



KIIS Paris I Program, Summer 2024

PSY 494: Special Topics – Psychology of Leisure and Recreation

Instructor: Prof. Graf

Email: grafal@nku.edu

Instructor's office hours: on site and by appointment

Syllabus subject to change

1. Course Description: How do we spend our free time? What influences those decisions? What physical and mental benefits do we reap from these activities? This class will examine these questions (and more) from various psychological perspectives. Students will engage with multiple forms of leisure and recreation, employing methodological tools to observe their own and others' experiences in relation to leisure, recreation, and sports. We will apply social and developmental theories in predicting and explaining observed similarities and differences. Topics may include modes of leisure and recreation; benefits and costs of leisure; lifespan patterns; cultural differences; personality and activity selection; etc. Students will shape the discourse by incorporating their own interests.

2. Overall KIIS Program Student Learning Outcomes:

KIIS Study Abroad Mission Statement:

KIIS provides high-quality education abroad programs for students from all diverse backgrounds that promote deep international learning, are integrated into the curriculum, and encourage critical and creative thinking. Our goal is to help students understand the wider world and develop personal and professional skills for lifelong enrichment. We strive to go beyond generalizations and cultural stereotypes to help foster a nuanced appreciation of the world in which we live.

Students participating on KIIS study abroad programs aim to:

- 1) Understand contemporary issues of their host country/countries (i.e. KIIS program location).
- 2) Develop skills to interact comfortably in a global setting.
- 3) Understand other cultures.

Prior to your KIIS study abroad program, and again at the conclusion of your program, KIIS will ask each student to a) answer a few multiple-choice questions, and b) write a short reflective essay (two paragraphs in length) related to the elements detailed above. There is no right or wrong answer, and your responses will not affect your grade in any way. The purpose of the exercise is to help KIIS measure the effectiveness of its study abroad programs.

3. Course Objectives and Specific Learning Outcomes:

By the completion of the course, students will be able to:

- DEFINE various concepts of leisure and IDENTIFY multiple well-being outcomes
- APPLY social and developmental psychology theories to understand the purpose, engagement, and outcomes of leisure/recreation activities
- IMPLEMENT one or more methodological tools to study leisure
- EVALUATE precipitating factors and barriers to participating in particular forms of leisure/recreation
- REFLECT on participation in multiple forms of leisure and impact on personal well-being

4. Major Topics covered in the Course (schedule is a work in progress and subject to change)

- **Week 1** – what is leisure, what are the outcomes, how do we know
 - Day 1 – Class discussion
 - Day 2 – Local practice observations/class discussion
 - Day 3 – Art excursion
- **Week 2** – personal and social factors that shape participation in leisure and recreation
 - Day 4 – Class discussion (possible local resident panel)
 - Day 5 – Shopping/dining scavenger hunt
 - Day 6 – Landscape/ecology excursion
- **Week 3** – the changing nature of leisure based on time and place and implications
 - Day 7 – Class discussion (possible guest speaker)
 - Day 8 – Virtual/technology discussion/excursion
 - Day 9 – Sporting event/activity excursion
- **Week 4** – optimizing leisure experiences for well-being
 - Day 10 – Class discussion (possible guest speaker)
 - Day 11 - Student presentations
 - Day 12 - Games/amusement excursion

5. Required Readings:

Walker, G. J., Kleiber, D. A., & Mannell, R. C. (2019). A social psychology of leisure (3rd ed.). Sagamore-Venture Publishing. ISBN/ISSN: 978-1-57167-939-0 (ebook is preferred)

Additional articles and leisure trends reports will be provided electronically.

6. Graded Assignments:

Assignment	Description	Points
Quizzes	Students will complete four recap quizzes at the end of each week to assess understanding of the themes covered.	20 points, each (26.7% of grade)

Participation	Classes such as these are more interesting when the class engages with one another and shares their perspectives and understanding of the material. Therefore, good, old-fashioned talking is strongly encouraged and will be one way to demonstrate participation. Participation will be assessed also by periodically collecting in-class activities. These will be unannounced and will likely involve some sort of indication that students are at least prepared to participate. We will also be observing/engaging in a variety of leisure and recreation activities that will form the basis of discussion and reflection. Your participation in these activities is necessary to <i>produce</i> content. Another form of participation will include reading and responding to one another's blogs (minimum of 2 substantive comments on different blogs each week)	60 points (20.0% of grade)
Blogging	THIS ASSIGNMENT IS NOT MEANT TO BE FINISHED IN ONE DAY OR WEEKEND. Weekly blogs (3 entries per/week, 12 total entries) will be used as an informal data collection of your outside of class time-use and leisure activities across the term. You are expected to implement one or more of the methodological tools we discuss in Week 1 and begin applying course concepts (at least two new concepts per week) to contextualize your observation of and/or participation in recreational activities. Blogs should include related pictures and videos to illustrate. Blog topic ideas may also be announced in class. To diversify your experience, there will be a list of possible experiential activities to explore during your free time.	60 points, 5 per entry (20.0% of grade)
Final Project	In an initial presentation and using the tools we have developed across the term, students will introduce, critique, and analyze their own favorite form of leisure and recreation observed during their time in Paris (10-15 mins). They will share insights about participation in this form of leisure, detail the perceived benefits, identify the source and contributing factors to participating in these activities, and address the limitations or barriers others may have in enjoying the same activities.	100 points (33.3% of grade)
Course Total		300

7. Attendance Policy:

KIIS program participants are expected to be punctual to and in attendance at all classes, presentations, meetings and required excursions, and to remain with the program for the full academic period. Unexcused absences from classes and/or mandatory meetings will result in a lowering of the student's final grade, as will excessive tardiness. Multiple unexcused absences could result in expulsion from the program. Any absence from an academic class session must be excused for medical reasons.

8. Disability Accommodation:

KIIS will make every reasonable effort to provide accommodations for program participants with special needs or disabilities, but we cannot guarantee that we will be able to do so. Be aware that many foreign countries do not have comprehensive legislation comparable to the Americans with Disabilities Act (ADA). As a result, businesses and other establishments operating in foreign countries may not be able to provide accommodations.

If you have a disability accommodation need, we recommend you contact your KIIS Campus Representative, <https://www.kiis.org/about-kiis/contact-us/campus-representatives/> early in your program selection process so that they have time to discuss any specific needs, including which KIIS programs may be best suited. You also are welcome to contact KIIS Assistant Director, Maria Canning, maria.canning@wku.edu, to discuss your disability accommodation needs (e.g. housing, transportation, excursions, class schedule, etc.).

Immediately after acceptance, notify KIIS Admissions and Enrollment Specialist, Haley McTaggart, haley.mctaggart@wku.edu, if you have a special need or disability that might require any form of accommodation abroad. Failure to notify KIIS may prevent you from participating on your KIIS program.

If you require any accommodations abroad, you must provide KIIS Admissions and Enrollment Specialist, Haley McTaggart, an accommodation letter from your home campus' disability accommodation office that lists the accommodations you are eligible to receive. Please do not request accommodations directly from your KIIS Program Director or other KIIS Faculty; the KIIS Office will notify your KIIS Program Director and/or Faculty after we have received your above accommodation letter.

In some cases, you may need to make arrangements for a caregiver to join you on your KIIS program, should your physician, campus disability accommodation office, or KIIS make such a recommendation or require it.

9. Title IX / Discrimination & Harassment:

Recent attention to gender discrimination and sexual harassment at colleges and universities reminds us of the importance of adhering to standards of ethical and professional behavior. KIIS Study Abroad is committed to supporting and encouraging safe and equitable educational environments for our students, faculty, and program directors. Students, faculty, and program directors are required to be civil and treat each other with dignity and respect. As such, harassment and/or discrimination of any kind will not be permitted or tolerated.

Sexual misconduct (sexual harassment, sexual assault, and sexual/dating/domestic violence) and sex discrimination are violations of KIIS policies. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to a) KIIS Assistant Director, Maria Canning (+1-859-200-1000) or KIIS Executive Director, John Dizgun (+1-270-227-2288), b) WKU's Title IX Coordinator, Ena Demir (270-745-6867 / ena.demir@wku.edu) or WKU's Title IX Investigator, Michael Crowe (270-745-5429 / michael.crowe@wku.edu). Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a KIIS program director and/or faculty member, KIIS program directors and faculty are considered "Responsible Employees" of Western Kentucky University and MUST report what you share to WKU's Title IX Coordinator or Title IX Investigator.

If you would like to speak with someone who may be able to afford you confidentiality, you

may contact WKU's Counseling and Testing Center, <https://www.wku.edu/heretohelp/> at 270-745-3159.

For more information on KIIS Title IX, see <https://www.kiis.org/students/health-safety/title-ix-clery/>; additional Title IX resources can be found here <https://www.wku.edu/eeo/titleixbrochure2020.pdf>.

Everyone should be able to participate on a KIIS program, attend a KIIS event, or work in a KIIS environment (e.g. KIIS office) without fear of sexual harassment or discrimination of any kind. Be respectful of each other.