



St. Xavier's College – Autonomous Mumbai

Syllabus For 3rd Semester Courses in Sociology (Applied Component) (June 2019 onwards)

Contents:

Theory Syllabus for Courses:

AC 0301 – Leisure Studies I (APPLIED COMPONENT)

S.Y. B.A Course: AC 0301 LES

Title: Leisure Studies I

Learning Objectives:

1. Introduce the students to the developments in the field of leisure studies
2. Demonstrate how these developments provide valuable insights about the modern way of life.
3. Familiarize them with the dynamics of leisure in respect of life stages and different social formations.

Lectures: 60

UNIT I – INTRODUCTION

[15 lectures]

- a. Leisure Studies as a discipline
- b. Basic Concepts: play, leisure and recreation
- c. The Leisure Society thesis
- d. Motivations, Values and Constraints on Leisure

UNIT II - HISTORY OF RECREATION AND LEISURE

[15 lectures]

- a. Leisure in pre-industrial societies
- b. Industrial revolution and new forms of leisure
- c. Leisure and recreation: The Current Scene

UNIT III – LEISURE DYNAMICS

[15 lectures]

- a. Leisure across the life course: play in the lives of children
- b. Leisure across the life course: adult leisure needs and involvements
- c. Recreation and the Elderly
- d. Influence of gender on leisure

UNIT IV – LEISURE AND GENDER

[15 lectures]

- a. Leisure and sports
- b. Leisure and sexuality
- c. Recreation and the culture industry.

CIA: Written assignment and presentation

List of Recommended Reference Books

- Collins, Michael, F., Sport and Social Exclusion, London, Routledge.
- Eichberg, Hennig, Body Cultures: Essays on Sport, Space and Identity,
- Harris, David, 2005, Key Concepts in Leisure Studies, London, Sage Publications.
- Horner, Susan and J. Swarbrooke, 2005, Leisure Marketing: A Global Perspective, London, Elsevier Butterworth-Heinemann.
- Kraus, Richard, G., 1998, Recreation and Leisure in Modern Society, Sudbury, MA, Jones & Bartlett Publishers, Inc.
- Urry, John, 1990, The Tourist Gaze: Leisure and Travel in Contemporary Societies, London, Sage.