

HTM104

FUNDAMENTALS OF LEISURE AND RECREATION



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Course Title: Fundamentals of Leisure and Recreation

Course Code: HTM104

Course Units: 2 Units

- **Foundations of Leisure and Tourism**
- **Historical Development of Leisure and Recreation**
- **Determinants of Leisure Participation**
- **Voluntary and Commercial Leisure Provisions**
- **Benefits of Leisure and Participant Needs**

Suggested Outline for Series 1: Foundations of Leisure and Tourism

Series Outline

- **1.1 Concepts of Leisure, Play, and Recreation**
 - 1.1.1 Definition of leisure
 - 1.1.2 Definition of play
 - 1.1.3 Definition of recreation
- **1.2 The Foundation Structures of Tourism**
 - 1.2.1 Tourism as a system
 - 1.2.2 Relationship between leisure and tourism
 - 1.2.3 Basic components of tourism
- **1.3 Benefits and Importance of Leisure**
 - 1.3.1 Physical benefits
 - 1.3.2 Psychological benefits
 - 1.3.3 Social and cultural benefits
- **1.4 Government and Public Sector Role in Leisure**
 - 1.4.1 Policy and planning
 - 1.4.2 Public sector provisions
 - 1.4.3 Community development through leisure



Introduction

Leisure and tourism are integral aspects of human life, shaping how individuals and societies spend their free time and engage in cultural exchange. In today's world, where work and responsibilities often dominate, leisure provides balance, recreation, and opportunities for personal growth. Tourism, closely linked to leisure, allows people to explore new environments, cultures, and experiences. Understanding the foundations of leisure and tourism is therefore essential for appreciating their role in both personal wellbeing and national development.

The aim of this Series is to introduce you to the fundamental concepts of leisure, play, and recreation, and to explain how these form the basis of tourism. It intends to equip you with the knowledge needed to recognise the structures of tourism and to appreciate the benefits and importance of leisure in society.

We shall commence this Series by examining the **concepts of leisure, play, and recreation**, clarifying their meanings and interconnections. Next, we will explore the **foundation structures of tourism**, considering tourism as a system and its relationship with leisure. Following that, we will discuss the **benefits and importance of leisure**, focusing on physical, psychological, social, and cultural dimensions. Finally, we will conclude with the **role of government and the public sector in leisure**, highlighting policy, planning, and community development. This sequential approach will provide you with a clear and comprehensive understanding of the foundations of leisure and tourism.

Series Learning Outcomes – Series 1: Foundations of Leisure and Tourism

By the end of this Series, you should be able to:

- **SLO 1.1 define** the concepts of **leisure, play, and recreation**, and **distinguish** between them in practical contexts.
- **SLO 1.2 explain** the foundation structures of tourism and **analyse** the relationship between leisure and tourism.
- **SLO 1.3 evaluate** the physical, psychological, social, and cultural benefits of leisure for individuals and communities.
- **SLO 1.4 assess** the role of government and the public sector in leisure provision, including policy, planning, and community development.



1.1 Concepts of Leisure, Play, and Recreation

1.1.1 Definition of Leisure

Leisure refers to the free time available to individuals when they are not engaged in work, household duties, or other obligations. It is the period during which people can choose activities that bring relaxation, enjoyment, or personal fulfilment. Leisure is often associated with freedom of choice, meaning individuals decide how to spend this time.

In-text question: Leisure is the period of time when individuals are free from _____ obligations.



Figure 1.1 Leisure as free time and choice. Suggested

1.1.2 Definition of Play

Play is a voluntary activity undertaken for enjoyment, creativity, or amusement. It is often spontaneous and can involve games, sports, or imaginative activities. Play is essential for both children and adults, as it fosters creativity, social interaction, and stress relief.

In-text question: Play is a voluntary activity undertaken for _____ and amusement.





Plate 1.1 Play as voluntary and creative activity. Suggested

1.1.3 Definition of Recreation

Recreation refers to structured activities undertaken during leisure time that provide enjoyment, relaxation, or personal development. Unlike play, recreation is often organised and may include sports, hobbies, cultural events, or travel. Recreation contributes to physical health, mental wellbeing, and social cohesion.

In-text question: Recreation differs from play because it is often _____ and structured.

[Insert Box 1.1 here] *Caption: Box 1.1 Recreation as structured leisure activity. Suggested AI prompt: "Box listing examples of recreation: sports, hobbies, cultural events, and travel."*

Pilot Questions 1.1

1. Define leisure and explain its key characteristic.
2. Fill in the blank: Leisure is the period of time when individuals are free from _____ obligations.
3. Define play and state one of its benefits.
4. Fill in the blank: Play is a voluntary activity undertaken for _____ and amusement.
5. Define recreation and explain how it differs from play.
6. Fill in the blank: Recreation differs from play because it is often _____ and structured.



1.2 The Foundation Structures of Tourism

1.2.1 Tourism as a System

Tourism can be defined as the activities of people travelling to and staying in places outside their usual environment for leisure, business, or other purposes. It operates as a **system**, meaning it involves interconnected elements such as attractions, transport, accommodation, and services. Each component works together to provide a complete tourism experience.

In-text question: Tourism is considered a system because it involves interconnected _____ such as attractions, transport, and accommodation.

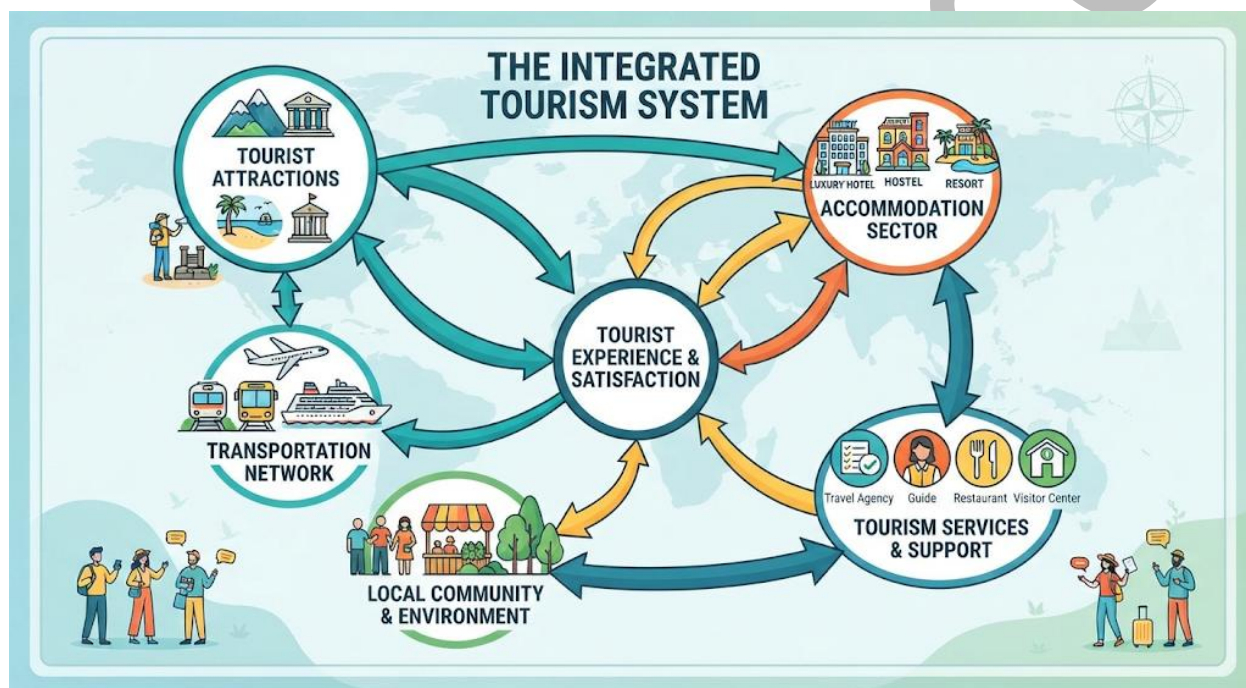


Figure 1.2 Tourism as a system of interconnected elements. Suggested

1.2.2 Relationship between Leisure and Tourism

Tourism is closely linked to **leisure**, as most tourism activities occur during leisure time. Leisure provides the opportunity, while tourism provides the means to explore new environments and cultures. For example, holidays, vacations, and cultural trips are leisure activities expressed through tourism.

In-text question: Tourism activities often occur during periods of _____ time.





Plate 1.2 Leisure and tourism connection. Suggested

1.2.3 Basic Components of Tourism

The basic components of tourism include:

- **Attractions:** Natural or man-made features that draw visitors, such as beaches, museums, or festivals.
- **Accommodation:** Facilities where tourists stay, ranging from hotels to guest houses.
- **Transport:** Means of travel, including air, road, rail, and water.
- **Services:** Supporting facilities such as restaurants, tour guides, and information centres.

In-text question: The four basic components of tourism are attractions, accommodation, transport, and _____.





Box 1.2 Basic components of tourism. Suggested

Pilot Questions 1.2

1. Define tourism and explain why it is considered a system.
2. Fill in the blank: Tourism is considered a system because it involves interconnected _____ such as attractions, transport, and accommodation.
3. Explain the relationship between leisure and tourism with one example.
4. Fill in the blank: Tourism activities often occur during periods of _____ time.
5. List the four basic components of tourism.
6. Fill in the blank: The four basic components of tourism are attractions, accommodation, transport, and _____.

1.3 Benefits and Importance of Leisure

1.3.1 Physical Benefits

Leisure activities such as sports, exercise, and outdoor recreation contribute to physical health by improving fitness, reducing the risk of chronic diseases, and enhancing overall wellbeing. Engaging in physical leisure activities helps maintain strength, flexibility, and endurance.

In-text question: Physical leisure activities help reduce the risk of _____ diseases.



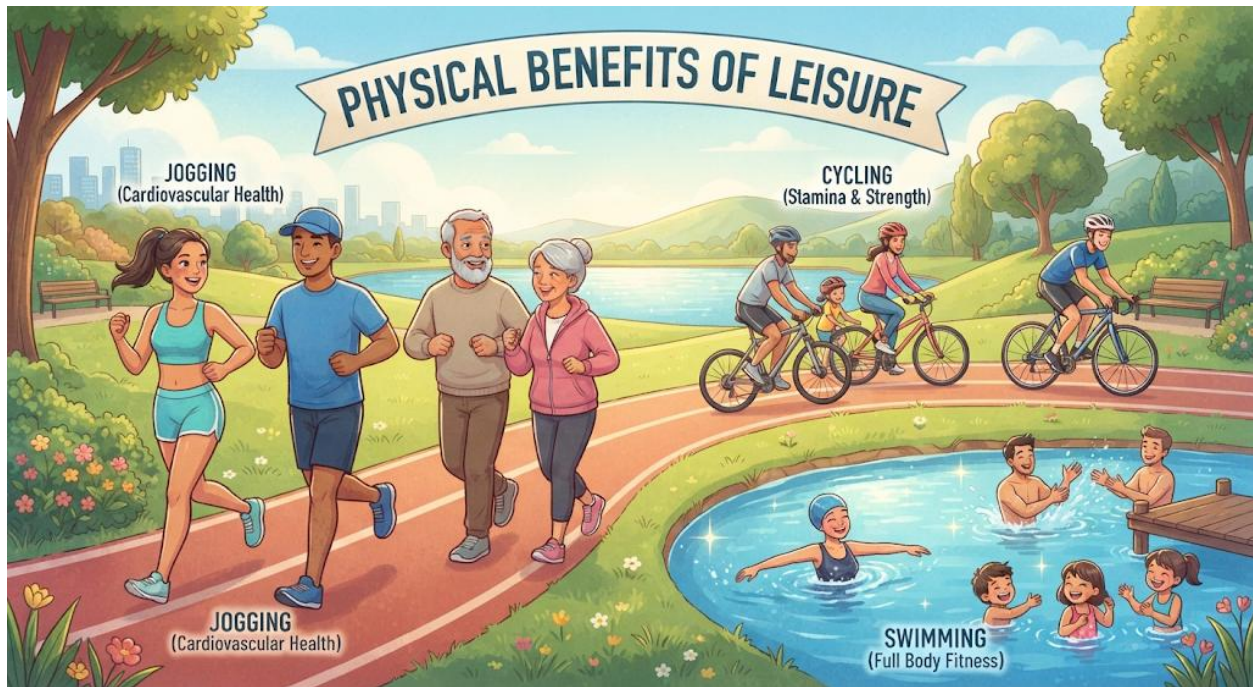


Figure 1.3 Physical benefits of leisure. Suggested

1.3.2 Psychological Benefits

Leisure also provides **psychological benefits**, including stress reduction, relaxation, and improved mood. Activities such as reading, meditation, or creative hobbies allow individuals to recharge mentally. Leisure time supports emotional balance and resilience, which are essential for coping with daily challenges.





Plate 1.3 Psychological benefits of leisure. Suggested

1.3.3 Social and Cultural Benefits

Leisure fosters **social interaction** and strengthens community ties. Group activities such as festivals, sports, and cultural events encourage cooperation, friendship, and cultural exchange. Leisure also preserves traditions and promotes cultural identity, making it vital for social cohesion.

In-text question: Leisure activities such as festivals and cultural events promote _____ identity.





Box 1.3 Social and cultural benefits of leisure. Suggested

Pilot Questions 1.3

1. State one physical benefit of leisure.
2. Fill in the blank: Physical leisure activities help reduce the risk of _____ diseases.
3. State one psychological benefit of leisure.
4. Fill in the blank: Leisure activities such as reading and meditation help reduce _____.
5. State one social or cultural benefit of leisure.
6. Fill in the blank: Leisure activities such as festivals and cultural events promote _____ identity.

1.4 Government and Public Sector Role in Leisure

1.4.1 Policy and Planning

The **government** plays a vital role in shaping leisure opportunities through **policy and planning**. Policies determine how resources are allocated, which facilities are developed, and how leisure activities are promoted. Effective planning ensures that leisure provisions are accessible, inclusive, and aligned with community needs.

In-text question: Government policies determine how leisure resources are _____ and distributed.



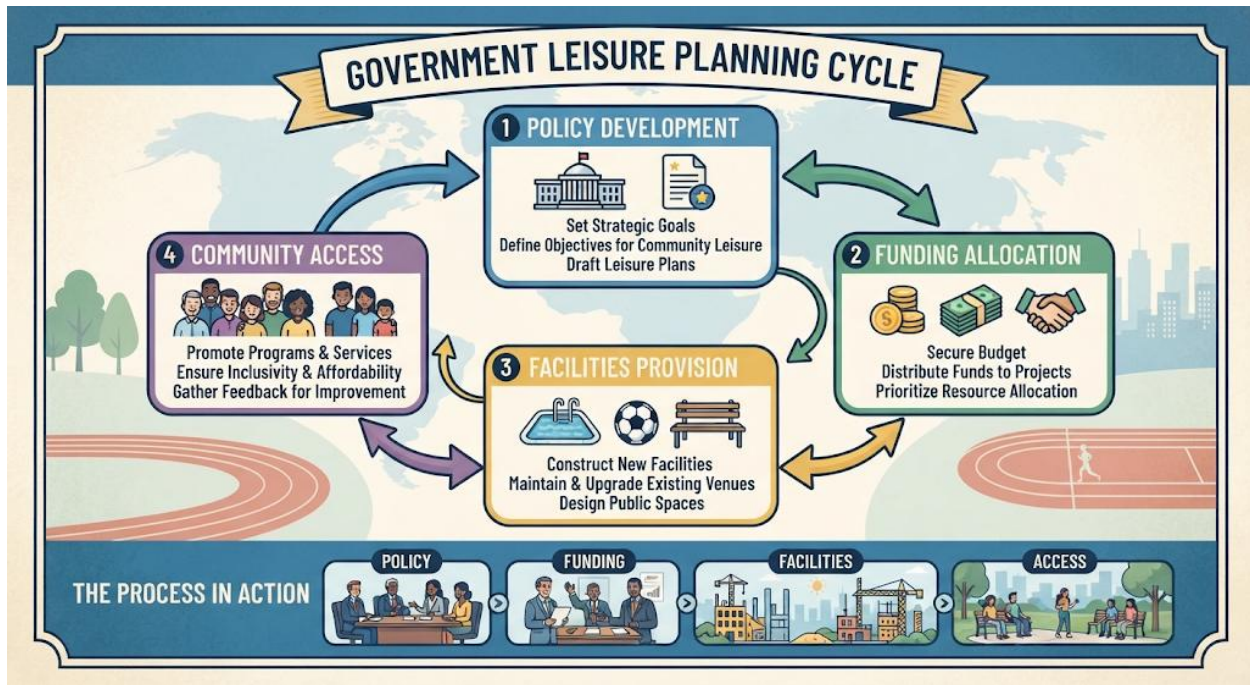


Figure 1.4 Government policy and planning in leisure. Suggested

1.4.2 Public Sector Provisions

The **public sector** provides facilities such as parks, sports centres, libraries, and cultural institutions. These provisions are often subsidised to ensure affordability and accessibility for all citizens. Public sector involvement guarantees that leisure opportunities are not limited to those who can afford private services.

In-text question: Public sector leisure facilities are often _____ to ensure affordability.



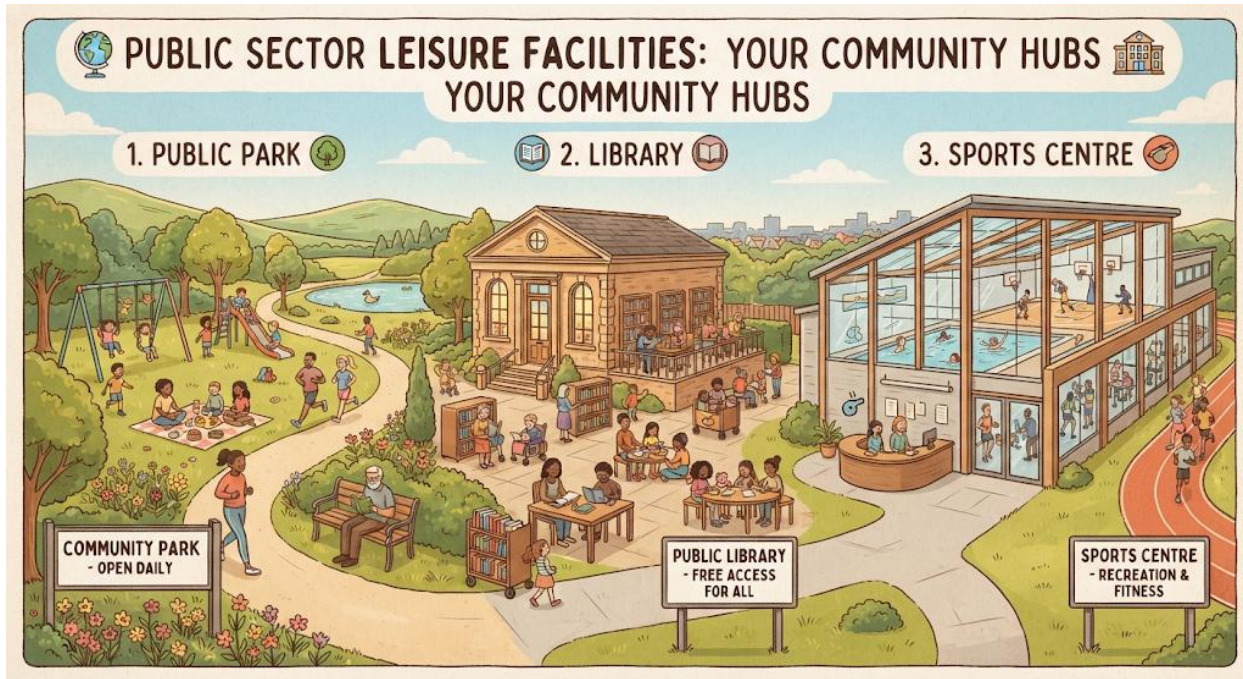


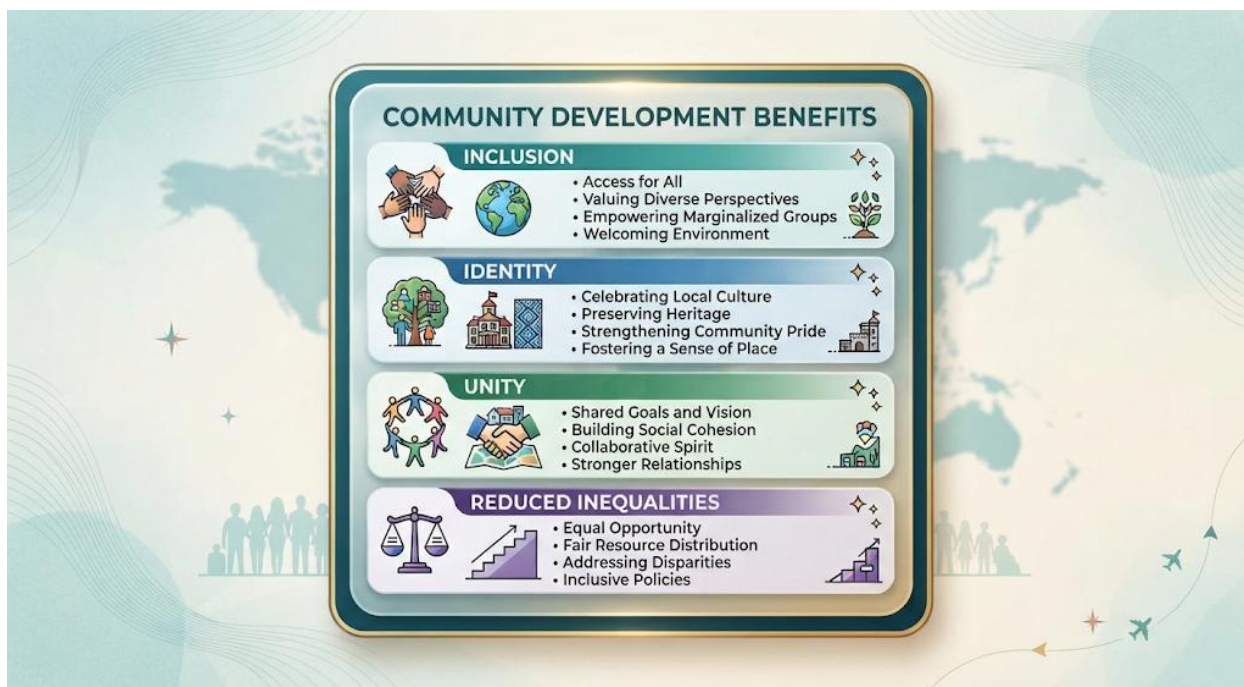
Plate 1.4 Public sector leisure provisions. Suggested

1.4.3 Community Development through Leisure

Leisure contributes to **community development** by fostering social inclusion, cultural identity, and civic pride. Government-supported leisure programmes encourage participation across age groups and social classes, strengthening unity and reducing social inequalities.

In-text question: Leisure programmes supported by government help reduce social _____.





Box 1.4 Community development through leisure. Suggested

Pilot Questions 1.4

1. Explain the role of government policy in leisure planning.
2. Fill in the blank: Government policies determine how leisure resources are _____ and distributed.
3. State one example of a public sector leisure provision.
4. Fill in the blank: Public sector leisure facilities are often _____ to ensure affordability.
5. Explain how leisure contributes to community development.
6. Fill in the blank: Leisure programmes supported by government help reduce social _____.

Series Summary – Series 1: Foundations of Leisure and Tourism

In this Series, we explored the essential foundations of leisure and tourism. We began by defining the **concepts of leisure, play, and recreation**, highlighting how leisure represents free time, play is voluntary and creative, and recreation is structured activity undertaken for enjoyment and development.

We then examined the **foundation structures of tourism**, understanding tourism as a system made up of attractions, accommodation, transport, and services. We also analysed the close relationship between leisure and tourism, noting that tourism activities often take place during leisure time.



Next, we discussed the **benefits and importance of leisure**, considering its physical, psychological, social, and cultural dimensions. Learners discovered how leisure contributes to health, stress reduction, social interaction, and cultural identity.

Finally, we studied the **role of government and the public sector in leisure**, focusing on policy and planning, public sector provisions, and community development. This emphasised how government involvement ensures accessibility, affordability, and inclusivity in leisure opportunities.

By completing this Series, you should now be able to define leisure, play, and recreation, explain the structures of tourism, evaluate the benefits of leisure, and assess the role of government in leisure provision.

Would you like me to now prepare the **Glossary of Terms for Series 1**, defining key concepts such as leisure, play, recreation, tourism, attractions, accommodation, transport, and services?

Glossary of Terms – Series 1: Foundations of Leisure and Tourism

- **Leisure:** Free time available to individuals when they are not engaged in work or obligations, during which they can choose activities that bring relaxation, enjoyment, or fulfilment.
- **Play:** A voluntary and spontaneous activity undertaken for enjoyment, creativity, or amusement, often involving games, sports, or imaginative actions.
- **Recreation:** Structured activities carried out during leisure time that provide enjoyment, relaxation, or personal development, such as sports, hobbies, or cultural events.
- **Tourism:** The activities of people travelling to and staying in places outside their usual environment for leisure, business, or other purposes, functioning as a system of interconnected elements.
- **Attractions:** Natural or man-made features that draw visitors, such as beaches, museums, or festivals.
- **Accommodation:** Facilities where tourists stay, including hotels, guest houses, and lodges.
- **Transport:** Means of travel used by tourists, including air, road, rail, and water.
- **Services:** Supporting facilities such as restaurants, tour guides, and information centres that enhance the tourism experience.
- **Policy and Planning:** Government actions that determine how leisure resources are allocated, facilities developed, and activities promoted.
- **Public Sector Provisions:** Leisure facilities and programmes provided by government institutions, often subsidised to ensure accessibility and affordability.
- **Community Development:** The process by which leisure activities foster inclusion, cultural identity, unity, and reduced social inequalities within communities.



Concept Check Questions – Series 1: Foundations of Leisure and Tourism

Objective Questions

1. (Linked to SLO 1.1) Leisure is defined as the period of time when individuals are free from _____ obligations.
2. (Linked to SLO 1.1) Play is a voluntary activity undertaken for _____ and amusement.
3. (Linked to SLO 1.1) Recreation differs from play because it is often _____ and structured.
4. (Linked to SLO 1.2) The four basic components of tourism are attractions, accommodation, transport, and _____.
5. (Linked to SLO 1.3) Leisure activities such as festivals and cultural events promote _____ identity.

Short-Answer Questions

6. (Linked to SLO 1.1) Define leisure and explain how it differs from recreation.
7. (Linked to SLO 1.2) Explain why tourism is considered a system.
8. (Linked to SLO 1.2) Describe the relationship between leisure and tourism with one example.
9. (Linked to SLO 1.3) State one physical benefit and one psychological benefit of leisure.
10. (Linked to SLO 1.4) Give one example of a public sector leisure provision and explain its importance.

Long-Answer Questions

11. (Linked to SLO 1.2) Analyse the interconnected components of tourism and discuss how they work together to provide a complete tourism experience.
12. (Linked to SLO 1.3) Evaluate the importance of leisure in promoting physical health, psychological wellbeing, and social cohesion.
13. (Linked to SLO 1.4) Assess the role of government policy and planning in ensuring accessibility and inclusivity in leisure opportunities.
14. (Linked to SLO 1.4) Discuss how leisure contributes to community development, with examples of government-supported programmes.

Answers to Concept Check Questions – Series 1

Objective Questions

1. Work obligations.



2. Enjoyment.
3. Organised.
4. Services.
5. Cultural identity.

Short-Answer Questions

6. Leisure is free time when individuals are not engaged in work or obligations, while recreation refers to structured activities carried out during leisure time.
7. Tourism is considered a system because it involves interconnected elements such as attractions, accommodation, transport, and services that work together to create a complete experience.
8. Leisure and tourism are related because tourism activities usually occur during leisure time, for example, travelling on holiday during vacation.
9. Physical benefit: improved fitness. Psychological benefit: stress reduction.
10. Example: public parks, which provide affordable and accessible spaces for relaxation and social interaction.

Long-Answer Questions

11. Analyse the interconnected components of tourism and discuss how they work together to provide a complete tourism experience.

- *Basic response:* Tourism consists of attractions, accommodation, transport, and services. These components interact to provide visitors with a complete experience.
- *Value-added response:* Attractions draw tourists, accommodation provides lodging, transport ensures mobility, and services enhance convenience. Together, they form a system where each component depends on the other, ensuring satisfaction and sustainability in tourism.

12. Evaluate the importance of leisure in promoting physical health, psychological wellbeing, and social cohesion.

- *Basic response:* Leisure promotes fitness, reduces stress, and encourages social interaction.
- *Value-added response:* Physical activities like sports improve health, psychological activities like meditation enhance resilience, and social activities like festivals strengthen cultural identity and community bonds. Leisure therefore contributes holistically to individual and societal wellbeing.

13. Assess the role of government policy and planning in ensuring accessibility and inclusivity in leisure opportunities.

- *Basic response:* Government policy ensures resources are allocated and facilities are developed to meet community needs.



- *Value-added response:* Policies guide funding, planning, and inclusivity, ensuring that leisure opportunities are accessible to all social groups. Subsidised facilities and community programmes reduce inequalities and promote social balance.

14. Discuss how leisure contributes to community development, with examples of government-supported programmes.

- *Basic response:* Leisure fosters inclusion, unity, and cultural identity within communities.
- *Value-added response:* Government-supported programmes such as public festivals, sports centres, and cultural institutions encourage participation across age groups and social classes. These initiatives reduce social inequalities, strengthen civic pride, and promote national cohesion.

Answers to Pilot Questions – Series 1: Foundations of Leisure and Tourism

Answers to Pilot Questions 1.1

- Leisure is free time when individuals are not engaged in work or obligations, and its key characteristic is freedom of choice.
- Work obligations.
- Play is a voluntary activity undertaken for enjoyment, creativity, or amusement, and one of its benefits is stress relief.
- Enjoyment.
- Recreation is structured activity carried out during leisure time, and it differs from play because it is organised.
- Organised.

Answers to Pilot Questions 1.2

- Tourism is defined as the activities of people travelling and staying outside their usual environment, and it is considered a system because it involves interconnected elements.
- Elements.
- Tourism and leisure are related because tourism activities usually occur during leisure time, for example, going on holiday during vacation.
- Leisure.
- Attractions, accommodation, transport, and services.
- Services.

Answers to Pilot Questions 1.3

- Improved fitness.
- Chronic diseases.
- Stress reduction.
- Stress.



- Promotion of community interaction.
- Cultural identity.

Answers to Pilot Questions 1.4

- Government policy in leisure planning ensures resources are allocated and facilities are developed to meet community needs.
- Allocated.
- Public park.
- Subsidised.
- Leisure contributes to community development by fostering inclusion, unity, and cultural identity.
- Inequalities.

List of References/Attributions – Series 1: Foundations of Leisure and Tourism

The following references and attributions support the instructional content presented in this Series. They provide authoritative sources and background materials that can be consulted for deeper study:

- **World Leisure Organisation** (2024). Resources on leisure, recreation, and wellbeing.
- **World Tourism Organisation (UNWTO)** (2023). Definitions and frameworks of tourism systems and components.
- **British Council – Culture and Leisure** (2022). Reports on cultural exchange and leisure activities in communities.
- **UK Government – Department for Culture, Media and Sport** (2024). Policy documents on leisure, recreation, and tourism planning.
- **Academic Texts on Leisure Studies**: Selected university-level textbooks and journals that provide foundational theories and case studies in leisure and tourism.



Course Title: Fundamentals of Leisure and Recreation

Course Code: HTM104

Course Units: 2 Units

- **Foundations of Leisure and Tourism**
- **Historical Development of Leisure and Recreation**
- **Determinants of Leisure Participation**
- **Voluntary and Commercial Leisure Provisions**
- **Benefits of Leisure and Participant Needs**

Suggested Outline for Series 2: Historical Development of Leisure and Recreation

Suggested Outline (2–4 Parts for a 2-credit course)

- **2.1 Early Forms of Leisure in Ancient Civilisations**
 - Leisure in ancient Egypt, Greece, and Rome
 - Role of festivals, games, and rituals
- **2.2 Medieval and Renaissance Leisure Practices**
 - Leisure in feudal societies
 - Influence of religion and social class
 - Emergence of arts and cultural recreation
- **2.3 Industrial Revolution and Modern Leisure**
 - Impact of industrialisation on leisure time
 - Growth of organised sports and public recreation facilities
 - Rise of commercial leisure activities
- **2.4 Contemporary Leisure Trends**
 - Influence of technology and globalisation
 - Changing patterns of leisure participation
 - Leisure as a tool for wellbeing and tourism development

Introduction

Throughout history, leisure and recreation have evolved alongside human societies, reflecting cultural values, social structures, and economic conditions. From ancient rituals and festivals to modern sports and digital entertainment, leisure has always been a mirror of civilisation.



Understanding its historical development helps us appreciate how leisure practices have shaped communities and continue to influence tourism today.

The aim of this Series is to trace the historical progression of leisure and recreation, showing how cultural, social, and economic changes have influenced leisure practices across different eras.

We shall commence this Series by examining **early forms of leisure in ancient civilisations**, focusing on Egypt, Greece, and Rome. Next, we will explore **medieval and Renaissance leisure practices**, considering the role of religion, social class, and the arts. Following that, we will analyse the **impact of the Industrial Revolution on modern leisure**, including the rise of organised sports and commercial recreation. Finally, we will conclude with **contemporary leisure trends**, highlighting the influence of technology, globalisation, and wellbeing.

Series Learning Outcomes – Series 2: Historical Development of Leisure and Recreation

By the end of this Series, you should be able to:

- **SLO 2.1 describe** early forms of leisure in ancient civilisations and **explain** their cultural significance.
- **SLO 2.2 analyse** leisure practices during the medieval and Renaissance periods, highlighting the influence of religion, social class, and the arts.
- **SLO 2.3 evaluate** the impact of the Industrial Revolution on leisure, including the growth of organised sports, public recreation facilities, and commercial leisure.
- **SLO 2.4 assess** contemporary leisure trends, considering the effects of technology, globalisation, and wellbeing on leisure participation.

2.1 Early Forms of Leisure in Ancient Civilisations

2.1.1 Leisure in Ancient Egypt

In **ancient Egypt**, leisure was closely tied to religion and social status. Festivals, music, and dancing were common forms of recreation, often linked to religious rituals. The elite enjoyed hunting, banquets, and board games such as *Senet*, while ordinary people participated in communal celebrations and storytelling.

In-text question: In ancient Egypt, leisure activities such as festivals and dancing were often linked to _____ rituals.





Figure 2.1 Leisure in ancient Egypt. Suggested

2.1.2 Leisure in Ancient Greece

In **ancient Greece**, leisure was considered essential for personal and civic development. Activities included theatre, philosophy, and athletic competitions such as the Olympic Games. Leisure was seen as a way to cultivate the mind and body, reflecting the Greek ideal of balance.

In-text question: In ancient Greece, leisure activities such as theatre and athletics were considered essential for _____ development.





Plate 2.1 Leisure in ancient Greece. Suggested

2.1.3 Leisure in Ancient Rome

In **ancient Rome**, leisure was strongly associated with public entertainment and social life. Romans enjoyed gladiatorial games, chariot races, and public baths. These activities were not only recreational but also served political and social purposes, reinforcing unity and civic pride.

In-text question: In ancient Rome, leisure activities such as gladiatorial games and chariot races reinforced civic _____.





Box 2.1 Leisure in ancient Rome. Suggested

Pilot Questions 2.1

1. State one leisure activity in ancient Egypt and explain its link to religion.
2. Fill in the blank: In ancient Egypt, leisure activities such as festivals and dancing were often linked to _____ rituals.
3. State one leisure activity in ancient Greece and explain its purpose.
4. Fill in the blank: In ancient Greece, leisure activities such as theatre and athletics were considered essential for _____ development.
5. State one leisure activity in ancient Rome and explain its social significance.
6. Fill in the blank: In ancient Rome, leisure activities such as gladiatorial games and chariot races reinforced civic _____.

2.2 Medieval and Renaissance Leisure Practices

2.2.1 Leisure in Medieval Societies

During the **medieval period**, leisure was shaped by feudal structures and religion. Peasants had limited leisure, often tied to seasonal festivals, fairs, and religious celebrations. Nobility enjoyed hunting, jousting, and feasts, which reinforced social hierarchy.

In-text question: In medieval societies, leisure activities such as fairs and festivals were often tied to _____ celebrations.





Figure 2.2 Leisure in medieval societies. Suggested

2.2.2 Influence of Religion and Social Class

Religion played a central role in leisure during the Middle Ages. Church calendars dictated festivals and holidays, while morality influenced acceptable forms of recreation. Social class determined access: nobles had exclusive leisure pursuits, while commoners participated in communal activities.

In-text question: In medieval times, the church calendar dictated the timing of _____ and holidays.





Plate 2.2 Religious influence on medieval leisure. Suggested

2.2.3 Renaissance Leisure Practices

The **Renaissance** marked a revival of arts, culture, and intellectual pursuits. Leisure expanded to include theatre, music, painting, and scholarly debates. Nobility and wealthy merchants sponsored cultural events, while public spaces such as theatres allowed broader participation.

In-text question: During the Renaissance, leisure expanded to include arts such as _____ and painting.





Box 2.2 Leisure in the Renaissance. Suggested

Pilot Questions 2.2

1. State one leisure activity common among peasants in medieval societies.
2. Fill in the blank: In medieval societies, leisure activities such as fairs and festivals were often tied to _____ celebrations.
3. State one leisure activity enjoyed by nobles in medieval times.
4. Fill in the blank: In medieval times, the church calendar dictated the timing of _____ and holidays.
5. State one leisure activity that became popular during the Renaissance.
6. Fill in the blank: During the Renaissance, leisure expanded to include arts such as _____ and painting.

2.3 Industrial Revolution and Modern Leisure

2.3.1 Impact of Industrialisation on Leisure

The **Industrial Revolution** transformed leisure by changing work patterns and urban life. With industrialisation, working hours became more structured, and the concept of “time off” emerged. This allowed workers to engage in leisure activities outside of labour. Urbanisation also created new spaces for recreation, such as parks and theatres.

In-text question: The Industrial Revolution introduced structured working hours, which created opportunities for _____ time.





Figure 2.3 Impact of industrialisation on leisure. Suggested

2.3.2 Growth of Organised Sports and Public Recreation

During this period, **organised sports** such as football, cricket, and athletics gained popularity. Public recreation facilities like swimming pools, gymnasiums, and community halls were established to promote health and social interaction. These developments reflected the growing recognition of leisure as essential for wellbeing.

In-text question: Organised sports such as football and cricket became popular during the _____ Revolution.





Plate 2.3 Growth of organised sports and recreation. Suggested

2.3.3 Rise of Commercial Leisure Activities

The Industrial Revolution also gave rise to **commercial leisure**, including cinemas, music halls, and amusement parks. These activities were designed for mass entertainment and profit, marking a shift from traditional communal leisure to modern consumer-oriented recreation.

In-text question: Commercial leisure activities such as cinemas and amusement parks were designed for mass ____.





Box 2.3 Rise of commercial leisure. Suggested

Pilot Questions 2.3

1. Explain how industrialisation changed patterns of leisure.
2. Fill in the blank: The Industrial Revolution introduced structured working hours, which created opportunities for _____ time.
3. State one organised sport that became popular during the Industrial Revolution.
4. Fill in the blank: Organised sports such as football and cricket became popular during the _____ Revolution.
5. State one example of commercial leisure activity that emerged during the Industrial Revolution.
6. Fill in the blank: Commercial leisure activities such as cinemas and amusement parks were designed for mass _____.

2.4 Contemporary Leisure Trends

2.4.1 Influence of Technology

Modern leisure is heavily shaped by **technology**. Digital platforms, video games, streaming services, and social media have created new forms of recreation. Technology allows global access to entertainment and enables virtual communities to share leisure experiences.

In-text question: Modern leisure is heavily shaped by _____ such as digital platforms and streaming services.





Figure 2.4 Technology shaping leisure. Suggested

2.4.2 Globalisation and Changing Patterns

Globalisation has diversified leisure by exposing people to international cultures, sports, and entertainment. Travel and tourism have become more accessible, and cultural exchange has enriched leisure practices worldwide. Leisure patterns are increasingly multicultural and interconnected.

In-text question: Globalisation has diversified leisure by exposing people to international _____ and entertainment.





Plate 2.4 Globalisation and leisure. Suggested

2.4.3 Leisure as Wellbeing and Tourism Development

Contemporary leisure is increasingly valued for its role in **wellbeing**. Activities such as fitness, wellness retreats, and eco-tourism highlight leisure's contribution to health and sustainable tourism. Governments and organisations promote leisure as a tool for improving quality of life and boosting tourism economies.

In-text question: Contemporary leisure is increasingly valued for its role in promoting _____.





Box 2.4 Leisure as wellbeing and tourism development. Suggested

Pilot Questions 2.4

1. State one way technology has influenced modern leisure.
2. Fill in the blank: Modern leisure is heavily shaped by _____ such as digital platforms and streaming services.
3. State one way globalisation has changed leisure patterns.
4. Fill in the blank: Globalisation has diversified leisure by exposing people to international _____ and entertainment.
5. State one example of leisure activity linked to wellbeing.
6. Fill in the blank: Contemporary leisure is increasingly valued for its role in promoting _____.

Series Summary – Series 2: Historical Development of Leisure and Recreation

In this Series, we traced the **evolution of leisure and recreation** across different historical eras, showing how cultural, social, and economic changes shaped leisure practices.

- **Ancient Civilisations:** In Egypt, leisure was tied to religion and social status, with festivals, music, and games like *Senet*. In Greece, leisure was essential for personal and civic development, expressed through theatre, philosophy, and athletics. In Rome, leisure centred on public entertainment such as gladiatorial games, chariot races, and baths, reinforcing civic pride.
- **Medieval and Renaissance Leisure:** In medieval societies, leisure reflected feudal structures and religion, with peasants enjoying fairs and festivals while nobles pursued



hunting and jousting. The Renaissance revived arts and intellectual pursuits, expanding leisure to include theatre, music, painting, and scholarly debates.

- **Industrial Revolution and Modern Leisure:** Industrialisation introduced structured working hours, creating “time off” for recreation. Organised sports like football and cricket flourished, public facilities such as parks and swimming pools emerged, and commercial leisure activities like cinemas and amusement parks became widespread.
- **Contemporary Leisure Trends:** Technology reshaped leisure through digital platforms, gaming, and streaming. Globalisation diversified leisure patterns, exposing people to international cultures and entertainment. Leisure is now increasingly valued for wellbeing, with fitness, wellness retreats, and eco-tourism promoted as tools for health and sustainable tourism development.

Glossary of Terms – Series 2: Historical Development of Leisure and Recreation

- **Festivals:** Communal celebrations in ancient and medieval societies, often tied to religion, agriculture, or civic pride.
- **Theatre:** A cultural leisure activity originating in ancient Greece and revived during the Renaissance, used for entertainment and intellectual expression.
- **Olympic Games:** Athletic competitions in ancient Greece that reflected ideals of balance, civic pride, and physical excellence.
- **Gladiatorial Games:** Public spectacles in ancient Rome involving combat, designed for entertainment and political influence.
- **Jousting:** A medieval leisure activity among nobles, involving combat on horseback with lances.
- **Renaissance Arts:** Cultural leisure pursuits during the Renaissance, including painting, music, and scholarly debates.
- **Organised Sports:** Structured athletic activities such as football and cricket that grew in popularity during the Industrial Revolution.
- **Commercial Leisure:** Profit-oriented leisure activities such as cinemas, music halls, and amusement parks, emerging in the 19th century.
- **Technology:** Digital platforms, gaming, streaming, and social media that shape modern leisure experiences.
- **Globalisation:** The process of cultural exchange and interconnectedness that diversifies leisure practices worldwide.
- **Wellbeing Leisure:** Contemporary leisure activities such as fitness, wellness retreats, and eco-tourism, valued for their contribution to health and sustainable tourism.



Concept Check Questions – Series 2: Historical Development of Leisure and Recreation

Objective Questions

1. (Linked to SLO 2.1) In ancient Egypt, leisure activities such as festivals and dancing were often linked to _____ rituals.
2. (Linked to SLO 2.1) In ancient Greece, leisure activities such as theatre and athletics were considered essential for _____ development.
3. (Linked to SLO 2.1) In ancient Rome, leisure activities such as gladiatorial games and chariot races reinforced civic _____.
4. (Linked to SLO 2.2) In medieval societies, leisure activities such as fairs and festivals were often tied to _____ celebrations.
5. (Linked to SLO 2.2) During the Renaissance, leisure expanded to include arts such as _____ and painting.
6. (Linked to SLO 2.3) The Industrial Revolution introduced structured working hours, which created opportunities for _____ time.
7. (Linked to SLO 2.3) Organised sports such as football and cricket became popular during the _____ Revolution.
8. (Linked to SLO 2.3) Commercial leisure activities such as cinemas and amusement parks were designed for mass _____.
9. (Linked to SLO 2.4) Modern leisure is heavily shaped by _____ such as digital platforms and streaming services.
10. (Linked to SLO 2.4) Globalisation has diversified leisure by exposing people to international _____ and entertainment.

Short-Answer Questions

11. (Linked to SLO 2.1) State one leisure activity in ancient Egypt and explain its link to religion.
12. (Linked to SLO 2.1) State one leisure activity in ancient Greece and explain its purpose.
13. (Linked to SLO 2.1) State one leisure activity in ancient Rome and explain its social significance.
14. (Linked to SLO 2.2) State one leisure activity common among peasants in medieval societies.
15. (Linked to SLO 2.2) State one leisure activity enjoyed by nobles in medieval times.
16. (Linked to SLO 2.2) State one leisure activity that became popular during the Renaissance.
17. (Linked to SLO 2.3) Explain how industrialisation changed patterns of leisure.
18. (Linked to SLO 2.3) State one organised sport that became popular during the Industrial Revolution.
19. (Linked to SLO 2.3) State one example of commercial leisure activity that emerged during the Industrial Revolution.
20. (Linked to SLO 2.4) State one way technology has influenced modern leisure.
21. (Linked to SLO 2.4) State one way globalisation has changed leisure patterns.
22. (Linked to SLO 2.4) State one example of leisure activity linked to wellbeing.



Long-Answer Questions

23. (Linked to SLO 2.1) **Describe** leisure practices in ancient Egypt, Greece, and Rome, and **explain** their cultural significance.
24. (Linked to SLO 2.2) **Analyse** how religion and social class influenced leisure practices in medieval societies and the Renaissance.
25. (Linked to SLO 2.3) **Evaluate** the impact of the Industrial Revolution on leisure, focusing on organised sports, public recreation facilities, and commercial leisure.
26. (Linked to SLO 2.4) **Assess** contemporary leisure trends, considering the effects of technology, globalisation, and wellbeing on leisure participation.

Answers to Concept Check Questions – Series 2

Objective Questions

1. Religious rituals.
2. Civic development.
3. Pride.
4. Religious celebrations.
5. Theatre.
6. Leisure time.
7. Industrial Revolution.
8. Entertainment.
9. Technology.
10. Cultures.

Short-Answer Questions

11. Playing *Senet* in Egypt was linked to religious beliefs about the afterlife.
12. Theatre in Greece was used to cultivate civic and intellectual development.
13. Gladiatorial games in Rome reinforced civic pride and political unity.
14. Peasants enjoyed fairs and festivals tied to agricultural cycles.
15. Nobles enjoyed hunting and jousting, reinforcing social hierarchy.
16. Theatre became popular during the Renaissance, reflecting cultural revival.
17. Industrialisation introduced structured working hours, creating “time off” for recreation.
18. Football.
19. Cinemas.
20. Technology introduced digital platforms, video games, and streaming services.
21. Globalisation exposed people to international sports and cultural festivals.
22. Wellness retreats.

Long-Answer Questions

23. **Describe** leisure practices in ancient Egypt, Greece, and Rome, and **explain** their cultural significance.



- *Basic response:* Egypt linked leisure to religion, Greece valued leisure for civic and personal development, and Rome emphasised public entertainment for unity.
- *Value-added response:* Egypt's board games and festivals reflected spiritual beliefs; Greece's theatre and Olympics embodied ideals of balance and democracy; Rome's gladiatorial games and baths reinforced political control and social cohesion.

24. Analyse how religion and social class influenced leisure practices in medieval societies and the Renaissance.

- *Basic response:* Religion dictated festivals and holidays, while social class determined access to leisure.
- *Value-added response:* Peasants participated in communal fairs tied to church calendars, nobles enjoyed exclusive pursuits like jousting, and the Renaissance expanded leisure through arts and intellectual debates, sponsored by wealthy patrons.

25. Evaluate the impact of the Industrial Revolution on leisure, focusing on organised sports, public recreation facilities, and commercial leisure.

- *Basic response:* Industrialisation created structured leisure time, leading to organised sports, public facilities, and commercial entertainment.
- *Value-added response:* Football and cricket became mass sports, public parks and swimming pools promoted health, and cinemas and amusement parks reflected consumer culture, marking a shift from communal to commercial leisure.

26. Assess contemporary leisure trends, considering the effects of technology, globalisation, and wellbeing on leisure participation.

- *Basic response:* Technology, globalisation, and wellbeing shape modern leisure patterns.
- *Value-added response:* Digital platforms and streaming redefine leisure access, globalisation diversifies cultural practices, and wellbeing activities like eco-tourism and fitness retreats highlight leisure's role in health and sustainable tourism.

Answers to Pilot Questions – Series 2: Historical Development of Leisure and Recreation

Answers to Pilot Questions 2.1

- Festivals in Egypt were linked to **religious rituals**.
- Religious rituals.
- Theatre in Greece cultivated **civic and intellectual development**.
- Civic development.
- Gladiatorial games in Rome reinforced civic **pride**.
- Pride.

Answers to Pilot Questions 2.2



- Peasants in medieval societies enjoyed **fairs and festivals**.
- Religious celebrations.
- Nobles enjoyed **hunting and jousting**.
- Festivals and holidays.
- Theatre became popular during the Renaissance.
- Theatre.

Answers to Pilot Questions 2.3

- Industrialisation introduced structured working hours, creating **leisure time**.
- Leisure time.
- Football became popular.
- Industrial Revolution.
- Cinemas and amusement parks emerged.
- Entertainment.

Answers to Pilot Questions 2.4

- Technology introduced digital platforms, video games, and streaming services.
- Technology.
- Globalisation exposed people to international sports and cultural festivals.
- Cultures.
- Wellness retreats and eco-tourism are linked to wellbeing.
- Wellbeing.

List of References/Attributions – Series 2: Historical Development of Leisure and Recreation

To ensure the Series content is grounded in authoritative sources, the following references and attributions are acknowledged:

- **World Leisure Organisation** (2024). Global resources on leisure and recreation history.
- **UNESCO – Cultural Heritage and Festivals** (2023). Documentation on ancient and medieval cultural practices.
- **World Tourism Organisation (UNWTO)** (2023). Historical perspectives on tourism and leisure systems.
- **Cambridge History of Leisure** (2022). Academic text tracing leisure from antiquity to modern times.
- **Oxford Handbook of the History of Leisure** (2021). Scholarly analysis of leisure practices across civilisations.
- **British Library – Medieval and Renaissance Culture** (2022). Primary sources on medieval festivals, Renaissance arts, and cultural revival.



- **Industrial Revolution Studies** (2023). Research on the transformation of leisure during industrialisation.
- **Contemporary Leisure and Wellbeing Research** (2024). Studies on technology, globalisation, and wellbeing in modern leisure.

Course Title: Fundamentals of Leisure and Recreation

Course Code: HTM104

Course Units: 2 Units

- **Foundations of Leisure and Tourism**
- **Historical Development of Leisure and Recreation**
- **Determinants of Leisure Participation**
- **Voluntary and Commercial Leisure Provisions**
- **Benefits of Leisure and Participant Needs**

Suggested Outline for Series 3: Determinants of Leisure Participation

- **3.1 Individual Determinants of Leisure Participation**
 - Age, gender, and life stage
 - Personality, motivation, and health status
- **3.2 Socio-Cultural Determinants**
 - Family, peer groups, and community influence
 - Cultural norms, traditions, and religion
- **3.3 Economic and Environmental Determinants**
 - Income, occupation, and social class
 - Accessibility of facilities and environmental factors
- **3.4 Policy and Institutional Determinants**
 - Government policies and planning
 - Role of institutions, organisations, and leisure providers

Introduction – Series 3: Determinants of Leisure Participation



Leisure participation is never random; it is shaped by a variety of personal, social, economic, and institutional factors. Think of how age, income, or cultural background can influence whether someone spends their free time at a football match, a religious festival, or a wellness retreat. Understanding these determinants helps us see why leisure patterns differ across individuals and communities, and why access to leisure opportunities is not always equal.

The aim of this Series is to help you **identify and analyse the key factors that determine leisure participation**, so that you can appreciate how personal circumstances, social influences, and broader policies interact to shape leisure behaviour.

We shall commence this Series by examining **individual determinants**, such as age, gender, personality, and health. Next, we will explore **socio-cultural determinants**, including family, peer groups, traditions, and religion. Following that, we will consider **economic and environmental determinants**, focusing on income, occupation, accessibility, and physical surroundings. Finally, we will conclude with **policy and institutional determinants**, highlighting the role of government, organisations, and leisure providers in shaping opportunities for participation.

Series Learning Outcomes – Series 3: Determinants of Leisure Participation

By the end of this Series, you should be able to:

- **SLO 3.1 identify and explain** individual determinants of leisure participation, including age, gender, personality, and health status.
- **SLO 3.2 analyse** socio-cultural determinants such as family, peer groups, traditions, and religion, and their influence on leisure behaviour.
- **SLO 3.3 evaluate** economic and environmental determinants, including income, occupation, accessibility, and physical surroundings, in shaping leisure opportunities.
- **SLO 3.4 assess** policy and institutional determinants, considering how government policies, organisations, and leisure providers influence participation.

3.1 Individual Determinants of Leisure Participation

3.1.1 Age and Life Stage

Age plays a significant role in shaping leisure choices. Children often prefer play and games, adolescents lean towards sports and social activities, while adults may engage in hobbies, fitness, or cultural events. Older adults often choose leisure that supports relaxation, health, and social connection.



In-text question: Children often prefer play and games, while older adults choose leisure that supports _____ and social connection.

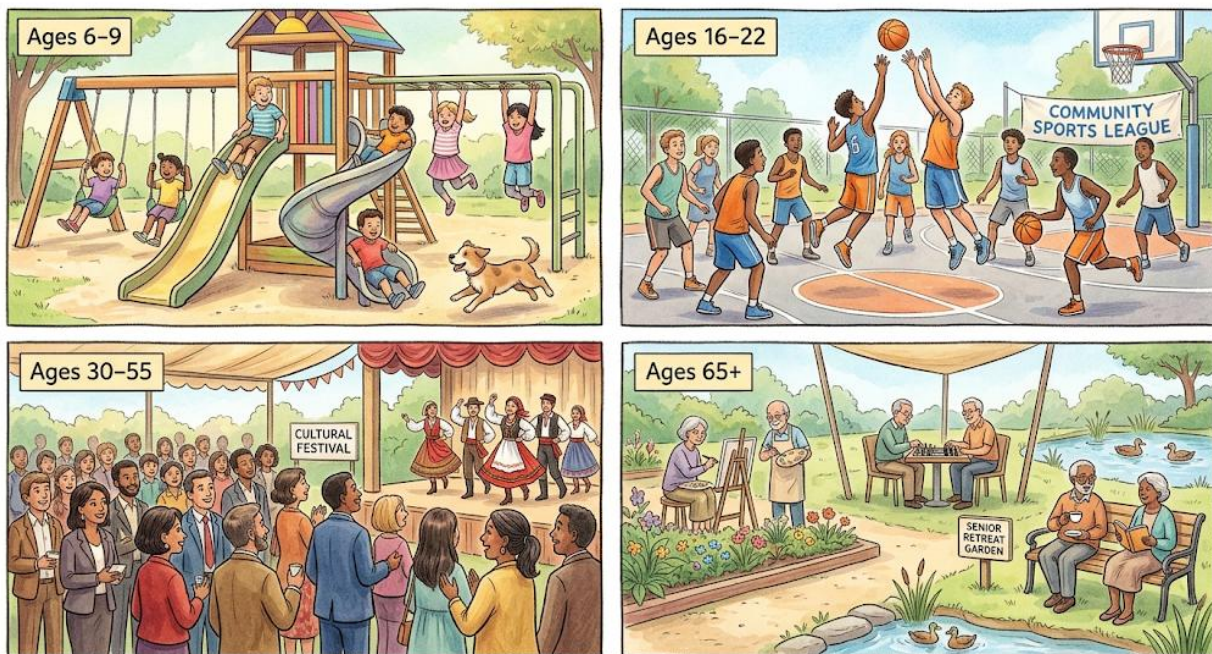


Figure 3.1 Leisure activities across age groups. Suggested

3.1.2 Gender and Participation

Gender influences leisure participation through cultural expectations and social roles. In many societies, men are more associated with competitive sports, while women may be linked to social or family-oriented leisure. However, these patterns are changing as gender roles evolve.

In-text question: In many societies, men are more associated with competitive _____, while women may be linked to social or family-oriented leisure.





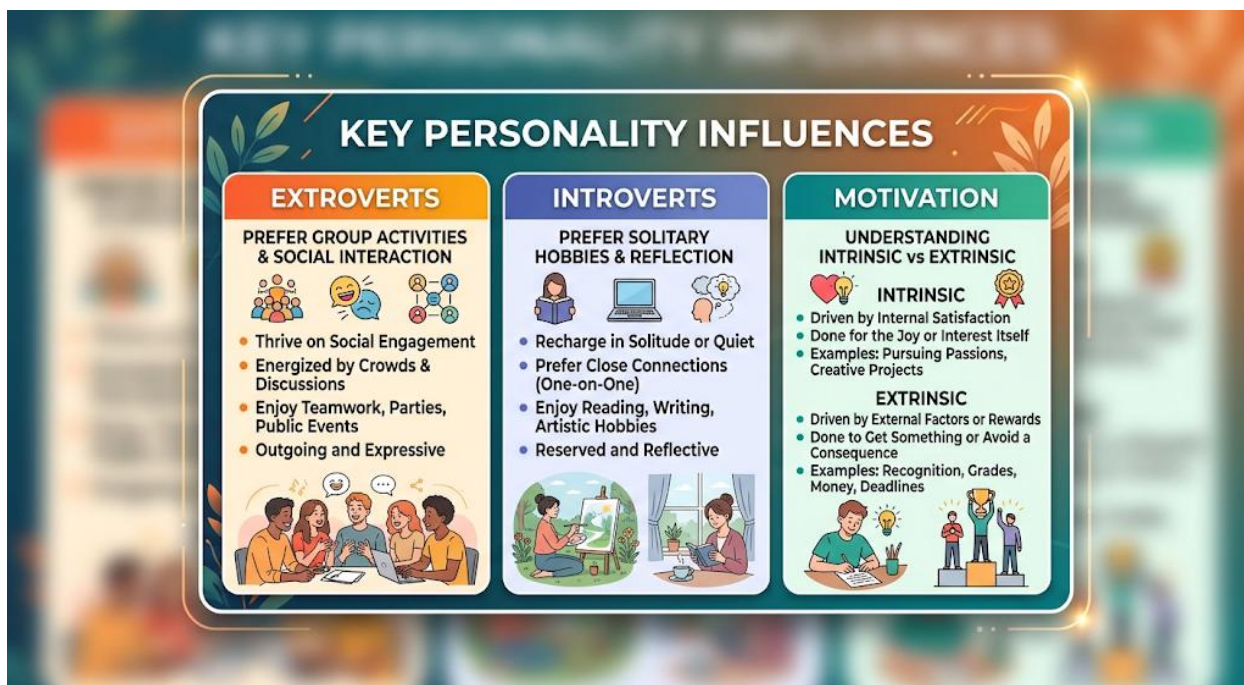
Plate 3.1 Gender and leisure participation. Suggested

3.1.3 Personality and Motivation

Personality traits and motivation strongly affect leisure choices. Extroverts may prefer group activities, while introverts may enjoy solitary hobbies. Motivation can be intrinsic (personal satisfaction) or extrinsic (social recognition or rewards).

In-text question: Extroverts may prefer group activities, while introverts may enjoy _____ hobbies.





Box 3.1 Personality and motivation in leisure. Suggested

3.1.4 Health Status

Health conditions influence leisure participation by enabling or restricting certain activities. Good health allows active participation in sports and travel, while poor health may limit options to less physically demanding leisure such as reading, music, or light social activities.

In-text question: Good health allows active participation in sports and travel, while poor health may limit options to less physically _____ leisure.



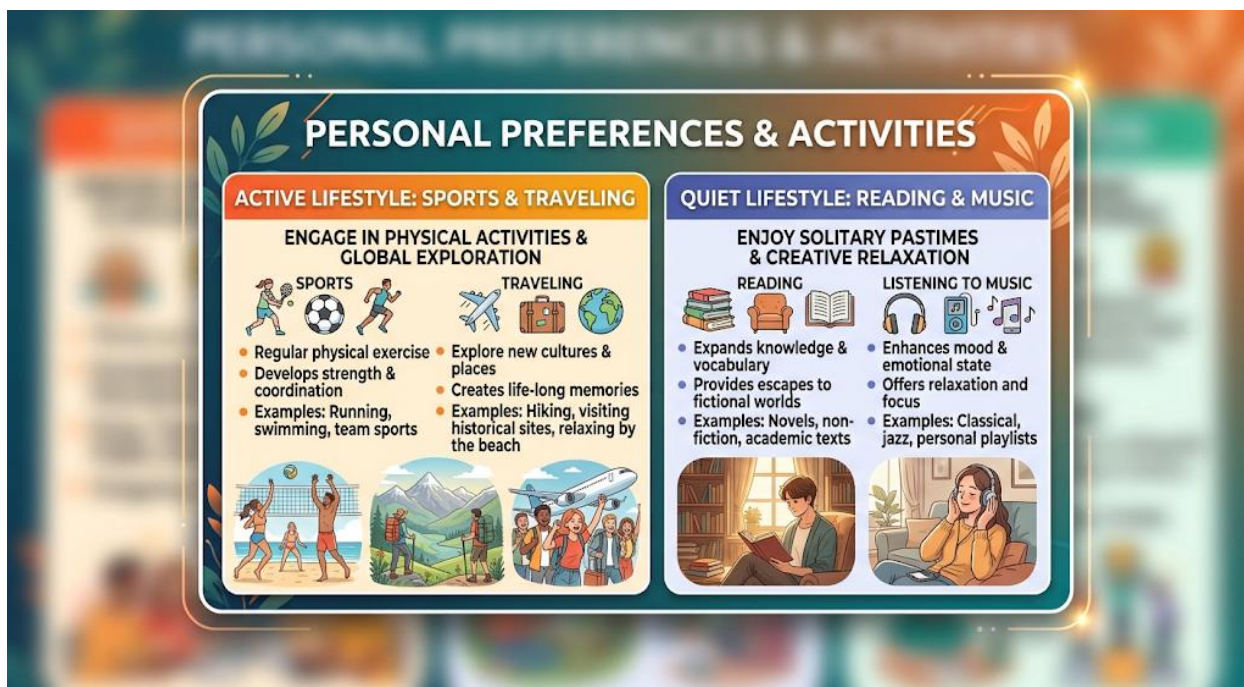


Figure 3.2 Health status and leisure participation. Suggested

Pilot Questions 3.1

1. State one leisure activity preferred by children and explain why.
2. Fill in the blank: Children often prefer play and games, while older adults choose leisure that supports _____ and social connection.
3. State one leisure activity traditionally associated with men in many societies.
4. Fill in the blank: In many societies, men are more associated with competitive _____, while women may be linked to social or family-oriented leisure.
5. State one leisure activity extroverts may prefer.
6. Fill in the blank: Extroverts may prefer group activities, while introverts may enjoy _____ hobbies.
7. State one leisure activity suitable for individuals with poor health.
8. Fill in the blank: Good health allows active participation in sports and travel, while poor health may limit options to less physically _____ leisure.

3.2 Socio-Cultural Determinants of Leisure Participation

3.2.1 Family and Peer Influence

Family traditions and peer groups strongly shape leisure choices. Families may encourage participation in religious festivals, cultural events, or shared hobbies, while peers often influence sports, music, and social outings.



In-text question: Families may encourage participation in religious festivals, while peers often influence _____ and social outings.



Figure 3.3 Family and peer influence on leisure. Suggested

3.2.2 Community and Social Structures

Communities provide opportunities for leisure through clubs, associations, and communal spaces. Social structures such as neighbourhoods, schools, and religious centres create environments where leisure activities are organised and shared.

In-text question: Communities provide opportunities for leisure through clubs, associations, and communal _____.





Plate 3.2 Community and social structures in leisure. Suggested

3.2.3 Cultural Norms and Traditions

Cultural norms dictate what leisure activities are considered acceptable or valued. For example, traditional dances, storytelling, and festivals reflect cultural heritage, while religion may restrict or encourage certain leisure practices.

In-text question: Cultural norms dictate what leisure activities are considered _____ or valued.





Box 3.2 Cultural norms and traditions in leisure. Suggested

Pilot Questions 3.2

1. State one way families influence leisure participation.
2. Fill in the blank: Families may encourage participation in religious festivals, while peers often influence _____ and social outings.
3. State one example of community-based leisure activity.
4. Fill in the blank: Communities provide opportunities for leisure through clubs, associations, and communal _____.
5. State one cultural leisure activity that reflects heritage.
6. Fill in the blank: Cultural norms dictate what leisure activities are considered _____ or valued.

3.3 Economic and Environmental Determinants of Leisure Participation

3.3.1 Income and Occupation

Economic status is a major determinant of leisure participation. Higher income levels often allow access to diverse leisure options such as travel, sports clubs, and cultural events, while lower income may restrict choices to more affordable or community-based activities. Occupation also plays a role, as demanding jobs may limit leisure time, while flexible work schedules can increase opportunities.



In-text question: Higher income levels often allow access to diverse leisure options such as travel, while lower income may restrict choices to more _____ activities.



Figure 3.4 Income and occupation influencing leisure. Suggested

3.3.2 Accessibility of Facilities

The availability and accessibility of leisure facilities strongly influence participation. Urban areas often provide parks, gyms, and theatres, while rural areas may have limited options. Accessibility also includes affordability, transportation, and inclusivity for people with disabilities.

In-text question: Accessibility of leisure facilities includes affordability, transportation, and _____ for people with disabilities.





Plate 3.3 Accessibility of leisure facilities. Suggested

3.3.3 Environmental Factors

The natural environment shapes leisure opportunities. Coastal regions encourage water sports, mountainous areas promote hiking and skiing, while climate influences seasonal leisure activities. Environmental sustainability is also becoming important, with eco-friendly leisure practices gaining popularity.

In-text question: Coastal regions encourage water sports, while mountainous areas promote _____ and skiing.





Box 3.3 Environmental factors in leisure. Suggested

Pilot Questions 3.3

1. State one way income influences leisure participation.
2. Fill in the blank: Higher income levels often allow access to diverse leisure options such as travel, while lower income may restrict choices to more _____ activities.
3. State one factor that affects accessibility of leisure facilities.
4. Fill in the blank: Accessibility of leisure facilities includes affordability, transportation, and _____ for people with disabilities.
5. State one leisure activity encouraged by coastal environments.
6. Fill in the blank: Coastal regions encourage water sports, while mountainous areas promote _____ and skiing.

3.4 Policy and Institutional Determinants of Leisure Participation

3.4.1 Government Policies and Planning

Government policies play a crucial role in shaping leisure opportunities. Policies on urban planning, funding for sports and cultural programmes, and investment in public facilities determine the accessibility and quality of leisure activities. Regulations may also encourage inclusive participation across different social groups.



In-text question: Government policies on urban planning and funding for sports determine the accessibility and _____ of leisure activities.



Figure 3.5 Government policies shaping leisure. Suggested

3.4.2 Role of Institutions and Organisations

Institutions such as schools, universities, religious centres, and leisure providers influence participation by offering structured programmes and facilities. Organisations like NGOs and private companies also contribute by sponsoring events, building recreational centres, and promoting leisure as part of community development.

In-text question: Institutions such as schools and universities influence leisure participation by offering structured _____ and facilities.





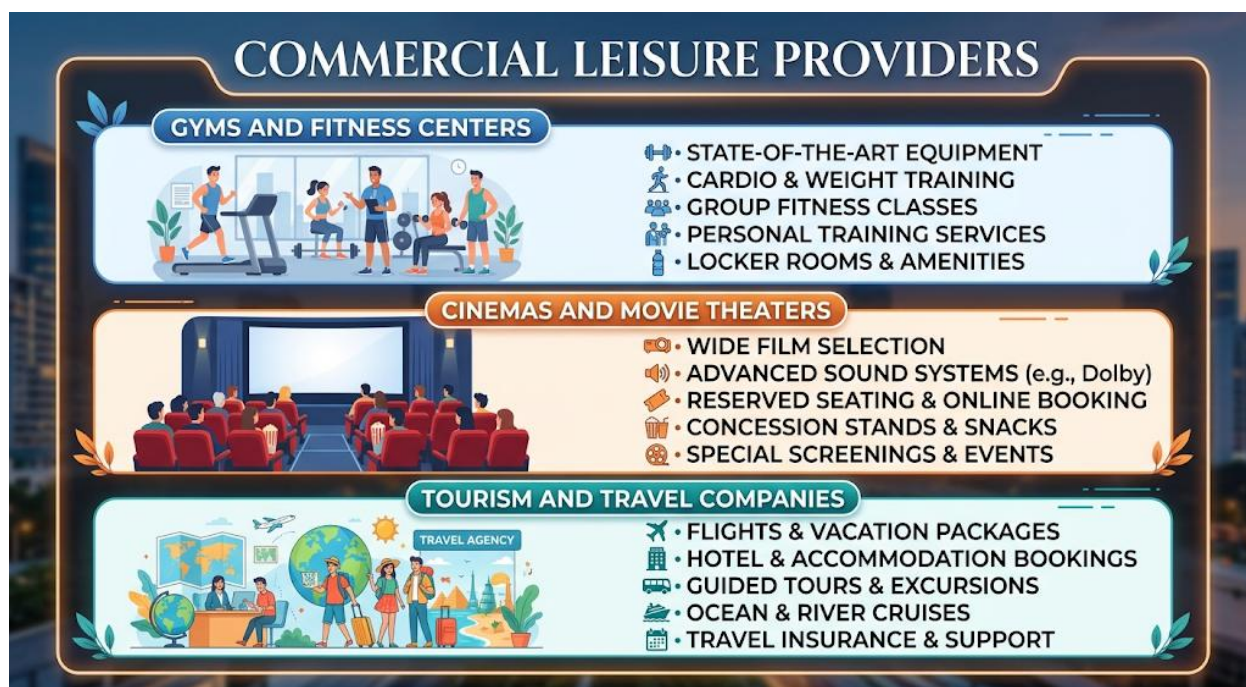
Plate 3.4 Institutions and organisations in leisure. Suggested

3.4.3 Leisure Providers and Commercial Organisations

Commercial organisations such as gyms, cinemas, and tourism companies shape leisure by creating services for profit. These providers expand leisure options but may limit access based on affordability. Their role complements public institutions by diversifying available activities.

In-text question: Commercial organisations such as gyms and cinemas shape leisure by creating services for _____.





Box 3.4 Leisure providers and commercial organisations. Suggested

Pilot Questions 3.4

1. State one way government policies influence leisure participation.
2. Fill in the blank: Government policies on urban planning and funding for sports determine the accessibility and _____ of leisure activities.
3. State one institution that influences leisure participation.
4. Fill in the blank: Institutions such as schools and universities influence leisure participation by offering structured _____ and facilities.
5. State one example of a commercial leisure provider.
6. Fill in the blank: Commercial organisations such as gyms and cinemas shape leisure by creating services for _____.

Series Summary – Series 3: Determinants of Leisure Participation

In this Series, we examined the **factors that shape leisure participation**, showing how personal circumstances, social influences, economic realities, and institutional structures interact to determine leisure behaviour.



- **Individual Determinants:** Age, gender, personality, motivation, and health status all influence the types of leisure activities people choose. Children often prefer play, adolescents lean towards sports, adults engage in hobbies or cultural events, and older adults focus on relaxation and social connection.
- **Socio-Cultural Determinants:** Family traditions, peer groups, communities, and cultural norms shape leisure practices. Religion and heritage also play a strong role in determining what activities are valued or restricted.
- **Economic and Environmental Determinants:** Income and occupation affect access to leisure opportunities, while accessibility of facilities and environmental conditions (such as climate or geography) determine the range of available activities. Sustainability is increasingly important, with eco-friendly leisure gaining popularity.
- **Policy and Institutional Determinants:** Government policies, schools, universities, NGOs, and commercial organisations all influence leisure participation by providing facilities, programmes, and services. Public institutions promote inclusivity, while commercial providers expand options for profit.

By completing this Series, you should now be able to **identify** individual determinants, **analyse** socio-cultural influences, **evaluate** economic and environmental factors, and **assess** policy and institutional roles in leisure participation.

Glossary of Terms – Series 3: Determinants of Leisure Participation

- **Age:** A personal factor influencing leisure choices across life stages, from play in childhood to relaxation in older adulthood.
- **Gender:** Cultural and social expectations that shape leisure preferences, though patterns are evolving with changing roles.
- **Personality:** Individual traits that affect leisure behaviour, such as extroversion favouring group activities and introversion favouring solitary hobbies.
- **Motivation:** The driving force behind leisure choices, which may be intrinsic (personal satisfaction) or extrinsic (social recognition).
- **Health Status:** Physical and mental wellbeing that enables or restricts participation in certain leisure activities.
- **Family Influence:** Traditions and encouragement from family members that shape leisure practices.
- **Peer Groups:** Social circles that influence leisure choices, especially in adolescence and youth.
- **Community Structures:** Clubs, associations, and communal spaces that provide organised leisure opportunities.
- **Cultural Norms:** Accepted practices and traditions that determine what leisure activities are valued or restricted.
- **Income:** Economic capacity that determines access to leisure options, from affordable community activities to luxury travel.
- **Accessibility:** Availability and ease of reaching leisure facilities, including affordability, transport, and inclusivity.



- **Environmental Factors:** Natural and climatic conditions that shape leisure opportunities, such as water sports in coastal areas or skiing in mountainous regions.
- **Government Policy:** Regulations and planning that influence leisure opportunities through funding, facilities, and inclusivity.
- **Institutions:** Schools, universities, religious centres, and NGOs that provide structured leisure programmes.
- **Commercial Providers:** Businesses such as gyms, cinemas, and tourism companies that offer leisure services for profit.

Concept Check Questions – Series 3: Determinants of Leisure Participation

Objective Questions

1. (Linked to SLO 3.1) Children often prefer play and games, while older adults choose leisure that supports _____ and social connection.
2. (Linked to SLO 3.1) In many societies, men are more associated with competitive _____, while women may be linked to social or family-oriented leisure.
3. (Linked to SLO 3.1) Extroverts may prefer group activities, while introverts may enjoy _____ hobbies.
4. (Linked to SLO 3.2) Families may encourage participation in religious festivals, while peers often influence _____ and social outings.
5. (Linked to SLO 3.2) Communities provide opportunities for leisure through clubs, associations, and communal _____.
6. (Linked to SLO 3.2) Cultural norms dictate what leisure activities are considered _____ or valued.
7. (Linked to SLO 3.3) Higher income levels often allow access to diverse leisure options such as travel, while lower income may restrict choices to more _____ activities.
8. (Linked to SLO 3.3) Accessibility of leisure facilities includes affordability, transportation, and _____ for people with disabilities.
9. (Linked to SLO 3.3) Coastal regions encourage water sports, while mountainous areas promote _____ and skiing.
10. (Linked to SLO 3.4) Institutions such as schools and universities influence leisure participation by offering structured _____ and facilities.

Short-Answer Questions

11. (Linked to SLO 3.1) State one leisure activity preferred by children and explain why.
12. (Linked to SLO 3.1) State one leisure activity traditionally associated with men in many societies.
13. (Linked to SLO 3.1) State one leisure activity suitable for individuals with poor health.
14. (Linked to SLO 3.2) State one way families influence leisure participation.
15. (Linked to SLO 3.2) State one example of community-based leisure activity.
16. (Linked to SLO 3.2) State one cultural leisure activity that reflects heritage.
17. (Linked to SLO 3.3) State one way income influences leisure participation.



18. (Linked to SLO 3.3) State one factor that affects accessibility of leisure facilities.
19. (Linked to SLO 3.3) State one leisure activity encouraged by coastal environments.
20. (Linked to SLO 3.4) State one way government policies influence leisure participation.
21. (Linked to SLO 3.4) State one institution that influences leisure participation.
22. (Linked to SLO 3.4) State one example of a commercial leisure provider.

Long-Answer Questions

23. (Linked to SLO 3.1) **Describe** how age, gender, personality, and health status influence leisure participation.
24. (Linked to SLO 3.2) **Analyse** the role of family, peers, community structures, and cultural norms in shaping leisure behaviour.
25. (Linked to SLO 3.3) **Evaluate** the impact of economic and environmental determinants on leisure participation, with examples.
26. (Linked to SLO 3.4) **Assess** the influence of government policies, institutions, and commercial providers on leisure opportunities.

Answers to Concept Check Questions – Series 3

Objective Questions

1. Relaxation.
2. Sports.
3. Solitary.
4. Sports.
5. Spaces.
6. Acceptable.
7. Affordable.
8. Inclusivity.
9. Hiking.
10. Programmes.

Short-Answer Questions

11. Children prefer play because it supports growth and social interaction.
12. Men are traditionally associated with competitive sports.
13. Reading is suitable for individuals with poor health.
14. Families influence leisure by encouraging participation in festivals.
15. Community clubs provide leisure opportunities.
16. Traditional dances reflect cultural heritage.
17. Higher income allows access to travel and luxury leisure.
18. Transport affects accessibility of leisure facilities.
19. Coastal environments encourage swimming.
20. Government policies influence leisure by funding public facilities.
21. Schools influence leisure through structured programmes.
22. Gyms are examples of commercial leisure providers.



Long-Answer Questions

23. Describe how age, gender, personality, and health status influence leisure participation.

- *Basic response:* Age, gender, personality, and health all shape leisure choices.
- *Value-added response:* Children prefer play, adolescents lean towards sports, adults engage in hobbies, and older adults focus on relaxation. Gender roles historically influenced leisure patterns, though these are changing. Personality traits such as extroversion or introversion affect preferences, while health status determines whether individuals can participate in active or passive leisure.

24. Analyse the role of family, peers, community structures, and cultural norms in shaping leisure behaviour.

- *Basic response:* Families, peers, communities, and culture influence leisure choices.
- *Value-added response:* Families encourage traditions and festivals, peers shape youth leisure through sports and social outings, communities provide clubs and associations, and cultural norms dictate acceptable practices such as dances or religious activities. Together, these factors create a framework for leisure participation.

25. Evaluate the impact of economic and environmental determinants on leisure participation, with examples.

- *Basic response:* Income, occupation, accessibility, and environment affect leisure opportunities.
- *Value-added response:* Wealthier individuals access diverse leisure such as travel, while lower-income groups rely on affordable community activities. Occupation influences available time. Accessibility includes transport and inclusivity. Environmental factors such as coastal regions encourage water sports, while mountainous areas promote hiking and skiing. Sustainability adds a modern dimension with eco-friendly leisure.

26. Assess the influence of government policies, institutions, and commercial providers on leisure opportunities.

- *Basic response:* Policies, institutions, and providers shape leisure participation.
- *Value-added response:* Government policies fund public facilities and promote inclusivity. Institutions such as schools and NGOs provide structured programmes. Commercial providers like gyms and cinemas expand leisure options but may restrict access based on affordability. Together, these determinants balance public good with private enterprise.

Answers to Pilot Questions – Series 3: Determinants of Leisure Participation

Answers to Pilot Questions 3.1



1. Children prefer play because it supports growth and social interaction.
2. Relaxation.
3. Men are traditionally associated with competitive sports.
4. Sports.
5. Extroverts may prefer group activities.
6. Solitary.
7. Reading is suitable for individuals with poor health.
8. Less physically demanding.

Answers to Pilot Questions 3.2

1. Families influence leisure by encouraging participation in festivals.
2. Sports.
3. Community clubs provide leisure opportunities.
4. Spaces.
5. Traditional dances reflect cultural heritage.
6. Acceptable.

Answers to Pilot Questions 3.3

1. Higher income allows access to travel and luxury leisure.
2. Affordable.
3. Transport affects accessibility of leisure facilities.
4. Inclusivity.
5. Swimming is encouraged by coastal environments.
6. Hiking.

Answers to Pilot Questions 3.4

1. Government policies influence leisure by funding public facilities.
2. Quality.
3. Schools influence leisure through structured programmes.
4. Programmes.
5. Gyms are examples of commercial leisure providers.
6. Profit.

Here is a consolidated list of authoritative references and attributions for Series 3: Determinants of Leisure Participation. These sources provide academic grounding for the factors influencing leisure choices across individual, socio-cultural, economic, environmental, and institutional dimensions.

References and Attributions – Series 3



- **Chen, Kemperman & Timmermans (2022)** – *Socio-demographics, neighbourhood characteristics, time use, and leisure-time physical activity engagement patterns over the life course*. Published in *SSM Population Health*. This study highlights how socio-demographic and life transitions influence leisure participation.
- **BMC Public Health – Motives for Leisure-Time Physical Activity** (Springer, 2021). Analyses the prevalence and consistency of motives for leisure participation, linking activity type with social background.
- **Hallmann, Breuer, Muñiz Artime & Dallmeyer (2016)** – *Leisure participation: modelling the decision to engage in sports and culture*. Published in *Springer*. Examines determinants such as time, income, education, and wellbeing, showing how sports and cultural participation complement or compete.
- **World Leisure Organisation** (2024). Provides global resources on leisure determinants, participation trends, and inclusive practices.
- **UNESCO – Cultural Heritage and Festivals** (2023). Documents cultural and religious influences on leisure participation across societies.
- **Oxford Handbook of the History of Leisure** (2021). Offers theoretical and historical perspectives on leisure determinants, including socio-cultural and institutional factors.
- **World Tourism Organisation (UNWTO)** (2023). Provides insights into how economic and environmental factors shape leisure and tourism participation globally.

Course Title: Fundamentals of Leisure and Recreation

Course Code: HTM104

Course Units: 2 Units

- **Foundations of Leisure and Tourism**
- **Historical Development of Leisure and Recreation**
- **Determinants of Leisure Participation**
- **Voluntary and Commercial Leisure Provisions**
- **Benefits of Leisure and Participant Needs**

Suggested Outline for Series 4: Voluntary and Commercial Leisure Provisions

Proposed Outline



- **4.1 Voluntary Leisure Provisions**
 - Definition and characteristics of voluntary leisure
 - Role of voluntary organisations (clubs, associations, NGOs)
 - Benefits and challenges of voluntary leisure provision
- **4.2 Commercial Leisure Provisions**
 - Definition and characteristics of commercial leisure
 - Examples: gyms, cinemas, tourism companies, theme parks
 - Advantages and limitations of commercial leisure provision
- **4.3 Comparative Analysis of Voluntary and Commercial Leisure**
 - Key differences and similarities
 - Complementary roles in society
 - Case studies of integrated leisure provision
- **4.4 Emerging Trends in Leisure Provision**
 - Digital platforms and online leisure services
 - Hybrid models (voluntary–commercial partnerships)
 - Sustainability and inclusivity in leisure provision

Introduction – Series 4: Voluntary and Commercial Leisure Provisions

Leisure opportunities are provided through different channels, and two of the most significant are voluntary and commercial provisions. Voluntary organisations such as clubs, associations, and NGOs often emerge from community needs and shared interests, while commercial providers like gyms, cinemas, and tourism companies operate for profit. Together, they shape the landscape of leisure by offering diverse options that cater to varying social and economic groups.

The aim of this Series is to help you **understand, compare, and evaluate voluntary and commercial leisure provisions**, so that you can appreciate their roles, benefits, limitations, and emerging trends in contemporary society.

We shall commence this Series by examining **voluntary leisure provisions**, focusing on their characteristics, roles, and challenges. Next, we will explore **commercial leisure provisions**, highlighting examples and their advantages and limitations. Following that, we will undertake a **comparative analysis of voluntary and commercial leisure**, considering their differences, similarities, and complementary roles. Finally, we will conclude with **emerging trends in leisure provision**, including digital platforms, hybrid models, and sustainability practices.

Series Learning Outcomes – Series 4: Voluntary and Commercial Leisure Provisions



By the end of this Series, you should be able to:

- **SLO 4.1 define and explain** the concept and characteristics of voluntary leisure provisions, including the role of clubs, associations, and NGOs.
- **SLO 4.2 describe and evaluate** commercial leisure provisions, with examples such as gyms, cinemas, tourism companies, and theme parks.
- **SLO 4.3 compare and contrast** voluntary and commercial leisure provisions, identifying their similarities, differences, and complementary roles in society.
- **SLO 4.4 analyse** emerging trends in leisure provision, including digital platforms, hybrid models, sustainability, and inclusivity.

4.1 Voluntary Leisure Provisions

4.1.1 Definition and Characteristics

Voluntary leisure provisions refer to leisure activities organised by individuals or groups without the primary aim of profit. They are often community-driven, relying on shared interests, goodwill, and collective participation. Key characteristics include non-profit orientation, inclusivity, and reliance on volunteers or members.

In-text question: Voluntary leisure provisions are often community-driven and rely on _____ participation.



Figure 4.1 Characteristics of voluntary leisure provisions. Suggested



4.1.2 Role of Voluntary Organisations

Voluntary organisations such as clubs, associations, and NGOs play a vital role in providing leisure opportunities. They organise sports, cultural events, recreational clubs, and social gatherings. These organisations often promote social cohesion, cultural preservation, and community development.

In-text question: Voluntary organisations such as clubs and NGOs often promote social _____ and cultural preservation.



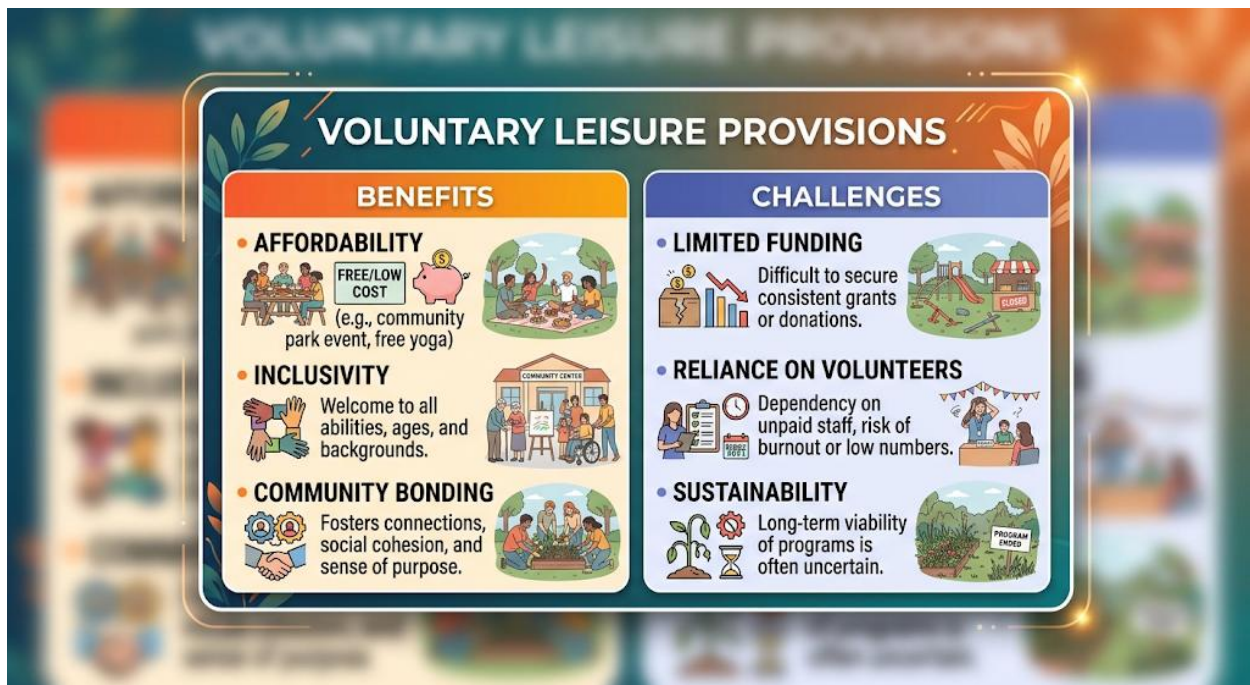
Plate 4.1 Voluntary organisations in leisure provision. Suggested

4.1.3 Benefits and Challenges

Voluntary leisure provisions offer benefits such as affordability, inclusivity, and community bonding. However, they face challenges including limited funding, reliance on volunteers, and sustainability issues. Despite these challenges, voluntary leisure remains essential for grassroots participation.

In-text question: Voluntary leisure provisions face challenges such as limited _____ and reliance on volunteers.





Box 4.1 Benefits and challenges of voluntary leisure provisions. Suggested

Pilot Questions 4.1

1. Define voluntary leisure provisions.
2. Fill in the blank: Voluntary leisure provisions are often community-driven and rely on _____ participation.
3. State one role of voluntary organisations in leisure provision.
4. Fill in the blank: Voluntary organisations such as clubs and NGOs often promote social _____ and cultural preservation.
5. State one benefit of voluntary leisure provisions.
6. Fill in the blank: Voluntary leisure provisions face challenges such as limited _____ and reliance on volunteers.

4.2 Commercial Leisure Provisions

4.2.1 Definition and Characteristics

Commercial leisure provisions are leisure activities and services offered by businesses with the primary aim of making profit. They include facilities such as gyms, cinemas, tourism companies, and theme parks. Their key characteristics are profit orientation, customer service focus, and reliance on market demand.

In-text question: Commercial leisure provisions are leisure activities offered by businesses with the primary aim of making _____.

Figure 4.2 Characteristics of commercial leisure provisions. Suggested





4.2.2 Examples of Commercial Leisure

Examples of commercial leisure include fitness centres, cinemas, hotels, resorts, and tourism companies. These providers expand leisure options by offering structured services, entertainment, and recreational experiences. They often cater to diverse interests but may limit access based on affordability.

In-text question: Examples of commercial leisure include fitness centres, cinemas, hotels, resorts, and _____ companies.





Plate 4.2 Examples of commercial leisure providers. Suggested

4.2.3 Advantages and Limitations

Commercial leisure provisions offer advantages such as variety, innovation, and professional management. They often provide high-quality facilities and services. However, limitations include cost barriers, exclusivity, and the risk of prioritising profit over inclusivity.

In-text question: Commercial leisure provisions offer advantages such as variety and innovation, but limitations include cost barriers and _____.





Box 4.2 Advantages and limitations of commercial leisure provisions. Suggested

Pilot Questions 4.2

1. Define commercial leisure provisions.
2. Fill in the blank: Commercial leisure provisions are leisure activities offered by businesses with the primary aim of making _____.
3. State one example of a commercial leisure provider.
4. Fill in the blank: Examples of commercial leisure include fitness centres, cinemas, hotels, resorts, and _____ companies.
5. State one advantage of commercial leisure provisions.
6. Fill in the blank: Commercial leisure provisions offer advantages such as variety and innovation, but limitations include cost barriers and _____.

4.3 Comparative Analysis of Voluntary and Commercial Leisure

4.3.1 Key Differences

Voluntary leisure provisions are community-driven, non-profit, and inclusive, while commercial leisure provisions are profit-oriented, market-driven, and often exclusive. Voluntary organisations rely on volunteers and donations, whereas commercial providers depend on customer payments and business models.



In-text question: Voluntary leisure provisions are community-driven and non-profit, while commercial leisure provisions are _____-oriented and market-driven.

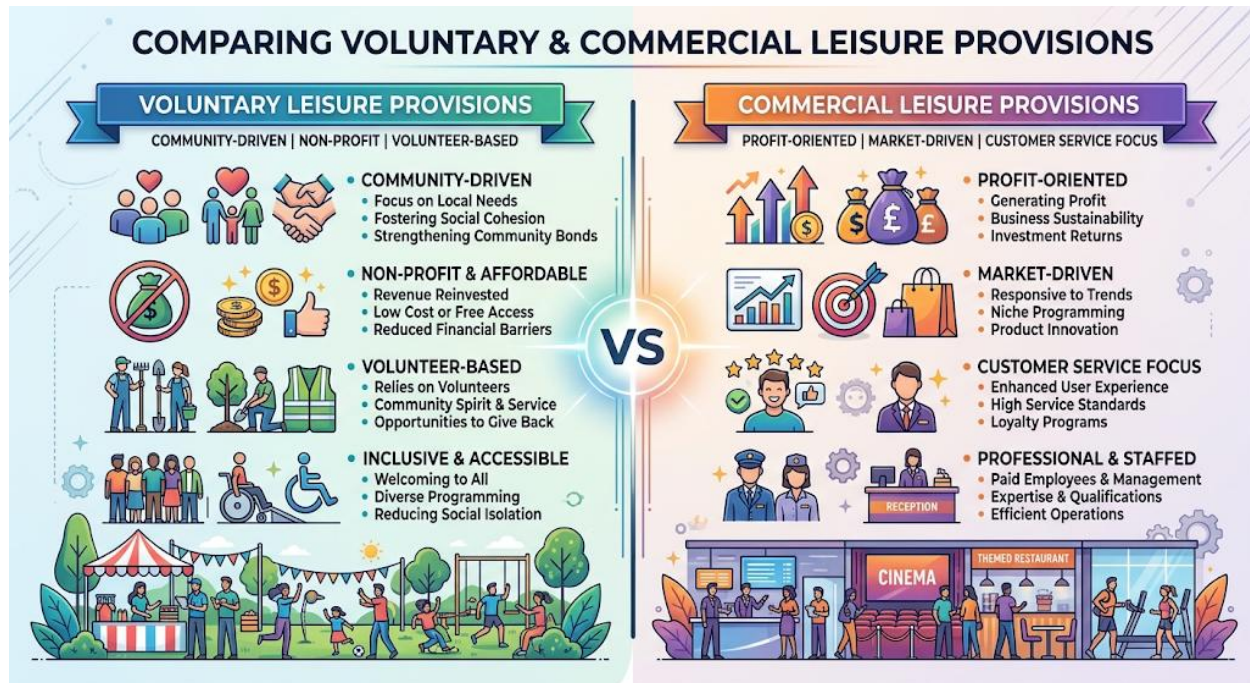


Figure 4.3 Differences between voluntary and commercial leisure. Suggested

4.3.2 Similarities

Despite their differences, both voluntary and commercial leisure provisions aim to provide opportunities for recreation, socialisation, and personal development. Both contribute to wellbeing, cultural enrichment, and community engagement, though they operate under different frameworks.

In-text question: Both voluntary and commercial leisure provisions aim to provide opportunities for recreation, socialisation, and _____ development.



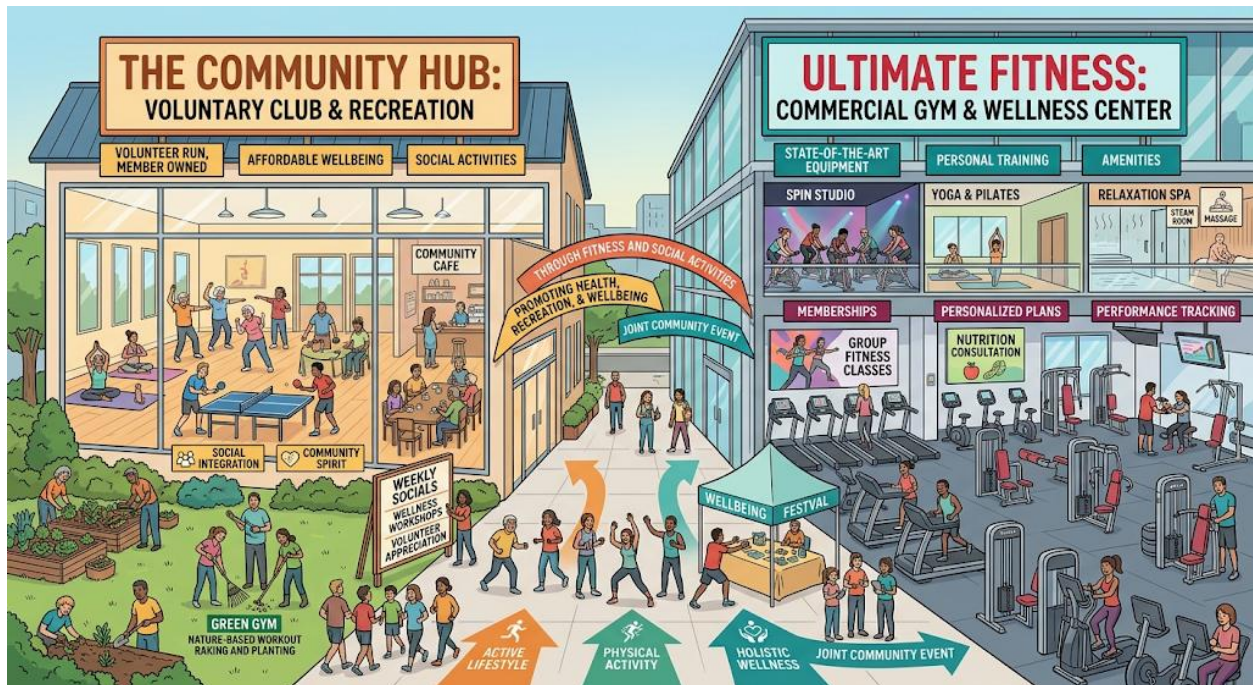


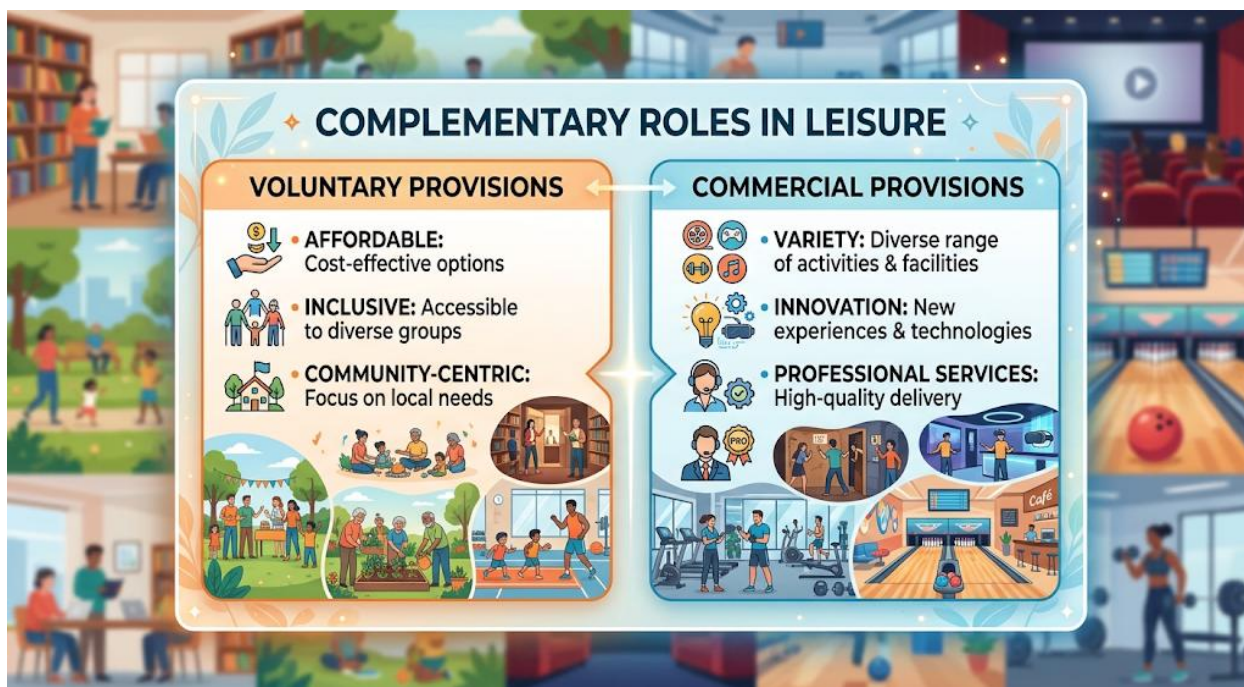
Plate 4.3 Similarities between voluntary and commercial leisure. Suggested

4.3.3 Complementary Roles

Voluntary and commercial leisure provisions often complement each other. Voluntary organisations provide affordable, grassroots opportunities, while commercial providers offer variety, innovation, and professional services. Together, they create a balanced leisure ecosystem that caters to diverse needs.

In-text question: Voluntary organisations provide affordable opportunities, while commercial providers offer variety and _____ services.





Box 4.3 Complementary roles of voluntary and commercial leisure. Suggested

Pilot Questions 4.3

1. State one difference between voluntary and commercial leisure provisions.
2. Fill in the blank: Voluntary leisure provisions are community-driven and non-profit, while commercial leisure provisions are _____-oriented and market-driven.
3. State one similarity between voluntary and commercial leisure provisions.
4. Fill in the blank: Both voluntary and commercial leisure provisions aim to provide opportunities for recreation, socialisation, and _____ development.
5. State one way voluntary and commercial leisure provisions complement each other.
6. Fill in the blank: Voluntary organisations provide affordable opportunities, while commercial providers offer variety and _____ services.

4.4 Emerging Trends in Leisure Provision

4.4.1 Digital Platforms and Online Leisure

Digital technology has transformed leisure provision. Online platforms now offer fitness classes, gaming, streaming services, and virtual communities. These innovations expand access, allowing people to participate in leisure activities from anywhere.

In-text question: Digital technology has transformed leisure provision by offering fitness classes, gaming, and _____ services online.



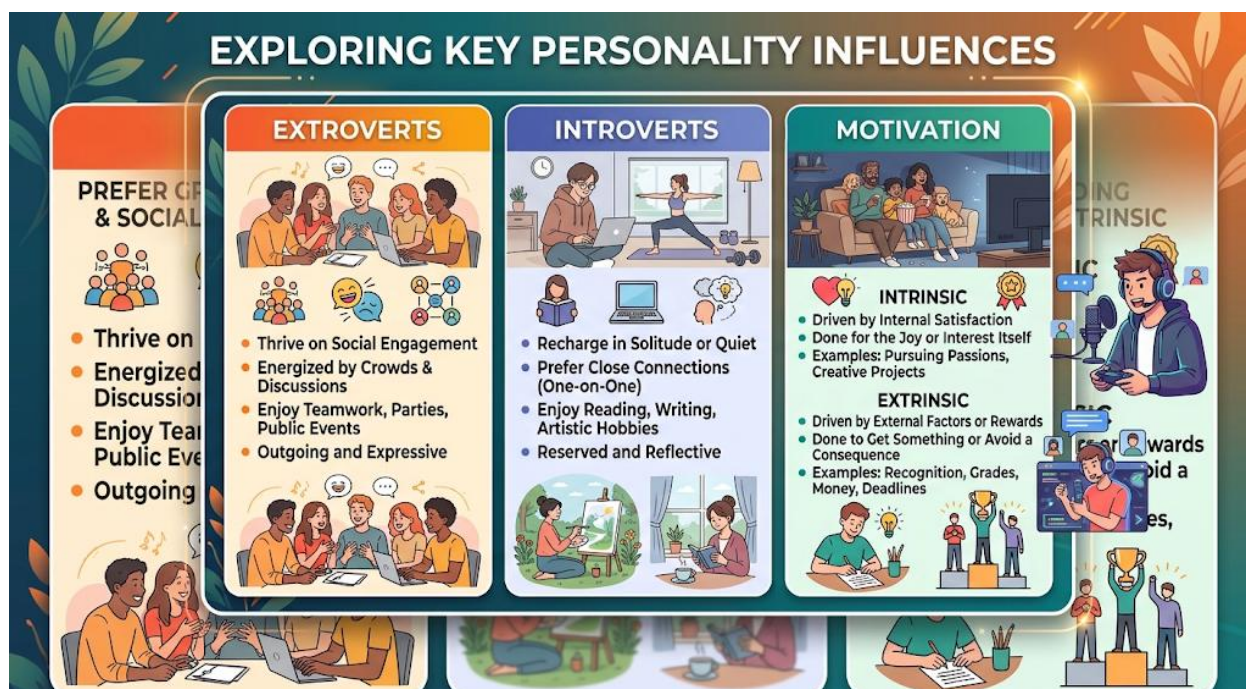


Figure 4.4 Digital platforms in leisure provision. Suggested

4.4.2 Hybrid Models (Voluntary–Commercial Partnerships)

Partnerships between voluntary organisations and commercial providers are emerging to combine affordability with innovation. For example, NGOs may collaborate with gyms or tourism companies to provide subsidised access, blending community service with professional management.

In-text question: Hybrid models combine affordability with _____ by linking voluntary organisations and commercial providers.



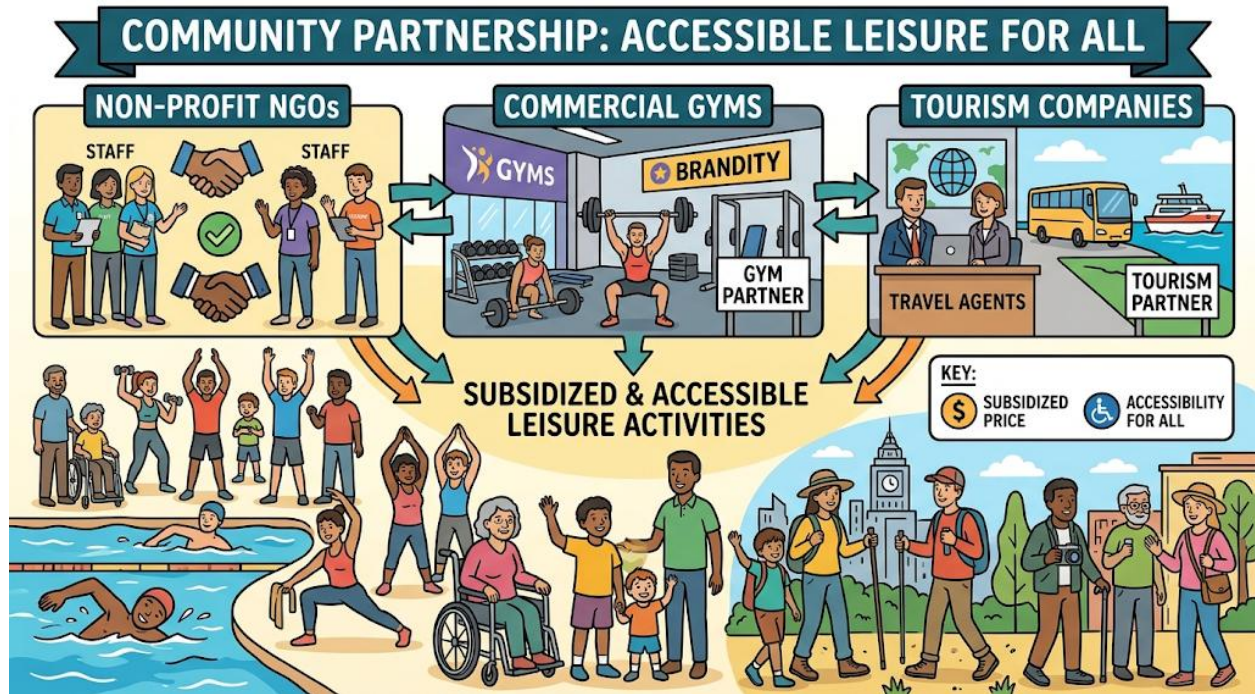


Plate 4.4 Hybrid models in leisure provision. Suggested

4.4.3 Sustainability and Inclusivity

Modern leisure provision increasingly emphasises sustainability and inclusivity. Eco-friendly tourism, green sports facilities, and accessible designs for people with disabilities reflect this trend. Inclusivity ensures that leisure opportunities are open to all, regardless of age, gender, or ability.

In-text question: Modern leisure provision increasingly emphasises sustainability and _____ to ensure opportunities are open to all.





Box 4.4 Sustainability and inclusivity in leisure provision. Suggested

Pilot Questions 4.4

1. State one example of digital leisure provision.
2. Fill in the blank: Digital technology has transformed leisure provision by offering fitness classes, gaming, and _____ services online.
3. State one benefit of hybrid leisure models.
4. Fill in the blank: Hybrid models combine affordability with _____ by linking voluntary organisations and commercial providers.
5. State one example of sustainable leisure provision.
6. Fill in the blank: Modern leisure provision increasingly emphasises sustainability and _____ to ensure opportunities are open to all.

Series Summary – Series 4: Voluntary and Commercial Leisure Provisions

This Series explored how leisure opportunities are provided through **voluntary** and **commercial channels**, highlighting their distinct features, roles, and emerging trends.

- **Voluntary Leisure Provisions:** Community-driven, non-profit, and inclusive. They rely on volunteers and organisations such as clubs, associations, and NGOs. Benefits include affordability and social cohesion, though challenges like limited funding and sustainability persist.
- **Commercial Leisure Provisions:** Profit-oriented and market-driven, offered by businesses such as gyms, cinemas, tourism companies, and theme parks. They provide



variety, innovation, and professional services but may limit access due to cost barriers and exclusivity.

- **Comparative Analysis:** Voluntary and commercial provisions differ in orientation and funding but share the goal of promoting recreation, socialisation, and personal development. Together, they complement each other by balancing affordability with innovation.
- **Emerging Trends:** Digital platforms, hybrid partnerships between voluntary and commercial providers, and sustainability/inclusivity initiatives are reshaping leisure provision. These trends expand access, promote eco-friendly practices, and ensure inclusivity for diverse groups.

Glossary of Terms – Series 4: Voluntary and Commercial Leisure Provisions

- **Voluntary Leisure:** Leisure activities organised by individuals or groups without profit motives, often community-driven and inclusive.
- **Commercial Leisure:** Leisure services provided by businesses for profit, such as gyms, cinemas, tourism companies, and theme parks.
- **Non-Profit Orientation:** A defining characteristic of voluntary leisure provisions, where activities are organised without financial gain.
- **NGOs:** Non-governmental organisations that provide leisure opportunities, often focusing on cultural, social, or developmental goals.
- **Profit Orientation:** A defining characteristic of commercial leisure provisions, where services are designed to generate revenue.
- **Hybrid Models:** Partnerships between voluntary organisations and commercial providers that combine affordability with innovation.
- **Digital Platforms:** Online services offering leisure opportunities such as streaming, gaming, and virtual fitness classes.
- **Sustainability:** Eco-friendly practices in leisure provision, including green facilities and responsible tourism.
- **Inclusivity:** Ensuring leisure opportunities are accessible to all, regardless of age, gender, or ability.

Concept Check Questions – Series 4: Voluntary and Commercial Leisure Provisions

Objective Questions

1. (Linked to SLO 4.1) Voluntary leisure provisions are community-driven and rely on _____ participation.
2. (Linked to SLO 4.1) NGOs and clubs are examples of _____ leisure providers.
3. (Linked to SLO 4.2) Commercial leisure provisions are offered by businesses with the primary aim of making _____.



4. (Linked to SLO 4.2) Gyms, cinemas, and tourism companies are examples of _____ leisure providers.
5. (Linked to SLO 4.3) Voluntary leisure is non-profit, while commercial leisure is _____-oriented.
6. (Linked to SLO 4.3) Both voluntary and commercial leisure provisions aim to promote recreation, socialisation, and _____ development.
7. (Linked to SLO 4.4) Digital platforms provide leisure opportunities such as streaming, gaming, and _____ classes.
8. (Linked to SLO 4.4) Hybrid models combine affordability with _____ by linking voluntary and commercial providers.
9. (Linked to SLO 4.4) Modern leisure provision increasingly emphasises sustainability and _____.
10. (Linked to SLO 4.4) Eco-friendly tourism is an example of _____ leisure provision.

Short-Answer Questions

11. (Linked to SLO 4.1) Define voluntary leisure provisions.
12. (Linked to SLO 4.1) State one benefit of voluntary leisure provisions.
13. (Linked to SLO 4.2) Define commercial leisure provisions.
14. (Linked to SLO 4.2) State one limitation of commercial leisure provisions.
15. (Linked to SLO 4.3) State one similarity between voluntary and commercial leisure provisions.
16. (Linked to SLO 4.3) State one complementary role of voluntary and commercial leisure provisions.
17. (Linked to SLO 4.4) State one example of digital leisure provision.
18. (Linked to SLO 4.4) State one benefit of hybrid leisure models.
19. (Linked to SLO 4.4) State one example of sustainable leisure provision.
20. (Linked to SLO 4.4) State one way inclusivity is promoted in leisure provision.

Long-Answer Questions

21. (Linked to SLO 4.1) **Explain** the characteristics, roles, benefits, and challenges of voluntary leisure provisions.
22. (Linked to SLO 4.2) **Evaluate** the advantages and limitations of commercial leisure provisions, with examples.
23. (Linked to SLO 4.3) **Compare and contrast** voluntary and commercial leisure provisions, highlighting differences, similarities, and complementary roles.
24. (Linked to SLO 4.4) **Analyse** emerging trends in leisure provision, including digital platforms, hybrid models, sustainability, and inclusivity.

Answers to Concept Check Questions – Series 4

Objective Questions

1. Volunteer.
2. Voluntary.



3. Profit.
4. Commercial.
5. Profit.
6. Personal.
7. Fitness.
8. Innovation.
9. Inclusivity.
10. Sustainable.

Short-Answer Questions

11. Voluntary leisure provisions are non-profit, community-driven leisure activities organised by individuals or groups.
12. They are affordable and inclusive.
13. Commercial leisure provisions are profit-oriented leisure services offered by businesses.
14. They may exclude people due to high costs.
15. Both aim to promote recreation and wellbeing.
16. Voluntary leisure provides affordable access, while commercial leisure offers variety and innovation.
17. Online fitness classes are examples of digital leisure provision.
18. Hybrid models combine affordability with professional management.
19. Eco-friendly tourism is an example of sustainable leisure provision.
20. Inclusivity is promoted by designing facilities accessible to people with disabilities.

Long-Answer Questions

21. Explain the characteristics, roles, benefits, and challenges of voluntary leisure provisions.

- *Basic response:* Voluntary leisure is non-profit, community-driven, and inclusive.
- *Value-added response:* Voluntary leisure provisions rely on volunteers and NGOs, offering affordable opportunities that promote social cohesion and cultural preservation. Benefits include inclusivity and community bonding, while challenges include limited funding, reliance on volunteers, and sustainability issues.

22. Evaluate the advantages and limitations of commercial leisure provisions, with examples.

- *Basic response:* Commercial leisure is profit-oriented, offering variety but limited by cost.
- *Value-added response:* Commercial leisure providers such as gyms, cinemas, and tourism companies offer innovation, professional management, and diverse options. However, they may exclude low-income groups due to cost barriers and prioritise profit over inclusivity.



23. Compare and contrast voluntary and commercial leisure provisions, highlighting differences, similarities, and complementary roles.

- *Basic response:* Voluntary leisure is non-profit, while commercial leisure is profit-oriented.
- *Value-added response:* Voluntary leisure relies on community participation and inclusivity, while commercial leisure depends on customer payments and market demand. Both promote recreation and wellbeing. Together, they complement each other by balancing affordability with innovation.

24. Analyse emerging trends in leisure provision, including digital platforms, hybrid models, sustainability, and inclusivity.

- *Basic response:* Leisure provision is changing with technology and inclusivity.
- *Value-added response:* Digital platforms expand access through streaming, gaming, and online fitness. Hybrid models link NGOs with commercial providers to combine affordability and innovation. Sustainability is promoted through eco-friendly tourism and green facilities, while inclusivity ensures leisure opportunities are accessible to all.

Answers to Pilot Questions – Series 4: Voluntary and Commercial Leisure Provisions

Answers to Pilot Questions 4.1

1. Voluntary leisure provisions are non-profit, community-driven leisure activities organised by individuals or groups.
2. Volunteer.
3. Voluntary organisations provide leisure opportunities such as sports clubs or cultural associations.
4. Cohesion.
5. Affordability is a benefit of voluntary leisure provisions.
6. Funding.

Answers to Pilot Questions 4.2

1. Commercial leisure provisions are profit-oriented leisure services offered by businesses.
2. Profit.
3. Gyms are examples of commercial leisure providers.
4. Tourism.
5. Variety is an advantage of commercial leisure provisions.
6. Exclusivity.

Answers to Pilot Questions 4.3



1. Voluntary leisure is non-profit, while commercial leisure is profit-oriented.
2. Profit.
3. Both promote recreation and wellbeing.
4. Personal.
5. Voluntary leisure provides affordable access, while commercial leisure offers innovation.
6. Professional.

Answers to Pilot Questions 4.4

1. Online fitness classes are examples of digital leisure provision.
2. Streaming.
3. Hybrid models combine affordability with innovation.
4. Innovation.
5. Eco-friendly tourism is an example of sustainable leisure provision.
6. Inclusivity.

Here is a consolidated list of authoritative references for Series 4: Voluntary and Commercial Leisure Provisions. These sources provide academic grounding for the historical development, social roles, and emerging trends in leisure provision.

References and Attributions – Series 4

- **The ‘Mixed Economy’ of Leisure** – Springer (2025). Explores the historical background of voluntary, commercial, and public sectors in leisure industries, showing how they evolved together.
- **Leisure: A Reality or a Social Myth?** – *International Journal of the Sociology of Leisure* (Springer, 2026). Discusses the conceptual foundations of leisure, including voluntary and commercial dimensions.
- **Mapping the Intellectual Landscape of Leisure and Social Cohesion** – *International Journal of the Sociology of Leisure* (Springer, 2025). Provides bibliometric analysis of leisure’s role in social cohesion, highlighting voluntary organisations and commercial providers.
- **World Leisure Organisation** (2024). Offers global resources on voluntary and commercial leisure provision, including inclusivity and sustainability practices.
- **UNESCO – Cultural Heritage and Festivals** (2023). Documents voluntary leisure through cultural and religious festivals, linking heritage to community leisure.
- **Oxford Handbook of the History of Leisure** (2021). Provides theoretical and historical perspectives on leisure provision, including voluntary and commercial sectors.



Course Title: Fundamentals of Leisure and Recreation

Course Code: HTM104

Course Units: 2 Units

- **Foundations of Leisure and Tourism**
- **Historical Development of Leisure and Recreation**
- **Determinants of Leisure Participation**
- **Voluntary and Commercial Leisure Provisions**
- **Benefits of Leisure and Participant Needs**

Suggested Outline for Series 5: Leisure and Recreation in Contemporary Society

Proposed Outline

- **5.1 Contemporary Leisure Patterns**
 - Changing lifestyles and leisure choices
 - Impact of technology and globalization
 - Shifts in cultural and social values
- **5.2 Leisure and Social Issues**
 - Leisure as a tool for social cohesion
 - Leisure and inequality (gender, income, accessibility)
 - Leisure and health/wellbeing in modern society
- **5.3 Leisure and the Economy**
 - Leisure industries and employment
 - Tourism and recreation as economic drivers
 - Commercialisation of leisure in contemporary contexts
- **5.4 Future Directions in Leisure and Recreation**
 - Sustainability and eco-friendly leisure practices
 - Digital and virtual leisure innovations
 - Inclusive leisure for diverse populations



Introduction Series 5: Leisure and Recreation in Contemporary Society

Leisure and recreation in the 21st century are shaped by rapid social, economic, and technological changes. Globalisation, digital innovation, and shifting cultural values have transformed how people spend their free time, making leisure more diverse, accessible, and interconnected than ever before.

The aim of this Series is to help you **understand contemporary leisure patterns, analyse social issues, evaluate economic impacts, and explore future directions in leisure and recreation**. By doing so, you will gain insights into how leisure reflects broader societal changes and contributes to wellbeing, cohesion, and development.

We shall begin by examining **contemporary leisure patterns**, then move to **social issues** such as inequality and health. Next, we will explore the **economic role of leisure industries**, before concluding with **future directions**, including sustainability, digital innovations, and inclusivity.

Series Learning Outcomes – Series 5: Leisure and Recreation in Contemporary Society

By the end of this Series, you should be able to:

- **SLO 5.1 describe** contemporary leisure patterns, including the influence of technology, globalization, and cultural shifts.
- **SLO 5.2 analyse** the relationship between leisure and social issues such as cohesion, inequality, and wellbeing.
- **SLO 5.3 evaluate** the economic role of leisure industries, including tourism, recreation, and employment generation.
- **SLO 5.4 assess** future directions in leisure and recreation, focusing on sustainability, digital innovations, and inclusivity.

5.1 Contemporary Leisure Patterns

5.1.1 Changing Lifestyles and Leisure Choices

Modern lifestyles have reshaped leisure patterns. Urbanisation, longer working hours, and changing family structures influence how people spend free time. Leisure is increasingly personalised, with individuals choosing activities that reflect their identity, values, and aspirations.

In-text question: Modern lifestyles have reshaped leisure patterns, with individuals choosing activities that reflect their _____ and aspirations.



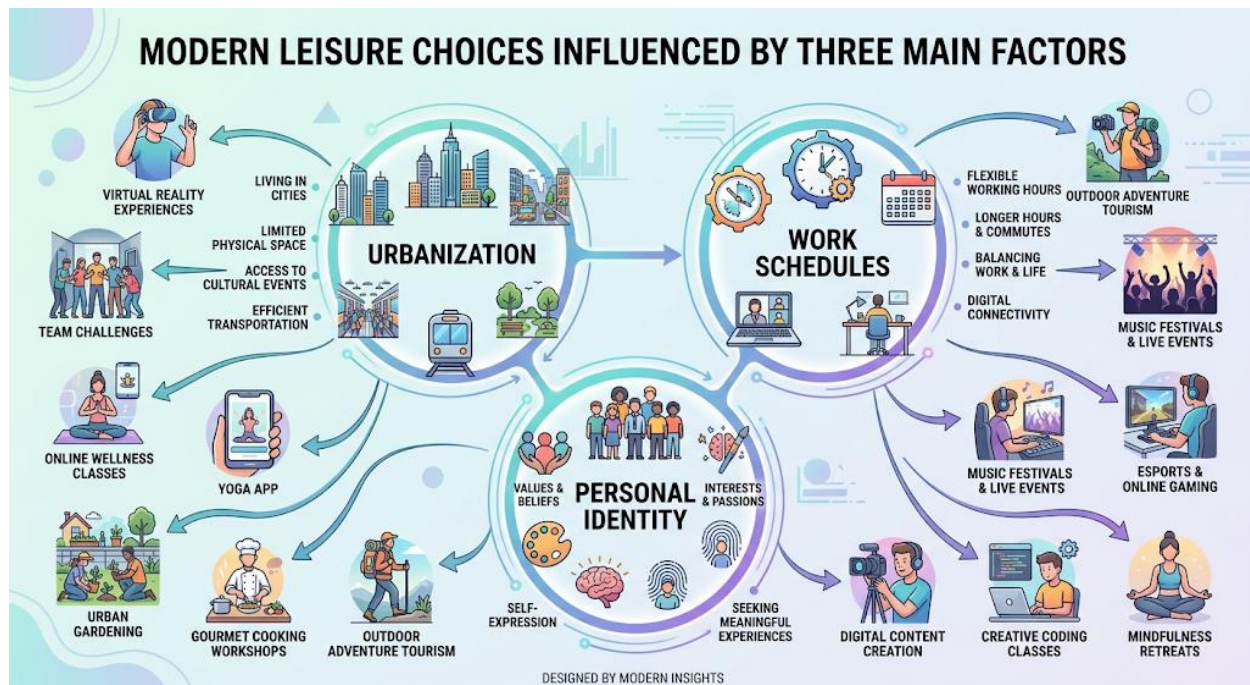


Figure 5.1 Changing lifestyles and leisure choices. Suggested

5.1.2 Impact of Technology and Globalisation

Technology and globalisation have expanded leisure opportunities. Digital platforms provide streaming, gaming, and virtual communities, while globalisation introduces diverse cultural practices and international tourism. Together, they make leisure more interconnected and accessible.

In-text question: Technology and globalisation have expanded leisure opportunities through digital platforms and _____ tourism.





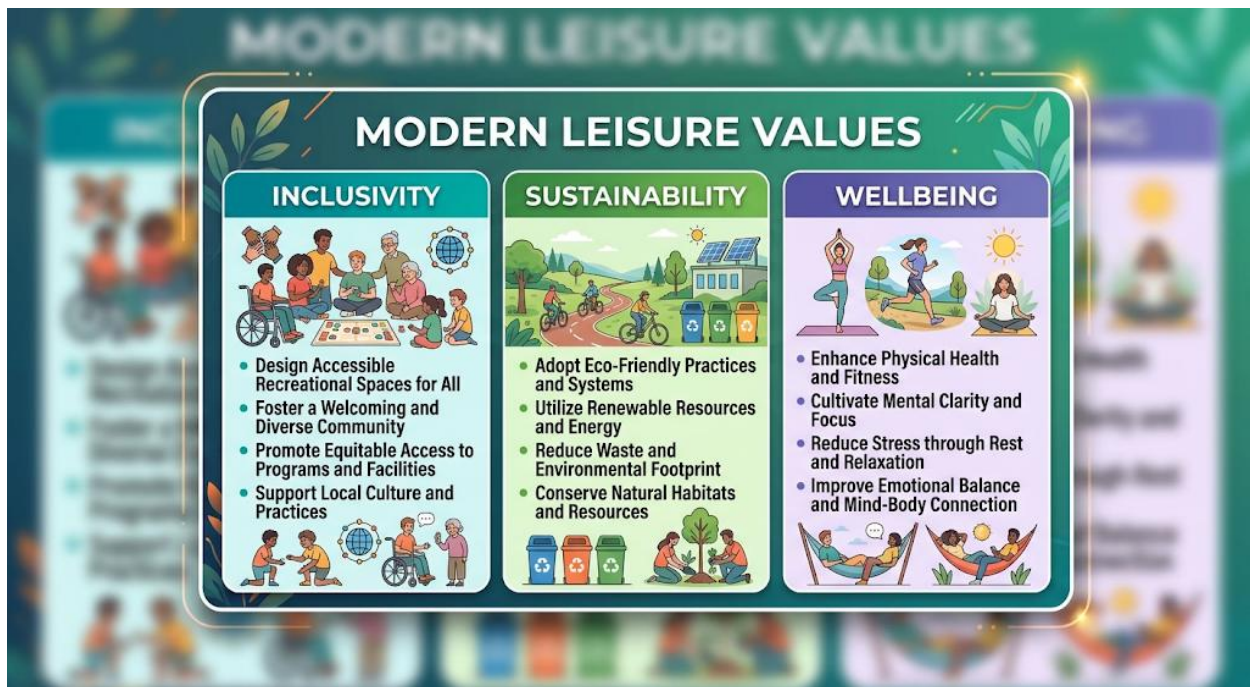
Plate 5.1 Technology and globalisation in leisure. Suggested

5.1.3 Shifts in Cultural and Social Values

Cultural and social values shape leisure preferences. Contemporary society emphasises inclusivity, sustainability, and wellbeing. Leisure activities now reflect broader social concerns, such as eco-friendly tourism, gender equality, and accessible recreation for all.

In-text question: Contemporary leisure reflects broader social concerns such as inclusivity, sustainability, and _____ wellbeing.





Box 5.1 Shifts in cultural and social values shaping leisure. Suggested

Pilot Questions 5.1

1. Define contemporary leisure patterns.
2. Fill in the blank: Modern lifestyles have reshaped leisure patterns, with individuals choosing activities that reflect their _____ and aspirations.
3. State one impact of technology on leisure.
4. Fill in the blank: Technology and globalisation have expanded leisure opportunities through digital platforms and _____ tourism.
5. State one cultural value influencing contemporary leisure.
6. Fill in the blank: Contemporary leisure reflects broader social concerns such as inclusivity, sustainability, and _____ wellbeing.

5.2 Leisure and Social Issues

5.2.1 Leisure as a Tool for Social Cohesion

Leisure activities foster unity and strengthen community bonds. Sports clubs, cultural festivals, and recreational gatherings encourage interaction across social groups, promoting trust and cooperation. Leisure thus becomes a vehicle for building social capital.

In-text question: Leisure activities foster unity and strengthen community bonds by promoting trust and _____.





Figure 5.2 Leisure as a tool for social cohesion. Suggested

5.2.2 Leisure and Inequality

Access to leisure is often shaped by inequality. Factors such as income, gender, and disability can limit participation. While commercial leisure may exclude low-income groups, voluntary and public leisure provisions aim to reduce barriers and promote inclusivity.

In-text question: Access to leisure is often shaped by inequality, with factors such as income, gender, and _____ limiting participation.

[Insert Plate 5.2 here] *Caption: Plate 5.2 Leisure and inequality. Suggested*

5.2.3 Leisure and Health/Wellbeing

Leisure contributes significantly to physical, mental, and emotional wellbeing. Recreational activities reduce stress, improve fitness, and enhance quality of life. In contemporary society, leisure is increasingly recognised as essential for holistic health.

In-text question: Leisure contributes significantly to physical, mental, and emotional _____.





Box 5.2 Leisure and wellbeing. Suggested AI prompt: “Box listing benefits of leisure: stress reduction, fitness improvement, emotional wellbeing.”

Pilot Questions 5.2

1. State one way leisure promotes social cohesion.
2. Fill in the blank: Leisure activities foster unity and strengthen community bonds by promoting trust and _____.
3. State one factor that creates inequality in leisure access.
4. Fill in the blank: Access to leisure is often shaped by inequality, with factors such as income, gender, and _____ limiting participation.
5. State one health benefit of leisure.
6. Fill in the blank: Leisure contributes significantly to physical, mental, and emotional _____.

5.3 Leisure and the Economy

5.3.1 Leisure Industries and Employment

Leisure industries such as tourism, sports, and entertainment generate significant employment opportunities. They provide jobs in hospitality, event management, fitness, and recreation services, contributing to both local and global economies.



In-text question: Leisure industries such as tourism and sports generate significant _____ opportunities.



Figure 5.3 Leisure industries and employment. Suggested

5.3.2 Tourism and Recreation as Economic Drivers

Tourism and recreation are major contributors to national economies. International tourism brings foreign exchange, while domestic recreation supports local businesses. Festivals, sporting events, and cultural attractions stimulate economic growth and community development.

In-text question: Tourism and recreation are major contributors to national economies by bringing foreign exchange and supporting _____ businesses.



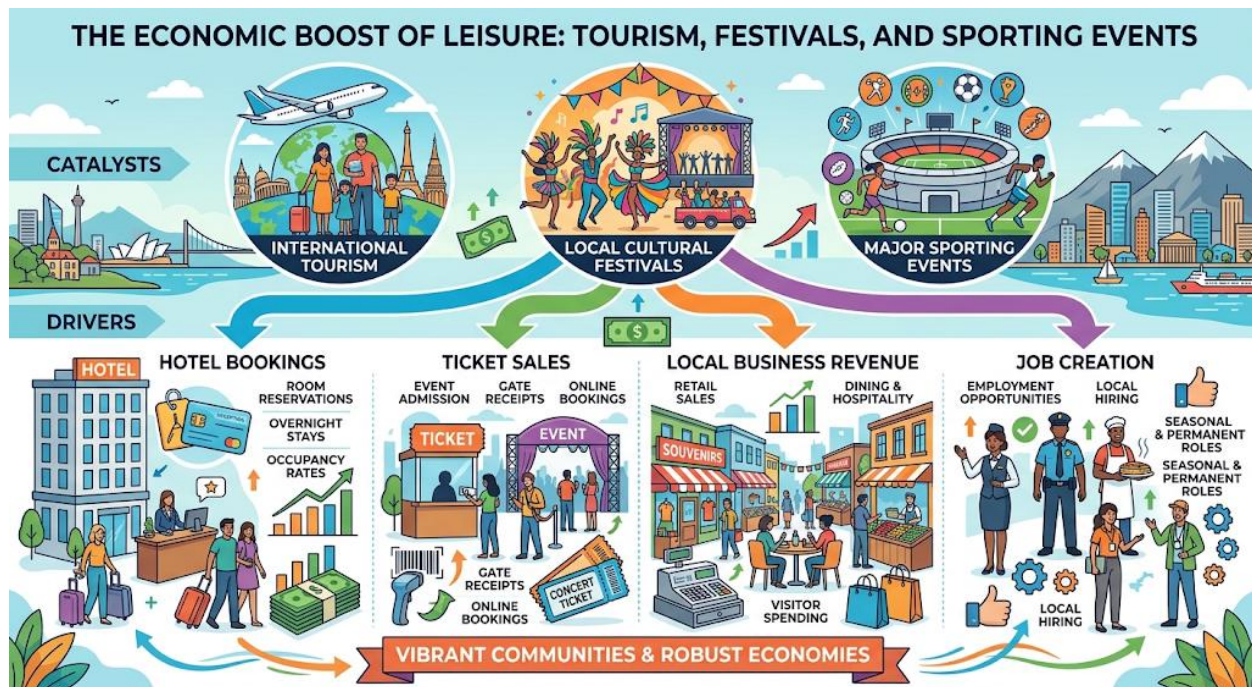


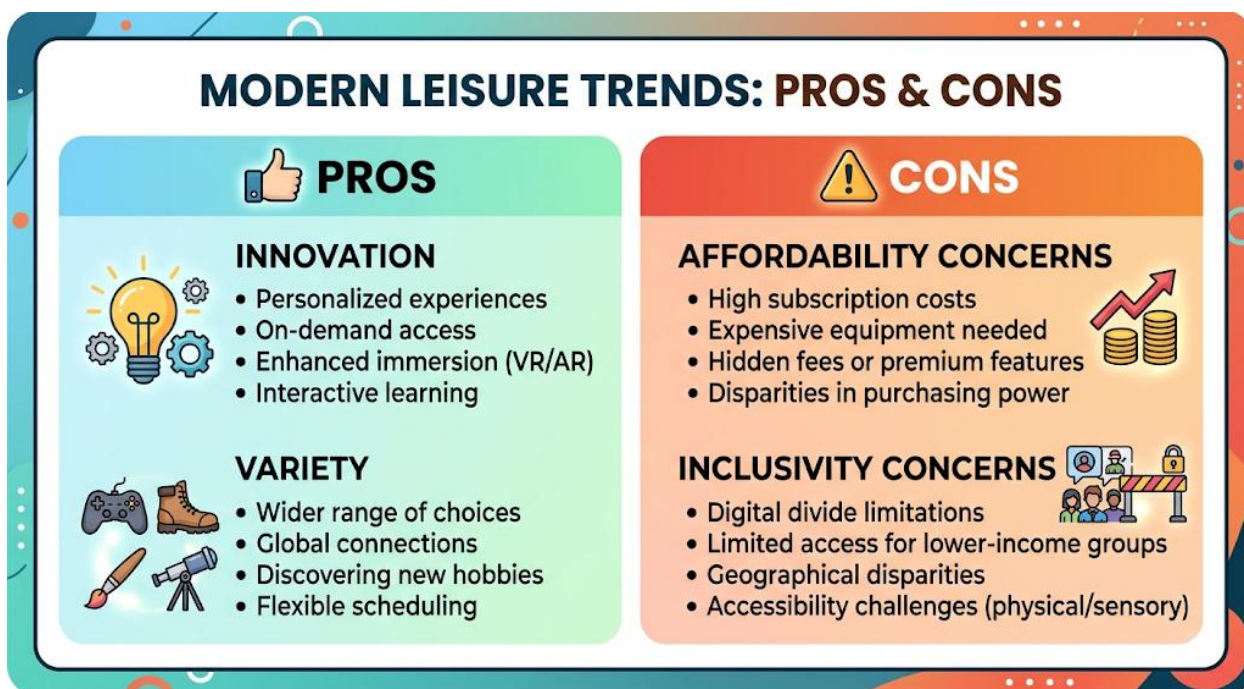
Plate 5.3 Tourism and recreation as economic drivers. Suggested

5.3.3 Commercialisation of Leisure

Leisure has become increasingly commercialised, with businesses offering structured services and products. While this creates innovation and variety, it also raises concerns about affordability and inclusivity. Commercialisation reflects the growing demand for professional leisure experiences.

In-text question: Commercialisation of leisure creates innovation and variety but raises concerns about affordability and _____.





Box 5.3 Commercialisation of leisure. Suggested

Pilot Questions 5.3

1. State one way leisure industries contribute to employment.
2. Fill in the blank: Leisure industries such as tourism and sports generate significant _____ opportunities.
3. State one way tourism contributes to national economies.
4. Fill in the blank: Tourism and recreation are major contributors to national economies by bringing foreign exchange and supporting _____ businesses.
5. State one advantage of commercialisation of leisure.
6. Fill in the blank: Commercialisation of leisure creates innovation and variety but raises concerns about affordability and _____.

5.4 Future Directions in Leisure and Recreation

5.4.1 Sustainability in Leisure

Future leisure provision increasingly emphasises sustainability. Eco-friendly tourism, renewable energy in sports facilities, and waste-reduction practices in events are becoming standard. This ensures leisure activities contribute positively to environmental protection.

In-text question: Future leisure provision increasingly emphasises sustainability through eco-friendly tourism and _____ reduction practices.





Figure 5.4 Sustainability in leisure. Suggested

5.4.2 Digital and Virtual Innovations

Digital innovations such as virtual reality (VR), augmented reality (AR), and online communities are reshaping leisure. These technologies allow immersive experiences, from virtual travel to interactive gaming, expanding leisure beyond physical boundaries.

In-text question: Digital innovations such as VR and AR are reshaping leisure by offering immersive _____ experiences.



Plate 5.4 Digital and virtual innovations in leisure. Suggested

5.4.3 Inclusive Leisure for Diverse Populations

Inclusivity is a central focus for future leisure. Facilities are being designed to accommodate people of all ages, genders, and abilities. Accessible tourism, adaptive sports, and inclusive cultural events ensure leisure opportunities are available to everyone.

In-text question: Inclusive leisure ensures opportunities are available to people of all ages, genders, and _____.





Box 5.4 Inclusive leisure for diverse populations. Suggested

Pilot Questions 5.4

1. State one example of sustainable leisure practice.
2. Fill in the blank: Future leisure provision increasingly emphasises sustainability through eco-friendly tourism and _____ reduction practices.
3. State one digital innovation reshaping leisure.
4. Fill in the blank: Digital innovations such as VR and AR are reshaping leisure by offering immersive _____ experiences.
5. State one way leisure is becoming more inclusive.
6. Fill in the blank: Inclusive leisure ensures opportunities are available to people of all ages, genders, and _____.

Series Summary – Series 5: Leisure and Recreation in Contemporary Society

This Series examined how leisure and recreation are shaped by modern social, economic, and technological forces, highlighting both opportunities and challenges.

- **Contemporary Leisure Patterns:** Modern lifestyles, technology, and globalisation have reshaped leisure, making it more personalised, interconnected, and reflective of cultural values such as inclusivity and wellbeing.
- **Leisure and Social Issues:** Leisure fosters social cohesion, but inequality in income, gender, and disability can limit access. At the same time, leisure plays a vital role in promoting physical, mental, and emotional wellbeing.



- **Leisure and the Economy:** Leisure industries generate employment and drive economic growth through tourism, recreation, and events. However, increasing commercialisation raises concerns about affordability and inclusivity.
- **Future Directions:** Sustainability, digital innovations such as VR and AR, and inclusivity for diverse populations are shaping the future of leisure provision, ensuring it remains relevant and accessible.

By completing this Series, you should now be able to **describe** contemporary leisure patterns, **analyse** leisure's role in social issues, **evaluate** its economic contributions, and **assess** future directions in leisure and recreation.

Glossary of Terms – Series 5: Leisure and Recreation in Contemporary Society

- **Contemporary Leisure:** Modern leisure patterns shaped by technology, globalisation, and changing lifestyles, often personalised and interconnected.
- **Social Cohesion:** The role of leisure in fostering unity, trust, and cooperation within communities.
- **Inequality:** Barriers to leisure participation caused by income, gender, disability, or other social factors.
- **Wellbeing:** The physical, mental, and emotional benefits derived from leisure activities.
- **Commercialisation:** The process of leisure becoming profit-oriented, offering structured services but raising concerns about affordability and inclusivity.
- **Sustainability:** Eco-friendly practices in leisure provision, such as green tourism and renewable energy in facilities.
- **Digital Innovations:** Technological advances like VR, AR, and online platforms that expand leisure opportunities.
- **Inclusivity:** Ensuring leisure opportunities are accessible to diverse populations, regardless of age, gender, or ability.

Concept Check Questions – Series 5: Leisure and Recreation in Contemporary Society

Objective Questions

1. (Linked to SLO 5.1) Contemporary leisure patterns are shaped by technology, globalisation, and changing _____.
2. (Linked to SLO 5.1) Modern leisure is increasingly _____, reflecting individual identity and aspirations.



3. (Linked to SLO 5.2) Leisure activities foster unity and strengthen community bonds by promoting trust and _____.
4. (Linked to SLO 5.2) Access to leisure is often shaped by inequality, with factors such as income, gender, and _____ limiting participation.
5. (Linked to SLO 5.2) Leisure contributes significantly to physical, mental, and emotional _____.
6. (Linked to SLO 5.3) Leisure industries such as tourism and sports generate significant _____ opportunities.
7. (Linked to SLO 5.3) Tourism and recreation contribute to national economies by bringing foreign exchange and supporting _____ businesses.
8. (Linked to SLO 5.3) Commercialisation of leisure creates innovation and variety but raises concerns about affordability and _____.
9. (Linked to SLO 5.4) Future leisure provision increasingly emphasises sustainability through eco-friendly tourism and _____ reduction practices.
10. (Linked to SLO 5.4) Digital innovations such as VR and AR are reshaping leisure by offering immersive _____ experiences.

Short-Answer Questions

11. (Linked to SLO 5.1) Define contemporary leisure patterns.
12. (Linked to SLO 5.1) State one impact of globalisation on leisure.
13. (Linked to SLO 5.2) State one way leisure promotes social cohesion.
14. (Linked to SLO 5.2) State one factor that creates inequality in leisure access.
15. (Linked to SLO 5.2) State one health benefit of leisure.
16. (Linked to SLO 5.3) State one way leisure industries contribute to employment.
17. (Linked to SLO 5.3) State one way tourism contributes to national economies.
18. (Linked to SLO 5.3) State one advantage of commercialisation of leisure.
19. (Linked to SLO 5.4) State one example of sustainable leisure practice.
20. (Linked to SLO 5.4) State one way leisure is becoming more inclusive.

Long-Answer Questions

21. (Linked to SLO 5.1) **Explain** how contemporary lifestyles, technology, and globalisation have reshaped leisure patterns.
22. (Linked to SLO 5.2) **Analyse** the relationship between leisure and social issues such as cohesion, inequality, and wellbeing.
23. (Linked to SLO 5.3) **Evaluate** the economic role of leisure industries, including tourism, recreation, and commercialisation.
24. (Linked to SLO 5.4) **Assess** future directions in leisure and recreation, focusing on sustainability, digital innovations, and inclusivity.

Answers to Concept Check Questions – Series 5

Objective Questions

1. Lifestyles.



2. Personalised.
3. Cooperation.
4. Disability.
5. Wellbeing.
6. Employment.
7. Local.
8. Inclusivity.
9. Waste.
10. Immersive.

Short-Answer Questions

11. Contemporary leisure patterns are modern leisure practices shaped by technology, globalisation, and cultural shifts.
12. Globalisation introduces diverse cultural practices and international tourism.
13. Leisure promotes social cohesion by fostering unity through sports clubs and festivals.
14. Income inequality can limit access to leisure opportunities.
15. Leisure reduces stress and improves mental health.
16. Leisure industries create jobs in hospitality, sports, and entertainment.
17. Tourism brings foreign exchange and supports local businesses.
18. Commercialisation provides innovation and variety in leisure services.
19. Eco-friendly tourism is an example of sustainable leisure practice.
20. Inclusivity is promoted through accessible facilities and adaptive sports.

Long-Answer Questions

21. Explain how contemporary lifestyles, technology, and globalisation have reshaped leisure patterns.

- *Basic response:* Leisure is more personalised and interconnected due to modern lifestyles and technology.
- *Value-added response:* Urbanisation, changing family structures, and longer working hours have reshaped leisure choices. Technology provides streaming, gaming, and virtual communities, while globalisation introduces diverse cultural practices and international tourism, making leisure more accessible and varied.

22. Analyse the relationship between leisure and social issues such as cohesion, inequality, and wellbeing.

- *Basic response:* Leisure promotes unity but is affected by inequality.
- *Value-added response:* Leisure fosters social cohesion through community activities, but inequality in income, gender, and disability can restrict access. At the same time, leisure enhances wellbeing by reducing stress, improving fitness, and supporting emotional health, making it vital for holistic development.



23. Evaluate the economic role of leisure industries, including tourism, recreation, and commercialisation.

- *Basic response:* Leisure industries create jobs and support economies.
- *Value-added response:* Tourism and recreation generate foreign exchange and support local businesses, while leisure industries provide employment in hospitality and entertainment. Commercialisation introduces innovation and variety but raises concerns about affordability and inclusivity, reflecting both opportunities and challenges.

24. Assess future directions in leisure and recreation, focusing on sustainability, digital innovations, and inclusivity.

- *Basic response:* Leisure is becoming more sustainable, digital, and inclusive.
- *Value-added response:* Sustainability is promoted through eco-friendly tourism and green facilities. Digital innovations such as VR and AR expand leisure into immersive experiences, while inclusivity ensures opportunities for diverse populations through accessible tourism, adaptive sports, and inclusive cultural events.

Concept Check Questions – Series 5: Leisure and Recreation in Contemporary Society

Objective Questions

1. (Linked to SLO 5.1) Contemporary leisure patterns are shaped by technology, globalisation, and changing _____.
2. (Linked to SLO 5.1) Modern leisure is increasingly _____, reflecting individual identity and aspirations.
3. (Linked to SLO 5.2) Leisure activities foster unity and strengthen community bonds by promoting trust and _____.
4. (Linked to SLO 5.2) Access to leisure is often shaped by inequality, with factors such as income, gender, and _____ limiting participation.
5. (Linked to SLO 5.2) Leisure contributes significantly to physical, mental, and emotional _____.
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Short-Answer Questions



11. (Linked to SLO 5.1) Define contemporary leisure patterns.
12. (Linked to SLO 5.1) State one impact of globalisation on leisure.
13. (Linked to SLO 5.2) State one way leisure promotes social cohesion.
14. (Linked to SLO 5.2) State one factor that creates inequality in leisure access.
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16. (Linked to SLO 5.3) State one way leisure industries contribute to employment.
17. (Linked to SLO 5.3) State one way tourism contributes to national economies.
18. (Linked to SLO 5.3) State one advantage of commercialisation of leisure.
19. (Linked to SLO 5.4) State one example of sustainable leisure practice.
20. (Linked to SLO 5.4) State one way leisure is becoming more inclusive.

Long-Answer Questions

21. (Linked to SLO 5.1) **Explain** how contemporary lifestyles, technology, and globalisation have reshaped leisure patterns.
22. (Linked to SLO 5.2) **Analyse** the relationship between leisure and social issues such as cohesion, inequality, and wellbeing.
23. (Linked to SLO 5.3) **Evaluate** the economic role of leisure industries, including tourism, recreation, and commercialisation.
24. (Linked to SLO 5.4) **Assess** future directions in leisure and recreation, focusing on sustainability, digital innovations, and inclusivity.

Answers to Concept Check Questions – Series 5

Objective Questions

1. Lifestyles.
2. Personalised.
3. Cooperation.
4. Disability.
5. Wellbeing.
6. Employment.
7. Local.
8. Inclusivity.
9. Waste.
10. Immersive.

Short-Answer Questions

11. Contemporary leisure patterns are modern leisure practices shaped by technology, globalisation, and cultural shifts.
12. Globalisation introduces diverse cultural practices and international tourism.
13. Leisure promotes social cohesion by fostering unity through sports clubs and festivals.
14. Income inequality can limit access to leisure opportunities.
15. Leisure reduces stress and improves mental health.
16. Leisure industries create jobs in hospitality, sports, and entertainment.



17. Tourism brings foreign exchange and supports local businesses.
18. Commercialisation provides innovation and variety in leisure services.
19. Eco-friendly tourism is an example of sustainable leisure practice.
20. Inclusivity is promoted through accessible facilities and adaptive sports.

Long-Answer Questions

21. Explain how contemporary lifestyles, technology, and globalisation have reshaped leisure patterns.

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23. Evaluate the economic role of leisure industries, including tourism, recreation, and commercialisation.

- *Basic response:* Leisure industries create jobs and support economies.
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24. Assess future directions in leisure and recreation, focusing on sustainability, digital innovations, and inclusivity.

- *Basic response:* Leisure is becoming more sustainable, digital, and inclusive.
- *Value-added response:* Sustainability is promoted through eco-friendly tourism and green facilities. Digital innovations such as VR and AR expand leisure into immersive experiences, while inclusivity ensures opportunities for diverse populations through accessible tourism, adaptive sports, and inclusive cultural events.



Answers to Pilot Questions – Series 5: Leisure and Recreation in Contemporary Society

Answers to Pilot Questions 5.1

1. Contemporary leisure patterns are modern leisure practices shaped by technology, globalisation, and cultural shifts.
2. Identity.
3. Technology provides streaming, gaming, and virtual communities.
4. International.
5. Inclusivity is a cultural value influencing leisure.
6. Holistic.

Answers to Pilot Questions 5.2

1. Leisure promotes social cohesion by fostering unity through sports clubs and festivals.
2. Cooperation.
3. Income inequality can limit access to leisure opportunities.
4. Disability.
5. Leisure reduces stress and improves mental health.
6. Wellbeing.

Answers to Pilot Questions 5.3

1. Leisure industries create jobs in hospitality, sports, and entertainment.
2. Employment.
3. Tourism brings foreign exchange and supports local businesses.
4. Local.
5. Commercialisation provides innovation and variety in leisure services.
6. Inclusivity.

Answers to Pilot Questions 5.4

1. Eco-friendly tourism is an example of sustainable leisure practice.
2. Waste.
3. Virtual reality (VR) is a digital innovation reshaping leisure.
4. Immersive.
5. Inclusivity is promoted through accessible facilities and adaptive sports.
6. Ability.

References and Attributions – Series 5



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