# SYLLABUS

## LEISURE IN YOUR LIFE

### INSTRUCTOR

**Instructor:** Camilla J. Hodge, Ph.D.  
**Department:** Parks, Recreation, and Tourism (PRT)  
**Office:** Stewart 204  
**Pre-requisites:** None  
**Credit Hours:** 3.0  
**Semester:** Spring 2021

**Communication & Office Hours:** Review the "Communication" section below for more information.

**Teaching Assistant:** Rachel McGovern  
**Email:** Rachel.McGovern@utah.edu

### COURSE DESCRIPTION

### OVERVIEW

<table>
<thead>
<tr>
<th>Course</th>
<th>PRT 1110</th>
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<tbody>
<tr>
<td>Department</td>
<td>Parks, Recreation, and Tourism</td>
</tr>
<tr>
<td>Pre-Requisites</td>
<td>None</td>
</tr>
<tr>
<td>Credit Hours</td>
<td>3.0</td>
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<tr>
<td>Semester</td>
<td>Summer 2021</td>
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**Description:** An exploration of the significance and meaning of leisure in contemporary life.

### GOALS & OBJECTIVES
The goals of this course are to (1) introduce or increase students' understanding of leisure as an important life domain; (2) empower students to make purposeful choices about how to use their leisure time, and (3) equip students with the knowledge and tools they need to design meaningful leisure experiences that support their physical, mental, and social health across the lifespan.

At the end of this course, students will be able to:

- Define and describe principles of leisure and positive psychology as they relate to self, family, community, and diverse populations.
- Compare and articulate differences in leisure and "the good life" (i.e., increased subjective well-being and happiness) across diverse populations and cultures.
- Apply and analyze the role of leisure in creating "the good life".
- Design personally meaningful leisure experiences using principles of leisure and positive psychology.

**REQUIRED MATERIALS**

Materials required for this course are:

- Webcam & microphone

Ensure you have these ahead of time as they will be required to complete assignments and activities throughout the course.

**COMMUNICATION**

Please review the communication methods and requirements for this course:

**PREFERRED CONTACT METHODS**

The easiest way to contact your instructor directly is to use the Inbox, located in the far left Canvas menu.

You can also contact your instructor in the following ways:

- Email: [c.hodge@utah.edu](mailto:c.hodge@utah.edu)
- Phone: (801) 585-723
OFFICE HOURS

The instructor will hold office hours according to the following schedule:

Day(s): Monday

Time(s): 12 - 2 p.m.

By appointment

VIRTUAL MEETING ROOMS(S)

Zoom Room: [https://utah.zoom.us/j/3444302456](https://utah.zoom.us/j/3444302456)

EVALUATION

Your performance in this course will be evaluated by:

- **Class Introductions** - a brief video introducing yourself to the instructor and your classmates.
- **Syllabus Quiz** - a low-stakes quiz to incentivize reading the syllabus
- **Reading Quizzes** - weekly quizzes to assess reading comprehension
- **Imagine U Plan** - written plan that identifies intentional experiences each student will design throughout the semester
- **Imagine U Discussion Posts** - reflections on the intentional leisure experience completed each week and their connection to class concepts
- **Imagine U Video & Reflection** - to show they have completed their Imagine U experiences, students will create and post a 1-2 minute video showing themselves doing all of the activities in their plan. It should be clearly evident in the video that students have completed all their planned experiences
- **Global & Cultural Comparison Paper** - acquire informed awareness of leisure and good life perspectives among other regions, countries, cultures, races, ethnicity, genders, age groups, or populations outside of their own and thereby develop greater empathy for other's points of view
- **Designing Your Life** - Using the required textbook, students will complete 7 components of the life design process
- **There is no final exam in this class**
SUBMITTING ASSIGNMENTS

Assignments are due by 11:59 p.m. on the day they are due.

Students will be asked to produce original writing in this class. Students will be held to the highest ethical standards for research including zero-tolerance of plagiarism. Plagiarism is the inaccurately documented or undocumented use of another person’s words and ideas, or claiming another person’s words and ideas as one’s own (APA, 2010, p. 15). Quotations should be used sparingly in a supportive fashion. All quotes must be in quotation marks and properly referenced. Try to summarize ideas into your own words and include your own reactions, thoughts, and interpretations of what you have read. Violation of any research ethics will be officially sanctioned.

All assignments, unless otherwise announced, must be submitted to the designated area of Canvas. Do not submit assignments via email.

LATE ASSIGNMENTS

Assignments may be submitted up to three days late. Point deductions by day are as follows:

- One day late: 5% deduction
  - E.g., if an assignment is worth 50 points, there will be a 2.5 point deduction.
- Two days late: 10% deduction
  - E.g., if an assignment is worth 50 points, there will be a 5 point deduction.
- Three days late: 20% deduction
  - E.g., if an assignment is worth 50 points, there will be a 10 point deduction.

GRADING

GRADING FOR THIS COURSE

It is unfair and against university policy for a professor to offer one student an opportunity to improve a grade without providing the same opportunity to all other students. Therefore, I cannot do anything to help your grade, especially your final grade, without offering the same opportunity to all other students in the class. So please, do not make requests for individual grade rounding or regrading of any assignments. Any inquiries regarding grades must be made within one week of receiving the posted grade on Canvas.
**University of Utah Grading Scale**

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<thead>
<tr>
<th>Letter</th>
<th>Scoring</th>
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<tbody>
<tr>
<td>A</td>
<td>100% - 94%</td>
</tr>
<tr>
<td>A-</td>
<td>93.9% - 90%</td>
</tr>
<tr>
<td>B+</td>
<td>89.9% - 87%</td>
</tr>
<tr>
<td>B</td>
<td>86.9% - 84%</td>
</tr>
<tr>
<td>B-</td>
<td>83.9% - 80%</td>
</tr>
<tr>
<td>C+</td>
<td>79.9% - 77%</td>
</tr>
<tr>
<td>C</td>
<td>76.9% - 74%</td>
</tr>
<tr>
<td>C-</td>
<td>73.9% - 70%</td>
</tr>
<tr>
<td>D+</td>
<td>69.9% - 67%</td>
</tr>
<tr>
<td>D</td>
<td>66.9% - 64%</td>
</tr>
<tr>
<td>D-</td>
<td>63.9% - 60%</td>
</tr>
<tr>
<td>E</td>
<td>59.9% - 0%</td>
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**Accommodations**

**Disclaimer**

Accommodations will be considered on an individual basis and may require documentation.

Please contact your instructor and/or teaching assistant as soon as possible (preferably shortly before the semester begins) to request accommodations of any kind.

**Content Warnings**

Please be aware that some materials and discussions within this course may contain challenging content. Your instructor may choose to notify students of potentially difficult content (e.g. explicit language, graphic images, violent themes, etc.) throughout the course.

If there are specific subjects that you need advanced notice for, please contact your instructor at the beginning of the semester.
EXTREME PERSONAL CIRCUMSTANCES

Please contact your instructor as soon as possible if an extreme personal circumstance (hospitalization, death of a close relative, natural disaster, etc.) is interfering with your ability to complete your work.

RELIGIOUS PRACTICE

To request an accommodation for religious practices, contact your instructor at the beginning of the semester.

ACTIVE DUTY MILITARY

If you are student on active duty with the military and experience issues that prevent you from participating in the course because of deployment or service responsibilities, contact your instructor as soon as possible to discuss appropriate accommodations.

DISABILITY ACCESS

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services (CDS). CDS will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the Instruction & Evaluation regulations (http://regulations.utah.edu/academics/6-100.php).

If you will need accommodations in this class, contact:

Center for Disability Services

801-581-5020

disability.utah.edu (https://disability.utah.edu)

162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

CHANGES TO THE SYLLABUS

This syllabus is not a contract. It is meant to serve as an outline and guide for your course.
Please note that your instructor may modify it to accommodate the needs of your class.

You will be notified of any changes to the Syllabus.

### STUDENT EXPECTATIONS

The following is expected of all students in this class:

- Students must be **self-motivated**, **organized**, and **willing to stay on top of their schedule**.
- Students are expected to follow the [Core Rules of Netiquette](http://www.albion.com/netiquette/corerules.html) at all times while participating in the class and communicating with others.
- Students **may be expected to work with classmates via online communication** options like Canvas Discussions, video conferencing, or another communication technologies of choice (Groupme, FaceTime, Google Hangouts, etc).
- Students will **regularly check for course updates** and will **update their Canvas notification settings** to ensure they receive timely notifications from the course.
- Students will **contact their instructor or teaching assistant** in a timely manner if they have any **questions**, are **struggling** with course materials, or **need further assistance** from their instructor.
  - If you do not hear back within 3 days after sending a message, please contact your instructor/TA again.
- Students will **follow all official University of Utah policies** regarding interpersonal conduct, academic dishonesty, and other rights and responsibilities of students outlined in the [University of Utah Student Handbook](https://registrar.utah.edu/handbook/) and [Code of Student Rights and Responsibilities](https://regulations.utah.edu/academics/6-400.php).
  - If you have any questions about this, please contact the [Dean of Students](https://deanofstudents.utah.edu/).

### INSTRUCTOR EXPECTATIONS

Your course instructor is an expert in the topics you will learn about this semester. Your instructor is your mentor and facilitator of the classroom experience, aided by teaching assistants. Instructors are committed to:

- The instructor will design the course to **include lectures, learning materials, and**
assignments that are accessible and provide students with opportunities to learn and practice course content.

- The instructor and teaching assistants will ensure that the course remains a safe space where students can engage with difficult content thoughtfully and respectfully.
- The instructor and teaching assistants will interact with the class regularly via announcements, virtual office hours (one-on-one video conferencing), emails/the Canvas Inbox, feedback on assignments, and comments on Discussions, among other methods.
- The instructor and teaching assistants will respond to students in a timely manner: within 48 hours, not including weekends and holidays.
- The instructor and teaching assistants will be available for individual consultation via virtual office hours (one-on-one video conferencing), email, or phone and will not require students to meet in person.
- The instructor and teaching assistants will provide relevant feedback in a timely manner.
- The instructor and teaching assistants will follow all official University of Utah policies regarding interpersonal conduct, accommodations, and other important duties.