



## 教學計劃表 Syllabus

課程名稱(中文) Course Name in Chinese	休閒社會心理學專論		學年/學期 Academic Year/Semester	112/2	
課程名稱(英文) Course Name in English	Special Topics in Social Psychology of Leisure				
科目代碼 Course Code	TRLS52040	系級 Department & Year	碩士	開課單位 Course-Offering Department	觀光暨休閒遊憩學系
修別 Type	選修 Elective	學分數/時間 Credit(s)/Hour(s)	3.0/3.0		
授課教師 Instructor	/陳麗如				
先修課程 Prerequisite					
課程描述 Course Description					
<p>I. Course Description This is an advanced course for master's students. It is to study and understand the role of leisure in people's lives. It covers essential theories and concepts of leisure behavior from the perspectives of social psychology. It relates to how people choose to fill their free time with leisure behavior and experience, why they make these choices, and the implications of these choices for their personal happiness and fulfillment.</p> <p>II. Course Objectives Leisure is a function of the interplay between a person and his or her social environment. This course aims to provide an introduction and overview of leisure psychology and social-psychological contexts. Important topics in this course include the development of the social psychology of leisure, leisure in past and contemporary societies, the social-psychological approaches to understanding leisure, and critical leisure theories in different life stages. The course will help students understand the role of leisure in people's lives from a social psychology perspective and prepare students as leisure facilitators to enhance peoples' leisure lives in the tourism, recreation, and leisure industry.</p>					
課程目標 Course Objectives					
<p>休閒社會心理學主要是想了解人們是如何覺知其閒暇時光與休閒行為，人們是如何運用他們的閒暇時光?從事並選擇那些休閒行為?又獲得哪些休閒經驗?而這些休閒選擇又是如何連結到個人福祉與個人成長上?休閒社會心理學也關心人們的休閒選擇與經驗，與人們生命中其他面向如工作、家庭與人際之間的關係。</p> <p>本課程內容包含介紹休閒社會心理學發展脈絡、討論重要理論的應用，以及研究方法的設計，期能使學生了解：社會心理歷程如何影響我們的休閒行為，以及休閒參與如何影響社會行為，以增進學生對休閒社會心理學應用研究的瞭解。</p>					
系專業能力 Basic Learning Outcomes				課程目標與系專業能力相關性 Correlation between Course Objectives and Dept.'s Education Objectives	
A	具備觀光、休閒、遊憩之理論的進階知識 To Have advanced knowledge on tourism、recreation and leisure.			●	
B	具備多元邏輯思考、問題分析與解決的能力 Students will be able to identify, analyze and solve business problems with logical thinking.			●	
C	具備跨文化領導、溝通協調與團隊合作的能力 Students will be able to demonstrate effective leadership, communication, coordination and teamwork skills.			○	
D	具備國際視野以及外語溝通的能力 Students will be able to communicate in foreign languages and have an awareness of the global and cultural diversity issues.			○	

E	善用資訊科技進行資訊搜尋、分析與統整To Use of technology for information gathering, analysis and integration.	●
F	熟悉「深度遊憩體驗」之經營與規劃的觀光休憩知識To Develop "deep recreation experience" of tourism and recreation management and planning knowledge.	●
G	熟悉「關懷社群健康」之經營與規劃的觀光休憩知識To Develop "Caring for the Community Health" of tourism and recreation management and planning knowledge	●
H	熟悉「強調資源永續」之經營與規劃的觀光休憩知識To Develop "emphasis on sustainable resource" of tourism and recreation management and planning knowledge.	○

圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated

### 授課進度表 Teaching Schedule & Content

週次Week	內容 Subject/Topics	備註Remarks
1	Course orientation/Assigned topics	
2	228 Peace day no class	
3	What is leisure ? The core of leisure Foundation of leisure Trends in time for leisure	
4	Approaches for studying leisure	
5	Leisure and Health	
6	Leisure Need and Motives	
7	Expert Talk (to be confirmed)	
8	Leisure participation and Experience	
9	leisure transition	
10	Gender and Leisure	
11	Youth and leisure	
12	Family and Leisure	
13	Leisure constraint and coping	
14	adult life and leisure	
15	Final Presentation I	
16	Final Presentation II	
17	Final Report and Assignment Due	
18	Course Wrap up/ self-directed learning	

教學策略 Teaching Strategies

- 課堂講授 Lecture       分組討論 Group Discussion       參觀實習 Field Trip  
 其他 Miscellaneous:

教學創新自評 Teaching Self-Evaluation

創新教學 (Innovative Teaching)

- 問題導向學習 (PBL)       團體合作學習 (TBL)       解決導向學習 (SBL)  
 翻轉教室 Flipped Classroom       磨課師 Moocs

社會責任 (Social Responsibility)

- 在地實踐 Community Practice       產學合作 Industry-Academia Cooperation

跨域合作 (Transdisciplinary Projects)

- 跨界教學 Transdisciplinary Teaching       跨院系教學 Inter-collegiate Teaching

- 業師合授 Courses Co-taught with Industry Practitioners

其它 other:

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學期成績計算及多元評量方式 Grading & Assessments

配分項目 Items	配分比例 Percentage	多元評量方式 Assessments							
		測驗 會考	實作 觀察	口頭 發表	專題 研究	創作 展演	卷宗 評量	證照 檢定	其他
平時成績(含出席) General Performance (Attendance Record)	20%								Class discussion and Participation
期中考成績 Midterm Exam	30%			✓					3 Leading discussion
期末考成績 Final Exam	30%			✓	✓				Oral and Written Final report
作業成績 Homework and/or Assignments	20%								2 Personal reflections
其他 Miscellaneous (_____)									

評量方式補充說明

Grading & Assessments Supplemental instructions

I would like to create a discussion phenomenon during our class. So, each week I plan different topics related to "Social Psychology of Leisure". Each student will choose three weeks for your interested topics, two are for leading paper discussion and one is for related topics from social observation (from media, news, or social trends). Regarding personal reflections, each student will choose four topics (except your chosen ones) to share your reflection at least in 500-1000 words to expand your knowledge to other topics. Please upload your leading ppt files before Tuesday 5 pm (one day before your presentation) and upload your reflection on the same topic when you finished (Font size: 12, Font: Times New Romans). Sharing and learning from each other is also an important part in my class.

Leading discussion: each student will have 50 mins (30 mins for presentation, prepare 2-3 questions to facilitate our discussion). We will discuss for 10-15 mins, and I will help to facilitate the discussion and clarify certain perspectives.

For the Social observation part, presenter will have 15 mins to introduce your topics and provide 2-3 questions to facilitate our discussion.

For PhD students who took this course, I will invite you to lead at least 3 topics of papers, two topics of social observation, and 4 reflections.

For the final report, you could choose one interested topic and reviewed the latest papers or methods (after 2018) for at least 5 peer-review papers (better to choose SSCI paper) to share with us. You could focus on certain groups of people (e.g. females, students, Taiwanese, etc.) and some topics we mentioned to construct a small proposed study. Each student will have 50 mins (25 mins for presentation and 20 mins for QA).

教科書與參考書目 (書名、作者、書局、代理商、說明)

Textbook & Other References (Title, Author, Publisher, Agents, Remarks, etc.)

Douglas A. K., Gordon J. W., & Roger C. M. (2019). 3rd Ed. A Social Psychology of Leisure. Venture Publishing, Inc.

Russell. R. (2020). Pastimes: the context of contemporary leisure (7th ed).

Walker, Scott, & Stodolska (2016) Leisure Matters: the state and future of leisure studies.

Venture publishing: PA

Assigned readings from various journals and other sources will be provided in new e-learning.

課程教材網址(含線上教學資訊, 教師個人網址請列位於本校內之網址)

Teaching Aids & Teacher's Website (Including online teaching information.

Personal website can be listed here.)

Course Materials and contact. We will use new e-learning as our main communication platform. Please upload your ppt and reflection on new e-learning system.

III. Class Procedures and Policies

Attendance. You are expected to attend and actively contribute to each class.  
Discussion oriented class. All students are expected to come prepared and ready to discuss the topics and readings. All must come prepared and participate for this type of class to be interesting and useful. Therefore, a large portion of the grading is concerning participation.

As graduate students it is your responsibility to understand what constitutes plagiarism, which you can find in the APA Manual. Please do not simply cutting and pasting another' s work even if you reference it. You are expected to comprehend material and explain the relevant points in your own words.