

**Common Course Outline**  
**RECR/WMST 243**  
**Women and Leisure**  
**3 Credits**

**Community College of Baltimore County**

**Description**

**RECR/WMST 243 - 3 Credits – Women and Leisure** offers a social psychological analysis of women and their leisure from a feminist perspective; provides a philosophical framework; covers the historical perspective, theoretical assumptions of feminism, realms of women's leisure, lifespan perspectives, research, constraints placed on women and their leisure, and the future of leisure participation for women.

**3 credits**

**Prerequisite: ACLT 052 or ACLT 053**

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. define general terminology related to feminism, gender, women, and leisure;
2. explain the significance of leisure to women and women's holistic health;
3. discuss critical concepts of women's leisure in the context of a multicultural, pluralistic society;
4. discuss feminists' theories and distinguish core values associated with gender inequality in leisure;
5. analyze the evolving social, political, and economic changes in American society on the free time behaviors of women;
6. debate the role of men in feminist leisure studies;
7. evaluate the roles and psychosocial issues that define women's development in America;
8. describe how identities (i.e. religious, gender, ethnic, racial, class, sexual orientation, disability, and/or age) are shaped by cultural and societal influences within contexts of equality and inequality during leisure participation;
9. debate the equal provision of positive leisure opportunities for women;
10. analyze women's potential problems and possibilities for achieving leisure;
11. demonstrate knowledge of legislation, including laws, regulations, and standards as it relates to women and leisure.
12. identify and evaluate constraints on women's leisure; and
13. compare and contrast media and pop cultural portrayals of women in leisure.

## **Major Topics**

- I. Basic Assumptions about Women
  - A. Gender Inequality
  - B. Access to Leisure
- II. Social Psychological Perspectives on Leisure
  - A. Societal Acceptance
  - B. Psychological Impact for Women
- III. Historical Perspective on Women's Leisure
  - A. Puritan Life to Modern Society
  - B. The Past Century of Women
- IV. Feminism and Leisure
  - A. Feminist Theories
  - B. Gender Inequality
- V. Leisure in Women's Everyday Lives
  - A. Access to Leisure
  - B. Guilt Complex
- VI. The Role of Men in a Feminist Leisure Studies
  - A. Traditional Gender Roles
  - B. Men's Support of Feminism
- VII. The Realms of Women's Leisure
  - A. Leisure Significance
  - B. Women's Holistic Health
- VIII. Leisure as a Developmental Issue for Women
  - A. Societal Perception on Gender Equality
  - B. Women in Sports
  - C. Women in the Military
- IX. The Impact of Play on Women's Development
  - A. Child and Adolescent Development
  - B. Camaraderie in Team Sports
- X. Constraints on Women's Leisure
  - A. Work/Family Obligations
  - B. Cultural and Religious Influences
- XI. The Future of Women and Leisure
  - A. Futuristic Plan for Personal Leisure
  - B. Predictions about Women's Leisure in Society

## **Course Requirements**

### Grading/exams/writing assignments

Grading procedures will be determined by the individual faculty member but will include the following:

- Readings and exercises which include selection of a specific area of women and leisure as an area of concentration for the semester, e.g., Women's leisure during the Victorian era, Women's leisure on the Westward Journey, Women and Sports, etc.

- Researching, collecting, and annotating recent literature focusing on women and their leisure today.
- One midterm exam and one final exam.
- Participation in in-class discussion
- Writing a research paper and creating and delivering a presentation based on an approved topic related to women's access to or participation in leisure in contemporary society.

Students are required to utilize appropriate academic resources

### **Other Course Information**

This course is cross-listed with Women's Studies (WMST 243)

Date Revised: 03/5/2014