

## **SPORTS, LEISURE AND RECREATION IN THE UNITED STATES (Prof. Daniel, G. Yoder, Western Illinois University)**

### **OBJECTIVES:**

The main objective of this part of the course is to present a general overview of the field of sports, leisure and recreation in the United States establishing common characteristics as well as differences with the situation in Spain, in order to learn from different approaches in this field and the different social contexts of each country. After completing this course the student should be able to:

- Understand the basic structure of the field of sports, leisure and recreation in the United States.
- Understand the sports, leisure and recreation opportunities provided by the public sector in the United States.
- Understand the sports, leisure and recreation opportunities provided for people with disabilities in the United States.
- Apply basic principles for promoting physical activity and recreation for health across the lifespan.
- Acquire a general knowledge about professional career opportunities offered in the United States in this field.
- Identify common characteristics and differences between the field in Spain and the United States.

### **CONTENT:**

This part of the course will take place with classroom activities, which will provide an understanding of the structure of the sports, leisure and recreation field in the United States paying special attention to the public sector, to people with disabilities, and to health promotion activities. Comparison between the situation in Spain and the United States will be given constantly. Furthermore, an overview about professional career opportunities in the field in the United States will be provided.

Classroom activities (8 hours):

- Structure and organization of the sports, leisure and recreation field in the United States (1.5 hours)
- The provision of sports, leisure and recreation opportunities in the public sector in the United States (1.5 hours)
- The provision of sports, leisure and recreation opportunities for people with disabilities in the United States (2 hours)

- Physical activity and recreation across the lifespan in the United States. The relationship between recreation and health. (2 hours)
- Professional career opportunities in the United States (1 hour)

**EVALUATION:**

Students will be evaluated on the basis of their performance in workshop discussions and on the basis of the creative assignments they complete on a daily basis. This will account for 60% of the final grade. After the conclusion of the classes, each student will turn in a portfolio of edited creative work to Daniel G. Yoder by email. The portfolio will account for 40% of the final grade of Modulo B.