



## LSTS 2000 Leisure in Your Life

3 credit hours

### INSTRUCTOR INFORMATION

Instructor:

Email Address:

Office:

Office Phone:

Student Hours: As needed by appointment. See information in your D2L course.



**TRUE BLUE  
CORE**

**True Blue Core Category: Explorations in Human Society & Social**

**Relationships** Critical thinking is a habit of the mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events in the process of accepting or formulating an opinion or conclusion.

#### **True Blue Core Knowledge Domain: Human Society & Social Relationships (HSSR) (6 hours)**

- For all catalogs 2024-2025 and beyond, this course (3 hours) satisfies the True Blue Core curriculum requirement for Explorations in Human Society and Social Relationships (HSSR). To learn more about TBC requirements: <https://w1.mtsu.edu/truebluecore/core.php>.
- For all catalogs prior to 2024-2025, this course may NOT be used to satisfy general education requirements. Students wishing to switch to the 2024-2025 catalog should see their advisors to discuss the implications of changing catalogs. To learn more about general education requirements for catalogs prior to 2024-2025: [https://w1.mtsu.edu/gen\\_ed/requirements.php](https://w1.mtsu.edu/gen_ed/requirements.php).
- **The TBC outcome for Explorations in Human Society & Social Relationships (HSSR):** Students think critically by explaining issues/problems, selecting and using evidence, considering context and assumptions, and representing their position and conclusions logically and effectively.

### COURSE INFORMATION

#### Description

Students will explore issues relative to choices an individual and society make when utilizing 'free time' and resources. Critical thinking will increase understanding of how leisure impacts our personal and collective lives. Students will explore factors relative to health, well-being, social flourishing, constraints, equity, diversity, multiculturalism, and communities.

## Objectives

At the conclusion of the course, you should be able to:

1. Explain issues/problems, select and use evidence, consider context and assumptions, and represent their position and conclusions logically and effectively relative to leisure.
2. Interpret & describe the meanings of leisure in relation to human development, anthropology, popular culture, and society.
3. Critically reflect on various constraints to full-participation in leisure, including the positive and negative impacts of play and recreation..
4. Interpret issues relative to leisure equity, diversity, and multiculturalism in relation to current and/or historical issues.
5. Analyze leisure's impact, influence, and trends across society, our own individual lives, and our relationships.
6. Negotiate real-world problems related to leisure through self-assessment, critical reflection, and analysis.

## Topics Covered

- Module 1: What is Leisure?
  - Importance of leisure to individuals and society
  - Deviant Leisure
- Module 2: Leisure's Impact on Your Life
  - Leisure throughout the lifespan
  - Quality of life & well-being
  - Health and physical activity
- Module 3: Leisure's History & Heritage
  - History & Heritage
  - Contemporary & Digital Leisure
- Module 4: The Politics of Economics and Leisure
  - Politics and Public Policy
  - Economics and Leisure
- Module 5: Leisure in our World
  - Ablism, access, & equity
  - Family life & community
  - Leisure, natural landscapes, and sustainability
- Module 6: Charting Your Course
  - Applying leisure to your life

## COURSE MATERIALS

### Required Textbooks

Human Kinetics (2021) Dimensions of Leisure for Life **2<sup>nd</sup> Edition**. ISBN 9781492598497. Textbooks may be ordered online at [MTSU Phillips Bookstore \(bnccollege.com\)](https://www.mtsu.edu/phillips/bookstore/), [Textbook Brokers](https://www.textbookbrokers.com/), or via [www.us.humankinetics.com](https://www.us.humankinetics.com). Additional readings and video as assigned via D2L.

## Supplementary Materials

All other materials required for this course are available in D2L, free access via your MTSU status, or through general internet usage.

## ASSESSMENT AND GRADING

### Grading Procedure

All assignments will be submitted within D2L. Email submissions of assignments cannot be accepted. Please review the [MTSU Writing Center's University Writing Expectations](#) as a resource or reach out to your instructor with any questions.

### Grading Scale

Assignment		Points
Learning Activities (7)		145
Discussion Posts (6)		105
Module Quizzes (5)		75
Final Presentation* <i>True Blue Core Assessable Assignment*</i>		50
<b>Total</b>		<b>375</b>

  

Letter Grade & Percentage Range		Expectation
A (90-100%)		"A" represents exceptional performance
B+ (87-89%)	B (80-86%)	"B" represents a very good grasp of the information
C+ (77-79%)	C (70-76%)	"C" represents the expected level of comprehension
D+ (67-69%)	D (60-66%)	"D" represents a limited grasp of the information
F (59% and below)		"F" represents unacceptable performance

### Incomplete Grades

Incomplete grades are given rarely and only in extenuating circumstances. Page 56 of the [MTSU Undergraduate Catalog](#) states: "The grade I indicates that the student has not completed all course requirements because of illness or other uncontrollable circumstances, especially those which occur toward the end of the term. Mere failure to make up work or turn in required work on time does not provide the basis for the grade of "I" unless extenuating circumstances noted above are present for reasons acceptable to the instructor." Please refer to the Undergraduate catalog for the complete Incomplete Grade Policy.

### Feedback

- Grades and assignment feedback will be provided as soon as possible and within 2 weeks of the deadline.
- Email responses should be provided within 48 hours (from both instructor and student).
- All assignment deadlines are listed in the Dropbox and on the calendar in D2L.
  - *Deadlines have purpose and have been designed to enhance your competence in achieving the course learning objectives.* Late assignments will only delay or impede the learning

experience, so please reach out to your instructor before deadlines if there is reasonable issue with submitting on time.

## Testing Policies

- When taking online exams, you should access the course through [D2L](#) directly, not log in with Pipeline.
- Answers are automatically saved during online D2L testing. If a computer crashes or loses Internet connectivity, students may reboot their computers or wait for Internet connectivity to access the test again. Time continues to tick even though connectivity has been lost, but students may continue taking the test using any time left once reconnected. Please reach out to [MTSU Help Desk/ITD](#) (24/7) or at 615-898-5345.

## Academic Integrity/Misconduct

Please review the information on [Academic Integrity and Misconduct](#). The instructor will be submitting materials to an online service (Turnitin.com) which will review the work for plagiarism and AI generation. Students should also review the report generated for each assignment and self-check for plagiarism. Information on how to cite work correctly is provided within the course modules or through the [University Writing Center](#). You may read more about how to avoid plagiarism from the [Office of the University Provost](#).

Plagiarism, cheating, and other forms of academic dishonesty are prohibited. Such conduct includes, but is not limited to:

- Submitting as one's own work, themes, reports, drawings, laboratory notes, computer programs, or other projects prepared by another person
- Knowingly assisting another student in obtaining or using unauthorized materials
- Submitting assignments previously used in other courses where you received credit for the work
- Improperly crediting or lack of crediting an original author's work
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**Use of an AI Generator** such as ChatGPT, Chatsonic, Bard by Google, Bing AI Chat, AI Writer, YouChat, MidJourney, DALL-E, etc. ***is explicitly prohibited unless properly referenced.*** Much of the information derived from these tools is based on previously published materials. Therefore, **using these tools without proper citation constitutes plagiarism.** Additionally, be aware that the information provided by these tools can be inaccurate or incomplete, particularly the citations generated. It's imperative that all work submitted should be your own. Any assignment that is found to have been plagiarized or to have used unauthorized AI tools may receive a grade of zero and / or be reported for academic misconduct as stated below.

Students guilty of academic misconduct are immediately responsible to the instructor of the class. In addition to other possible disciplinary sanctions (including expulsion from the university), which may be imposed through the regular institutional procedures as a result of academic misconduct, the instructor has the authority to assign an "F" or zero for an activity or to assign an "F" for the course. Students guilty of plagiarism will be immediately reported to the Director of Academic Integrity.

## ASSIGNMENTS & PARTICIPATION

### Assignments and Projects

Leisure is all encompassing. As such, various topics will be explored in this class and students are expected to be courteous and respectful of others' points of view. All information should be presented (and received) with tolerance, respect, maturity, courtesy, and integrity. Please keep copies/backups for all assignments so that any technical issues do not impact your progress and participation in the class. Please reach out to your instructor at any point in the semester for assistance – especially if you notice you are falling behind your expectations of success.

Grades are dependent on the degree of participation, thought, quality, and substance presented. Instructions may ask you to summarize information, analyze new ideas, reference outside sources, or dive deeply into personal and professional opinions. Please read the instructions carefully for each assignment in D2L and reach out if there are any questions about clarity. The [MTSU Writing Center](#) offers many resources to help you succeed.

A brief list of assignments and projects in the course is below. Full assignment details are available in D2L.

- **Discussion Postings:** In this area, you will be developing critical thinking of the course topics through explanation of issues and problems, selecting and using evidence, and considering context and assumptions of various topics.
- **Learning Activities:** These activities will expand your knowledge of course topics through reflection, independent research, creative activities, and experiential engagement with the information you are learning. Each assignment will have different requirements, so please pay close attention to the details within the individual Dropbox and module Content instructions.
- **Module Quizzes:** Module quizzes serve as intermittent evaluations of learning and objective achievement. Quizzes demonstrate your understanding of key topics, recall of facts and ideas, and application of what you are learning to various situations.
- **Final Presentation:** This True Blue Core Assessable Assignment will help you engage in critical thinking through a problem-solving experience focused on real-world issues relative to leisure that impact human society and social relationships.

### Class Participation

Student participation is required in all aspects of the course. Please adhere to the following:

- participation is required; you are expected to log into the course a *minimum* of 3 times per week; ***more often is strongly encouraged***;
- communication with other students is expected on a regular basis;
- adhere to all due dates and deadlines as listed in your course calendar;
- utilize the Course Q&A board when you have questions about course content;
- communicate with the instructor as a learning resource;
- check the course homepage for important announcements from the instructor;
- Follow the [Core Rules of Netiquette](#)

### Course Ground Rules

This is an online, asynchronous course which means that you can expect the following:

- You are not required to attend campus or online meetings at a specified date or time. Optional meetings and/or orientations may be offered, but no student will be penalized for non-attendance.
- All accommodations will be provided for students who are registered with the Disability & Access Center. Please contact your instructor at the beginning of the semester with any individualized needs or questions.

The following are expected of all students in this course:

- learn how to navigate in the learning management system; refer to your D2L resources within the course for help;
- Using the D2L course email or mtmail as opposed to a personal email address;
- address technical problems immediately; and
- be respectful to your instructor and peers; refrain from derogatory statements.

### Attendance Reporting

MTSU Administration requires that instructors complete an attendance report for each course each semester. Regular class attendance is required and will be monitored by: the D2L system report; participation in the discussion board; and timely submission of course assignments. If several class assignment submissions are missing, student attendance will be reported as “no longer attending.”

### Email

Per the [Family Educational Rights and Privacy Act \(FERPA\)](#) all course communication will be conducted using an institutionally assigned email account. Faculty will not respond to student emails via a non-institutional assigned email account, e.g. a gmail or yahoo account.

## STUDENT RESOURCES

MTSU offers the same services to online learners that are offered to on-campus students. Many of the services have been web-enabled to allow distance learners easier access. For more information, visit [MTSU Online Student Resources](#).

### Technical Support

Students who experience technical problems including, but not limited to, logging into their course, timing out of their course, using the course web site tools, should be encouraged to contact the [MTSU Help Desk](#) online (24/7) or at 1-615-898-5345.

You can find help for the basic D2L functions used most often directly in your D2L course under the D2L Help for Students module.

### Students with Disabilities

Middle Tennessee State University is committed to campus access in accordance with Title II of the Americans with Disabilities Act and Section 504 of the Vocational Rehabilitation Act of 1973. Any student interested in reasonable accommodations can consult the [Disability & Access Center \(DAC\)](#) website and/or contact the DAC for assistance at 615-898-2783 or [DAC Email](#)

## Tutoring & More

MTSU Online supports multiple [Online Student Services](#).

## Grade Appeals

[University Policy 313, Student Grade Appeals](#), provides an avenue for MTSU students to appeal a final course grade in cases in which the student alleges that unethical or unprofessional actions by the instructor and/or grading inequities improperly impacted the final grade.

## Title IX

Students who believe they have been harassed, discriminated against or been the victim of sexual assault, dating violence, domestic violence or stalking should contact a Title IX/Deputy Coordinator at 615-898- 2185 or 615-898-2750 for assistance or review [MTSU's Title IX website](#) for resources.

MTSU faculty are concerned about the well-being and development of our students and are legally obligated to share reports of sexual assault, dating violence, domestic violence and stalking with the University's Title IX coordinator to help ensure student's safety and welfare. Please refer to [MTSU's Title IX website](#) or contact information and details.

## Hope (Lottery) Scholarship Information

Do you have a lottery scholarship? To retain the Tennessee Education Lottery Scholarship

eligibility, you must earn a cumulative TELS GPA of 2.75 after 24 and 48 attempted hours and a cumulative TELS GPA of 3.0 thereafter. A grade of C, D, F, FA, or I in this class may negatively impact TELS eligibility.

If you drop this class, withdraw, or stop attending it, you may lose eligibility for your lottery scholarship and may not be able to regain eligibility later.

For additional Lottery rules, please refer to your [Lottery Statement of Understanding form](#) or contact your [MT One Stop Enrollment Counselor](#).

## Outreach and Support Programs

The MTSU community is committed to the academic achievement of each student, and we know that struggling to address basic needs can affect a student's ability to perform academically. If you are having trouble finding a safe and stable place to live or enough food to eat, please contact the MTSU Food Pantry at 615-898-2111 or [mtonestop@mtsu.edu](mailto:mtonestop@mtsu.edu). You are also welcome to visit the MTSU Food Pantry at the MT One Stop, fill out our [Food Pantry Online Request](#), or speak with your instructor to get the assistance and resources you need.

## The True Blue Pledge

### I am True Blue

As a member of this diverse community, I am a valuable contributor to its progress and success. I am engaged in the life of this community. I am a recipient and a giver. I am a listener and a speaker. I am honest in word and deed. I am committed to reason, not violence. I am a learner now and forever. I am a BLUE RAIDER. True Blue!