



## UNIVERSITI TEKNOLOGI MARA

### SED462: LEISURE STUDIES

<b>Course Name (English)</b>	LEISURE STUDIES <b>APPROVED</b>
<b>Course Code</b>	SED462
<b>MQF Credit</b>	3
<b>Course Description</b>	This course is designed to provide a comprehensive introduction on the aspect of leisure. It is also aimed to serve as a source for students in providing context and direction when conducting research that employ a social psychological approach. The understanding of leisure will also help them in choices of physical activities as individuals and future educators.
<b>Transferable Skills</b>	Students should be able to provide suggestions on choices of activities during leisure and demonstrate social responsibility towards leisure behavior of various age groups.
<b>Teaching Methodologies</b>	Lectures, Blended Learning, Case Study, Discussion, Presentation, Small Group Sessions
<b>CLO</b>	CLO1 • Explain the significance of leisure time and its benefits to the society. CLO2 • Demonstrate social skills from leisure behavior over the life span in relation to choices of physical activities (A3) CLO3 • Report verbally and in writing on the impact of leisure experience of diverse society in physical activity participation (A3)
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. PART1: UNDERSTANDING LEISURE WITH SOCIAL PSYCHOLOGY</b> 1.1) Why study leisure? 1.2) The History of Leisure 1.3) The Theories and Benefits of Leisure	
<b>2. PART 2: SOCIAL PSYCHOLOGY OF LEISURE ESSENTIALS</b> 2.1) Social Psychological Approaches for Studying Leisure 2.2) Research methods used in the Study of Leisure 2.3) Leisure Experience 2.4) Leisure Needs 2.5) Leisure Motivations	
<b>3. PART 3: LEISURE AND THE PERSON</b> 3.1) Personality, Attitudes, and Identity as Personal Influences on Leisure 3.2) Age and Gender as Determinants of Leisure Behavior and Experiences	
<b>4. PART 4: THE SOCIAL CONTEXT OF LEISURE</b> 4.1) Social Influences in the Creation of Leisure: 4.2) Influence of family and peers 4.3) Influence of media and technology 4.4) Influence of work 4.5) Race, Ethnicity, Culture, and Leisure	
<b>5. PART 5: LEISURE AND OTHER AREAS OF LIFE</b> 5.1) Leisure and Education 5.2) Leisure In The Lifecycle 5.3) Leisure in your Community 5.4) Optimizing Leisure Outcomes	

<b>Assessment Breakdown</b>	<b>%</b>
Continuous Assessment	100.00%

<b>Details of Continuous Assessment</b>	<b>Assessment Type</b>	<b>Assessment Description</b>	<b>% of Total Mark</b>	<b>CLO</b>
	Assignment	A report on article review on the impact of leisure experience of diverse society and verbally explain its impact on individuals and society.	20%	CLO3
	Group Project	Group research Project based on a selected game on a specific life-span. A video presentation and a written report must be submitted.	40%	CLO2
	Test	Explain the significance of leisure time and its benefits to the society	40%	CLO1

<b>Reading List</b>	<b>Reference Book Resources</b>	<ul style="list-style-type: none"> <li>• Kleiber, D.A., Walker, G.J., &amp; Mannell, R.C 2013, <i>A Social Psychology of Leisure</i>, 2nd Ed., 1-5, Venture Publishing. State College, PA:</li> <li>• Godbey, G., &amp; Parker 1976, <i>Leisure Studies and Services: An Overview</i>, Saunders Company</li> <li>• Kleiber, D. A. &amp; McGuire, F. A. 2016, <i>Leisure and Human Development</i>, Sagamore</li> </ul>
<b>Article/Paper List</b>	This Course does not have any article/paper resources	
<b>Other References</b>	This Course does not have any other resources	