participant's role in his or her family. **True**
9. An outreach program format involves taking recreation and leisure services to the participants in the community. **True**
10. Special events are usually a financial burden for communities that host or sponsor them. **False**

MULTIPLE-CHOICE QUESTIONS

1. What is a common program or activity under the competitive program format
 - a. Tournament
 - b. League
 - c. Special event
 - d. Coaching conference
 - e. **A and B***
 - f. A, B, C, and D
 - g. None of the above
2. Two main goals of instructional recreation and leisure programs or activities are
 - a. To teach new skills to participants
 - b. To provide opportunities for participants to socialize
 - c. To refine existing skills of participants
 - d. **A and C***
 - e. None of the above

3. What are common planning areas associated with special events?
 - a. Crowd control
 - b. Parking
 - c. Ticket sales
 - d. A and B
 - e. A, B, and C***
 - f. None of the above
4. What are the various categories of participant constraints highlighted by Jackson (1993) that may lead a recreation and leisure organization to develop an outreach program?
 - a. Interpersonal constraints***
 - b. Digital constraints
 - c. Monumental constraints
 - d. All of the above
 - e. None of the above
5. What benefits can workshops or conferences provide to recreation and leisure participants?
 - a. Networking opportunities with other participants
 - b. Skill development or refinement
 - c. Individual recognition or awards
 - d. All of the above***
 - e. None of the above

SHORT ANSWER ESSAY QUESTIONS

1. Why is it important to evaluate the recreation and leisure agency's mission and philosophy when considering which program format to use?
2. What are the various ways that a participant's performance can be judged within a competitive program format?
3. What may be some of the repercussions of a "win at all costs" mentality among participants who are involved in a competitive program or activity?
4. What type of participation or involvement does a drop-in or open program format encourage?
5. What are a few important points for recreation and leisure programmers to consider when managing a drop-in or open program or activity?
6. What is the benefit of maintaining healthy leader-to-participant ratios within an instructional program or activity?
7. What is the recreation and leisure agency's leadership role within a club program format?
8. What is an ad hoc committee, and what is the ad hoc committee's role within a special event?
9. In what ways can workshops or conferences positively impact participants who attend them?
10. What unique steps within the outreach program format can recreation and leisure programmers take to include participants from a community?

13

Program Promotion

TRUE/FALSE

1. The process of promotion provides a platform of familiarizing, creating images, attitudes, and a willingness to register (and buy when appropriate) a service. **True**
2. Promotion involves communication between the recreation and leisure service organization and the target markets. **True**
3. Promotion is separate from the program communication process. **False**
4. A target market is a group of people who have specific needs. **True**
5. Most recreation and leisure organizations have large promotion budgets. **False**
6. The Internet and social media have changed the way promotion is implemented. **True**
7. Participants have more choices than ever before, but increasingly they influence and are influenced through their online social networks. **True**
8. Newspapers are no longer a primary tool for promotion. **True**
9. News releases are of little value in parks, recreation, and leisure programming. **False**
10. Letters to the editor can be used support program promotion. **True**

MULTIPLE-CHOICE QUESTIONS

1. Markets are differentiated in a number of ways, including
 - a. Population size
 - b. Geographic location
 - c. Demographic characteristics (i.e., gender, ethnicity)
 - d. Psychosocial characteristics (i.e., risk-taking level)
 - e. **All of the above***
2. It is generally acknowledged that recreation and leisure program promotion methods consists of
 - a. Publicity
 - b. Sales promotion
 - c. Personal selling/contact
 - d. Public relations and advertising
 - e. A and D
 - f. **A, B, C, and D***

3. Promotion is a process of pulling participants to the recreation and leisure program via the use of
 - a. Words and images
 - b. Messages and reminders
 - c. Music
 - d. Pictures and symbols
 - e. **All of the above***
 - f. A, C, and D
4. Selecting appropriate promotion efforts should consider
 - a. What is being offered and promoted
 - b. What is the key message to relay
 - c. When the event is and when promotion should be used for maximum impact
 - d. What outlet should be used for promotion
 - e. **All of the above***
 - f. A, C, and D

SHORT ANSWER ESSAY QUESTIONS

1. What is the definition of promotion marketing?
2. What are the four *Ps* of marketing? What are the other *Ps* mentioned in the chapter?
3. What is the relationship of promotion and marketing?
4. What is the definition of target market?
5. What are the types of program promotion strategies?
6. What program promotion strategy works for a public agency in your town? What works for a nonprofit?
7. What types of social media are used by your local recreation and leisure organization?
8. What types of methods are used to deliver promotional messages in your community?
9. How has the Internet and social media impacted promotion?
10. What are the various components of the public relations process?

14

Technology & Programming

TRUE/FALSE

1. The “electronics revolution” that began in the late 20th century is considered transforming technology. **True**
2. A seasonal recreation and leisure program, such as a weeklong summer camp, can be extended into the rest of the calendar year via blogs, Facebook, and YouTube. **True**
3. Volunteerism has not changed with the onset of the digital age in recreation and leisure. **False**
4. Technological advancements within recreation and leisure programs and activities have led to a decrease in the emotional ties participants have with their recreation and leisure experience. **False**
5. The technological advancements that researchers point out as impacting recreation and leisure programs fall under one category: content advancement. **False**
6. Recreation and leisure program participants can virtually participate in programs and activities without physically being at the location. **True**
7. It is possible to develop a website outlining a recreation and leisure organization’s programs and activities, yet not connect with potential participants. **True**
8. Synchronous recreation and leisure program design occurs through a “different time–different place” mode; this type of program design involves videotaping programs or creating a media library. **False**
9. Hybridizing recreation and leisure program design means offering face-to-face as well as digital delivery methods. **True**
10. Older adults who participate in digitally designed recreation and leisure programs through virtual senior centers have higher levels of self-esteem and more social interactions with others. **True**

MULTIPLE-CHOICE QUESTIONS

1. What are some of the key considerations when designing prosocial content for youth in a recreation and leisure program
 - a. Developing realistic characters
 - b. Do the characters represent the youth who are being served
 - c. Do the characters engage in actions that youth can do
 - d. All of the above***
 - e. None of the above
 - f. A and B
2. Biometric recognition can use what anatomical traits to identify participants
 - a. Eyes
 - b. Fingerprints
 - c. Voice
 - d. All of the above
 - e. None of the above
 - f. A and B***

3. What are examples of technological advancements used in recreation and leisure programming
 - a. Tweeting about activities
 - b. Creating a blog about the recreation and leisure activity
 - c. Developing live broadcasts of certain activities
 - d. All of the above***
 - e. None of the above
 - f. A and B
4. According to Ewert and Sibthorp (2014), technology has impacted which areas within recreation and leisure programming
 - a. Transportation***
 - b. Religion
 - c. Self-confidence
 - d. All of the above
 - e. None of the above
5. According to Schmitt (1999), which area(s) is/are associated with marketing and promotion strategies that target participants and emphasize the experience?
 - a. Straight marketing
 - b. Dichotomous marketing
 - c. Feel marketing***
 - d. Draft marketing
 - e. All of the above
 - f. None of the above

SHORT ANSWER ESSAY QUESTIONS

1. What does the phrase *transforming technology* mean in terms of technological and digital advancements?
2. What is the broad definition of social media?
3. Describe two ways that the technological and digital advancements in the recreation and leisure field have impacted the volunteer services program area.
4. How have technological and digital advancements affected the concept of place attachment?
5. What five areas of recreation and leisure program design outlined by Ewert and Sibthorp (2014) have been affected by technology?
6. Give two examples of content advancement related to technology with recreation and leisure program design.
7. Describe two pieces of technologically advanced equipment and how those pieces of equipment have impacted the corresponding recreation and leisure program.
8. What four key concepts should recreation and leisure programmers consider when adding prosocial media content to recreation and leisure programs for youth?
9. What is biometric recognition, and how could this concept positively impact participant enrollment and registration for recreation and leisure programs?
10. List and describe the five areas associated with experiential marketing.

15

Supervision

TRUE/FALSE

1. A liability release form is an essential element on a registration form. **True**
2. In general, and in regard to cross-cultural communication, Asian American populations speak loud and fast to control the listener. **False**
3. A summarization is two or more sentences that condense the person's message to synthesis common themes. **True**
4. A well-written job description includes a title, administrative information, essential duties, additional or secondary responsibilities, and a general statement of job specifics. **True**
5. In Holland's person-environment interaction career model, a "Realistic Type" prefers work activities that entail complicated investigations. **False**
6. The American Camp Association has a participant-to-staff ratio for accredited resident camps of 1 staff for every 6 campers aged 6 to 8. **True**
7. There are different verbal and nonverbal communication styles among people from diverse ethnic culture. **True**
8. According to Maslow's hierarchy of needs, encouraging social interactions in a work environment aligns to self-esteem needs. **False**
9. A verbal warning usually details the offense of the employee and attempts to communicate the offense to the employee, corrective actions asked of the employee and his or her response, and future penalties that will be levied if the action is not corrected. **False**
10. Critical thinking allows supervisors to examine conflict objectively. **True**

MULTIPLE-CHOICE QUESTIONS

1. Which of the following is not one of Super's nine life roles
 - a. Leisurite
 - b. Worker
 - c. Spouse/Partner
 - d. **Volunteer***
2. Which of the following describes Herzberg's motivation-hygiene theory
 - a. **Factors in the work environment primarily influence the degree of job dissatisfaction, whereas intrinsic job content factors affect the amount of job motivation***
 - b. Perception of being treated fairly in comparison to other employees, which affects work motivation
 - c. Work behavior results from conscious choices among alternative choices based on a concept that employees want to maximize pleasure and minimize pain
 - d. None of the above

3. Which of the following accurately explains the norming stage of group work/development
 - a. Working collectively with minor problems and minimal involvement from a supervisor
 - b. **Group members are moving forward in a productive and professional manner***
 - c. Group members begin to share ideas about the task at hand, and it is common for there to be rival or competing ideas and points of views
 - d. The supervisor has a paramount role in outlining roles, responsibilities, the task, and its deliverables or outcomes
4. Which of the following describes a facility inventory
 - a. An examination of physical deteriorating facilities through a physical description and qualitative analysis
 - b. Assessment related to life expectancy of various facilities and physical features
 - c. Is part of facility supervision
 - d. **All of the above***
5. Which of the following is not accurate (not true) regarding a definition of supervision
 - a. A first-level manager in charge of entry-level and other department or unit employees
 - b. **A willingness to exert effort achieving a work goal***
 - c. An act of authority in the interest of an employer related to achieving desired results
 - d. Trained staff who oversee recreation and leisure facilities and the labor of recreation and leisure staff

SHORT ANSWER ESSAY QUESTIONS

1. What is supervision?
2. Explain how Super's life-span, life-space career development theory is important to supervision.
3. In regard to your future career in recreation and leisure services, which of the nine life roles identified by Super are important to you? Would you prefer a supervisor who is mindful toward some of these life roles?
4. What is the difference between giving-information skills and getting-listening skills, and how are both related to communication and supervision?
5. In groups of two, role-play the different listening skills/responses, and discuss how you felt during this experience.
6. Of the four models of employee motivation, which one makes the most sense to you? Explain your answer.
7. Discuss why performance appraisals are important and their connection to a well-written job description. Furthermore, look at the performance appraisal located in Figure 15.2 and explain what you found useful and surprising.
8. Discuss the role of critical thinking in organizational problem solving and in supervision.
9. Related to the six personality types identified by Holland, which one best describes you? Furthermore, think back to a job that you enjoyed and reflect on whether your personality type aligned to the job duties and work environment.
10. If possible, take the online Self-Directed Search (see <http://www.self-directed-search.com/>) and share with others if you felt this career inventory was helpful related to self- and career awareness.

16

Evaluation & Quality Assurance

TRUE/FALSE

1. Counting past peer-review publications and their citations is a wise step in identifying an expert related to expert judgment evaluation. **True**
2. Storytelling in evaluation provides insights and rich understanding that cannot be found through quantitative data. **True**
3. Formative evaluation is a method of evaluating a program at the end of a program. **False**
4. Research is a systematic investigation that contributes to a body of knowledge related to a specific phenomenon. **True**
5. In semistructured interviews, respondents choose answers to evaluative questions from a set of predetermined responses. **False**
6. Quality assurance results in a higher quality of services for customers. **True**
7. Experimental evaluation has an ability to indicate if a recreation and leisure program can cause an effect in a human domain. **True**
8. In complete participation, the role of evaluation is known. **False**
9. A mystery shopper design is connected to interview evaluation. **False**
10. An emergent observation evaluative design is connected to qualitative evaluation and case studies and has a flexible and changing focus. **True**

MULTIPLE-CHOICE QUESTIONS

1. Which of the following defines evaluation
 - a. A form of accountability
 - b. Judging the worth of programs and services on the basis of an analysis of systematically collected evidence
 - c. Ascertainment of the value and assessment whether or not program objectives have been met
 - d. **All of the above***
2. Which of the following describes quantitative evaluation
 - a. Emerging design
 - b. Oriented toward a goal-free model
 - c. **Examines one component of a program in isolation from the entirety of the program***
 - d. None of the above
3. Which of the following accurately explains qualitative evaluation
 - a. Typically uses paper-and-pencil techniques as a data collection instrument
 - b. **Evaluative appearance can change based upon sample***
 - c. Data collection consists of numbers
 - d. None of the above

4. First step to survey evaluation
 - a. Questionnaire design
 - b. Define the population
 - c. Identify evaluation question(s)**
 - d. None of the above
5. Which of the following accurately explains an explanatory case study
 - a. Focuses on establishing cause-and-effect relationships of a program or event within its context***
 - b. Presents a detailed accounting of a program or event within its context
 - c. A preliminary step to a broader evaluative study in order to inform the development of evaluation questions and design
 - d. None of the above

SHORT ANSWER ESSAY QUESTIONS

1. As a recreation and leisure professional, how do you know you are making a difference in another person's life or in a community? How might evaluation and quality assurance provide evidence that recreation and leisure programs are benefiting people and communities?
2. Explain the similarities and differences between evaluation and quality assurance.
3. Explain the similarities and differences between evaluation and research. Furthermore, why do you think the authors of this book stated, "A good understanding of various methods of data collection and analysis used for research leads to a solid foundation for conducting evaluation"?
4. Discuss the differences between quantitative and qualitative evaluation, including the characteristics and strengths of each approach.
5. What is a mixed method approach to evaluation or quality assurance?
6. Is a mystery shopper evaluation ethical? Explain your answer. Furthermore, go to either a movie theater or bowling alley and use the Mystery Shopper Pros criteria (p. 303) to evaluate this leisure agency.
7. Think of a recreation and leisure program you know well and explain how you could use an experimental evaluative design to judge the worth of this program.
8. In regard to recreation and leisure programming for children and youth, explain how drawing as a means of interviewing can be implemented as part of evaluation.
9. In regard to objectively locating prominent academics for expert judgment evaluation, go to university websites and find the profiles of three professors related to a similar topic (e.g., outdoor recreation, therapeutic recreation, tourism). Examine their publications (especially related to peer-reviewed journals) and share what are they considered an expert in and which professor might have greater expertise.
10. Discuss why storytelling should be part of evaluation and quality assurance.

17

Leisure Education

TRUE/FALSE

1. Providing television/screen diets in which participants become reflective of their screen time and replace some of it with new leisure activities is a type of media literacy leisure education. **True**
2. Project-based leisure education is a cross-cultural leisure education model, which has person-centered and ecological underpinnings. **True**
3. An important component in Take Back Your Time is learning social interaction skills. **False**
4. Berryman and Lefebvre's leisure education model presented the first cross-cultural leisure education model. **True**
5. In media literacy leisure education, critical thinking is part of the knowledge structures component. **False**
6. Leisure education is defined as a developmental process through which an individual develops an understanding of leisure, of self in relation to leisure, and of the relationship among leisure, lifestyle, and society. **True**
7. Stride Night/Circles program is an example of leisure education to remedy criminal recidivism and develop social justice. **True**
8. Family expectations regarding family leisure are part of Dattilos's leisure education model. **False**
9. Vacation awareness is part of the Together We Play model. **False**
10. Active living to remedy obesity is a social policy leisure education program. **True**

MULTIPLE-CHOICE QUESTIONS

1. Which of the following explains a system-directed or ecological approach to leisure education
 - a. Prevents or remedies social problems
 - b. **Changing communities or environmental factors for a person to experience leisure***
 - c. People making personal changes and adjustments in order to experience leisure
 - d. All of the above
2. Which of the following best describes the 1988 Bruce Springsteen rock 'n' roll concert in Communist East Germany (Berlin) that helped "change the world"
 - a. **Informal leisure education***
 - b. Person-centered leisure education
 - c. Part of the Leisure Education Advancement Project
 - d. Media literacy leisure education
3. Which of the following is not part of the Leisure Education Toward Happiness (Leth) model
 - a. Eudemonic happiness
 - b. **Information-processing tools***
 - c. Signature strengths
 - d. Classical leisure

4. First step in the drama education about leisure for supportive human networks
 - a. The network of people begins to understand leisure from the perspective of people living with dementia
 - b. **Engage in critical reflection to examine if authentic leisure occurs for people with dementia and in their supportive network***
 - c. Reflection related to an alternative discourse on leisure
 - d. None of the above
5. Which of the following accurately explains project-based leisure education
 - a. **Moves the learning process away from a leisure expert teaching participants about leisure to a leisure professional learning about and constructing leisure with group participants via a collaborative process or an in-depth study of a particular leisure experience***
 - b. Leisure programmers function as leisure resource specialists to a multitude of community recreation leaders to help people (e.g., people with disabilities) experience leisure
 - c. A leisure education curriculum for grades kindergarten to 12
 - d. None of the above

SHORT ANSWER ESSAY QUESTIONS

1. What is leisure education, and how can it be used in recreation and leisure programming?
2. Explain the difference between formal and informal leisure education. Pertaining to informal leisure education and the information shared in the box titled “Leisure as Informal Education: The Berlin Rock ‘N’ Roll Concert That Changed the World,” what struck you as most relevant or interesting?
3. Of the many leisure education models shared in this chapter, which one seems most applicable to you related to your future career in recreation and leisure services. Explain your answer.
4. What is the difference between person-centered, system-directed, and social policy approaches to leisure education?
5. Either from an online or television source, locate a commercial that is attempting to have you purchase some object or experience (e.g., automobile, beer, golf clubs, toothpaste) and use the media literacy framework found in Figure 17.3 to dissect it. Explain your answers. Did you feel empowered during this activity?
6. Do an online search with the keywords *media literacy activities* and *media education activities*. What resources did you find that you could use in recreation and leisure programming?
7. Complete the worksheets in Figures 17.5 and 17.6. What did you learn from doing these leisure education activities?
8. Think of your favorite vacation. Now look at the top 10 reasons vacations matter (pp. 326–327). Which reasons or benefits occurred for you during your favorite vacation?
9. If Americans, like many Europeans, had 4–6 weeks of paid vacation time (instead of 8–10 days), speculate how this would impact health, personal relationships, communities, and the environment. Would more vacation time affect quality of life? Explain your answer.
10. Should recreation and leisure agencies in the United States try to influence government and industry to increase paid vacation time for workers via formal system-directed leisure education? If so, how would you start such an endeavor or service?

18

Trends, Fads, Issues, & New Opportunities

TRUE/FALSE

1. Mega trends are invisible one moment yet widespread the next, shaping the way we live, work, and play. **True**
2. Creativity is the use of one's imagination to bring about new and dynamic programs. **True**
3. Leisure has not been linked to one's health and well-being. **False**
4. The concept of walkability is useful in addressing many of the nation's health concerns including obesity, cardiovascular disease, diabetes, asthma, and depression. **True**
5. Marketing by generational segmentation involves creating greater volunteer opportunities for families. **False**
6. Hobbies, especially crafts, are very fad driven. **True**
7. Entrepreneurs often create services addressing needs that heretofore had not been recognized. **True**
8. Intrapreneurship often involves bringing about change in large bureaucratic organizations. **True**
9. The Blue Ocean Strategy involves making competition irrelevant by opening new and uncontested market space. **True**
10. Value can be added to a service through the enhancement of the participant-leader interaction. **True**

MULTIPLE-CHOICE QUESTIONS

1. A trend can be thought of as
 - a. Impulse driven, producing a short-term level of emotional excitement or satisfaction
 - b. **A general tendency or direction***
 - c. Influenced by a quickness in the rise and fall of popularity
 - d. A and C
 - e. None of the above
2. A fad can be thought of as
 - a. Impulse driven, producing a short-term level of emotional excitement or satisfaction
 - b. A general tendency or direction
 - c. Influenced by popular culture
 - d. **A and C***
 - e. None of the above
3. Meta trends refer to
 - a. Events similar to outbreaks of infectious diseases
 - b. Reflections of new directions
 - c. A state beyond our current way of thinking
 - d. **All of the above***
 - e. None of the above

4. The built environment can be thought of as
 - a. **An inhabited area used by individuals to facilitate their interactions with others***
 - b. The garnering of public support for recreation and leisure
 - c. The bonding together of community structures
 - d. All of the above
 - e. None of the above
5. Which of the following activities are very fad driven
 - a. Children's toys
 - b. Music
 - c. Coloring books
 - d. Paddleball
 - e. **All of the above***

SHORT ANSWER ESSAY QUESTIONS

1. What is a recreation and leisure program trend?
2. How is change and transformation related to successful recreation and leisure programming?
3. How can one distinguish between meta trends and mega trends?
4. What are some of the emerging meta trends impacting recreation and leisure services in your community, in your state, and in the nation?
5. What is a recreation and leisure program fad? What are some of the recreation and leisure fads of today that will become obsolete in the future?
6. Why is it important to monitor trends and fads?
7. What is a recreation and leisure program issue? In your local community, what issues are currently being addressed by recreation and leisure service organizations?
8. In what ways is the application of one's skills in innovation and creativity necessary in the establishment of new recreation and leisure program designs?
9. What is the essence of the Blue Ocean Strategy, and why is it important in the creation of new recreation and leisure programs?
10. What strategies can be applied in the development of new program opportunities? Provide examples of the application of each strategy as applied to existing recreation and leisure programs.