



# HANYANG UNIVERSITY

## 2019 HISS Syllabus

### Socialp-psychology of Leisure and Tourism

Professor: Jerel Cowan Ph.D.  
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Home Univ.: University of Central Oklahoma  
Dept.: Kinesiology and Health Studies

Description: This course will study some of the effects of personality and social factors in shaping how people perceive, experience and respond to the availability of discretionary time. The course will also examine current/previous theories and research focusing on the impact of leisure on the socio-psychological adjustment of the individual, and application to human problems associated with leisure. We will examine how and why people choose to fill and structure their free time or leisure time with behaviors and experiences and why they make these choices and the implications of these choices for their happiness and personal growth.

Objective: Upon completion of the course, successful students will be able to:

- Define the various concepts and theoretical underpinnings of leisure
- Explain the relevance of leisure, recreation, and play in a changing society
- Discuss the role of government in providing leisure and recreational opportunities to society
- Discuss various motives and satisfactions related to engagement in leisure and tourism activities
- To assess the dimension of personality and discuss the implications related to leisure/ tourism engagement
- Identify various issues of leisure across the life span.

Preparations: Professor will provide digital materials to the student

Schedule:

	Defining concepts of Leisure/Recreation/Play
Week 1	Leisure and the Person Leisure and Identity formation
Week 2	Leisure and human development Leisure/tourism motivation and satisfaction Personality and Leisure
	<i>Midterm</i>

		Leisure/tourism constructs
	Week 3	Psychological benefits of leisure
		Cultures and leisure
		Perceived freedom and intrinsic motivation
	Week 4	Benefits of leisure in other domains of life
		<i>[Final Exam]</i>

Evaluation:	Midterm (%)	Final (%)	Attendance (%)	Assignments (%)	Participation (%)	Etc. (%)
	30	30	10	15	10	5