**HSTM 2201 – Leisure for Life**

**Directions:** 6**-**8 pages (including citation, 1 page max); 11 or 12 point font; Times New Roman, Arial or Calibri; Double lines spacing; 1 inch margins.

You are going to identify one leisure activity that you feel most attached to (could be your most interested sports activity or a sub-field of leisure that you would like to pursue a career path after graduation)

Based on what you have learned in this class, research about that particular leisure activity.

Considering the following parts as a starting point for this assignment:

1. Identification of the specific leisure activity (20%)
   * Brief introduction of the leisure activity
   * Include one or two paragraphs explaining the reasons you are choosing this activity
2. Detailed information about the specific leisure activity (70%)
   * A brief history and origins of the leisure activity (5%)  
     (This could be important events, moments, persons for the activity)
   * The current conditions of that activity (20%)  
     (is there a professional competition/events, popularity of the activity, any serious leisure group, any events at the amateur level? Any programs for kids? What’s a typical professional’s life like?)
   * Is there any benefits associated with this leisure activity? Or it’s more harmful to health?(10%)
   * Any advancement from technology that help shape the way of that leisure activity? How technology influence the experience of the professionals, amateurs, and audience? (10%)
   * The economic impact of that industry, expense for participation in this activity? (10%)
   * Any environmental concerns? (5%)
   * Any particular (important, or interesting) policies or regulations regarding this activity? (2.5%)
   * Any possible constraints that limit people from further participation? If so, what can be done to encourage more participation? (2.5%)
   * Any provision of that leisure activity facilities/services on campus, or in your community? Your personal participation of this activity (5%)
3. Reflection (10%)
   * Based on the lecture contents and your study of that particular activity, how is that influence your future participation for that leisure activity? If that’s the direction/career path you want to pursue, is there anything in particular you notice/learn from this assignment. \* Integrate what you have learned this semester to help with the explanation.
4. Format

**References and Resources (listed in APA style) required only for in-text citation and reference list.**

Suggested resources: marketing/promotion brochures, Information from various agencies or professionals in the field, Library resources, Internet sites, journal databases. **DO NOT GUESS!**