

# University of Pretoria Yearbook 2016

## Foundations of leisure and recreation 110 (YSL 110)

**Qualification** Undergraduate

**Faculty** [Faculty of Humanities](#)

**Module credits** 12.00

**Programmes** [BA Extended Programme](#)

[BA Humanities](#)

[BA Languages Languages](#)

[BA Law](#)

[BA Option: Sport and Leisure in Society](#)

[BA Option: Sport and Recreation Management](#)

[BA Option: Sports Coaching Science](#)

[BA Option: Sports Psychology](#)

**Contact time** 3 lectures per week

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Semester 1

### Module content

This module provides a strong underpinning to the theoretical concepts of recreation and leisure in societies. Foundations of recreation and leisure, the multifaceted delivery systems and diverse service areas of recreation are identified, characterised and discussed in contemporary contexts. The power, promise, potential and possibilities of recreation and leisure in society are explained and illustrated practically. In this module students obtain an accredited community recreation leadership certificate to provide a foundation for subsequent community engagement and academic service learning components.

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