

**RRES 210 Life and Leisure**  
**Study Guide Chapters: 1-6**

“They have many leisure experiences, but I’m not sure they experience Leisure” is a statement (by Godbey) that he felt best reflects the leisure behavior of

Which of the following groupings contains the best selection of elements used as part of a generally accepted definition of Leisure?

Which of the following paradigms is characterized by the following characteristics: *that state of being between boredom and anxiety; a challenging activity that requires skills; a sense of total immersion in activity; a loss of awareness of self.*

Most Americans now value their time on parity with

At least one recognized “leisure” author reported that “ALL” of the studies he had reviewed showed a positive relationship between leisure and

Home based and family activities were most important to life satisfaction to

Participation in fulfilling leisure experiences ranked \_\_\_\_ as a factor contributing to one’s sense of community satisfaction.

Leisure can contribute in a positive way to the maintenance of a \_\_\_\_\_; on the other hand, it can detract

According to Csikszentmihalyi’s Flow theory, if the challenge exceeds the skill level Riddick (1985) studied the relationship of life satisfaction to age (65 and over). She found that the strongest predictor of life satisfaction was:

Play is considered to be the exclusive domain of

Kelly (1996) felt that mass recreation occurred in which of the following early societies

“When individuals become bored, they seek stimulation in their environment” is an example used to explain which of the following theories of play?

it is difficult to develop a precise definition of play.

The modern park and recreation movement grew out of the need for social reforms that

The play theory that attempts to explain why we would compete against others who are more highly skilled than ourselves is

Which of the following is the best descriptor of those factors that limit one’ participation in recreation activities, either by frequency, intensity, duration or quality of experience?

In which of the following historical time periods (era) do we recognize the emergence of the leisure class?

Leisure, according to this philosopher, provided the opportunity for intellectual development, a way of relaxing the soul and enhanced the enjoyment of life.

Which of the following early societies was famous for its public baths (which became the social and athletic clubs of that period).

To the Romans, the Olympic games were \_\_\_\_\_ to the Greeks, on the other hand, the games were \_\_\_\_\_ -

This phenomenon in some ways is considered to have slowed or countered the development of a leisure ethic in North America.

This early legislation decreed that all bodies of water over ten acres were open to

Which of the following is considered the Zenith era of parks and recreation, a title due in no small part to the Conservation Congress?

The CCC, originally intended to make work for unemployed Americans, resulted in

Which of the following is generally considered to be the first public landscaped park established solely for leisure purposes:

A philosophy which subscribes to the following, "Life is constant and unchanging, and eternal truth exists," is called:

Known as the founder of landscape architecture in America, this individual designed Central Park in New York City, and

The first director of the National Park Service was:

The current director is

The first state park was established before

Which organization played a significant role in the expansion of state parks from a handful at the turn of the century to over 1300 in 1950?

This individual is generally credited with the establishment of the Boston Sand Gardens.

Strongly aligned to the play movement, many youth serving organizations were established during the period 1880 to 1920 to respond to unhealthy social conditions. The earliest of these was:

Which of the following did NOT belong to the Leisure Class in the agricultural era?

This significant contributor to the early recreation movement was the first president of the Playground Association of America, hired James Naismith who developed basketball as an assignment in his class, and founded the Campfire Girls.

Considered one of the most important factors influencing the growth of outdoor recreation in America in the Technological era was:

Which of the following tourism experiences experienced a 30% increase from 1990-95, according to the Stanford Research Institute?

The following are examples of values and principles of the park , recreation and leisure service movement (preservation of natural resources, wise use of leisure, personal growth)

*“A systematically defined set of values, beliefs and preferences”* is a definition of:

Most gains in free time (in the U.S.) occurred:

In the 1990's (U.S.) the time famine was greater for

According to Robinson and Godbey (1997) time devoted to work has

Any recent increases in free time have been largely devoted to:

Molitor (2000) predicts that the new leisure paradigm will emphasize which of the following?

Increases in discretionary income, changes in values, improved technology and infrastructure all have contributed to

Social Capital refers to:

The foundation of today's team sports can be traced to

Attendance figures show increases in all of the following spectator sports from 1985 to 1997 except:

In 1997 this activity topped the list of top ten sport activities (by participation rates)?

Currently, the fastest growing outdoor recreation activities are

List and describe two of the 8 listed of Erickson' Life stages:

During which life stage do people have both the most leisure activities available to them and seek the most novel experiences?

To which of the following life cycles ( Middle adulthood, Late Adulthood or early adulthood) would the involvement in team sports be most likely?

Describe three benefits (one each of the following physiological, social, emotional) of leisure for older adults.