Leisure & Lifestyles
- Leisure – a part of life that is chosen, focusing on outcomes
- Common activities – spending time with family/friends, personal interests
- Individual preferences, shaped by lifestyle

Components of Recreation
- Individual
- Technology
- Physical Structure
- Culture
- Social Structure

Leisure & Lifestyles
- What are some factors that affect one’s lifestyle?
  - Economic Status
  - Ethnicity
  - Gender
  - Physical and Mental Abilities
  - Sexual Orientation

Leisure Styles
- Privatized
  - Private clubs, gated communities
- Technology-focused
  - New, improved models
- Commodity-focused
  - Own a piece of the concept
- Family-focused
  - Family as the social unit

Leisure & Status
- Are leisure styles and status related?
Gender

- What is gender?
  - Social expectations attached to biological sex (p. 149)

- Why does gender matter in recreation and leisure?
  - Location of leisure - home vs. outside
  - Activity orientation - leadership vs. cooperation

Ethnicity & Race

- What's the difference between ethnicity and race?
  - Ethnicity - some combination of country of origin, physical traits, language, religion, food, holidays, customs (p. 172)
  - Race - physical characteristics or traits that are passed on from generation to generation (p. 172)

- What's the problem with these definitions?
  - Societal change
  - Social constructions

- Why do race and ethnicity matter in leisure?
  - Access
  - Representation

Social Class

- What are indicators of social class?
  - Income
  - Occupational status
  - Level of education

- How does social class influence leisure?
  - Social class → access to and success in education → type of leisure
  - Wealthy - extensive privatized leisure
  - Service sector support by lower classes (p. 177-178)

Physical and Mental Ability

- What is a disability?
  - Expression of a physical or mental limitation in a social context.

- Do disabilities affect many people?
  - 43 million Americans (1 of 5)
  - More than 9 million prohibit routine activities
  - Disabilities disproportionately represented among minorities, elderly, & lower socioeconomic pops.
  - 75 year life expectancy - 13 yrs with activity limitation
### Accessibility Law

- 1919 Congress authorizes vocational rehabilitation program for WWI vets.
- 1920 Congress extends law to general public.
- 1961 – 1971 ANSI A117.1 *Making Buildings Accessible to and Usable by the Physically Handicapped*
- 1964 Civil Rights Act
- 1968 Architectural Barriers Act
- 1973 Rehabilitation Act
- 1982 ATBCB (Architectural and Transportation Barriers Compliance Board) publishes MGRAD (Minimum Guidelines and Requirements for Accessible Design)
- 1984 ATBCB publishes UFAS (Uniform Federal Accessibility Standards)
- 1990 ADA – Americans with Disabilities Act

### Physical and Mental Ability

Why does accessibility matter in leisure?
- Representation
- Access & Design
- Range of activities, interests, social variables
Diversity & Leisure

Social & cultural variables are important to understanding leisure participation and leisure styles.

“Opportunities for recreation and leisure continue to be distributed or denied to individuals based on their ethnicity, race, and social class” (p. 178).

Accessibility Reference


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