

REHA 1008 INTRODUCTION TO LEISURE AND RECREATION THEORY

Credit Points 10

Legacy Code 401395

Coordinator Nicole Peel ([https://directory.westernsydney.edu.au/search/name/Nicole Peel/](https://directory.westernsydney.edu.au/search/name/Nicole%20Peel/))

Description Introduction to Leisure and Recreation Theory introduces students to key concepts in leisure and recreation, particularly as they relate to health and well-being. Students will learn about models and theories that assist them in understanding leisure behaviours and recreation practices from different perspectives. The various disciplinary approaches to leisure studies and practice are reviewed, and the multifaceted nature of leisure is explored. In particular, students are encouraged to identify, articulate, reflect upon, and value leisure in their own lives and the lives of others.

School Health Sciences

Discipline Rehabilitation Therapies, Not Elsewhere Classified.

Student Contribution Band HECS Band 2 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 1 subject

Incompatible Subjects REHA 2002 - Introduction to Leisure and Recreation Theory

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Explain key leisure and recreation theories and how they relate to social inclusion/exclusion and human rights in contemporary society;
2. Recognise the historical developments of leisure and recreation in Australia and elsewhere;
3. Describe the socio-cultural factors that influence leisure and recreation behaviour and experiences in contemporary society;
4. Identify the range of leisure services available in Australia and how these services fit within the wider political and social context;
5. Summarise the importance of leisure and recreation for individual and population health and wellbeing

Subject Content

1. History of leisure
2. Disciplinary perspectives in leisure and recreation studies
3. Leisure Service Delivery Systems
4. Leisure and wellbeing
5. Leisure, social justice and human rights
6. Globalisation of Leisure

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Debate	2 x 500 words each	40	N	Individual	N
Quiz	5 x 20 questions	20	N	Individual	N
Case Study	1,500 words	40	N	Individual	N

Prescribed Texts

- Veal, A. J., Darcy, S., & Lynch, R. (2013). Australian leisure (4th ed.). Frenchs Forest: Pearson Education Australia.

Teaching Periods

Spring (2025)

Campbelltown

On-site

Subject Contact Andrew Grainger ([https://directory.westernsydney.edu.au/search/name/Andrew Grainger/](https://directory.westernsydney.edu.au/search/name/Andrew%20Grainger/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA1008_25-SPR_CA_1#subjects)

Online

Online

Subject Contact Andrew Grainger ([https://directory.westernsydney.edu.au/search/name/Andrew Grainger/](https://directory.westernsydney.edu.au/search/name/Andrew%20Grainger/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA1008_25-SPR_ON_2#subjects)

Parramatta - Victoria Rd

On-site

Subject Contact Andrew Grainger ([https://directory.westernsydney.edu.au/search/name/Andrew Grainger/](https://directory.westernsydney.edu.au/search/name/Andrew%20Grainger/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA1008_25-SPR_PS_1#subjects)

Sydney City Campus - Term 3 (2025)

Sydney City

On-site

Subject Contact Liz Atteya ([https://directory.westernsydney.edu.au/search/name/Liz Atteya/](https://directory.westernsydney.edu.au/search/name/Liz%20Atteya/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA1008_25-SC3_SC_1#subjects)