Aimed at students and professionals in the field, this text presents a comprehensive introduction to the profession of therapeutic recreation, providing theory and practice for the 21st century.

The first Positive Youth Development title to focus on the role of sport, this book brings together high profile contributors from diverse disciplines to critically examine the ways in which sport can be and has been used to promote youth development. Young people are too frequently looked upon as problems waiting to be solved. From the perspective of Positive Youth Development (PYD), young people are understood to embody potential, awaiting development. Involvement with sport provides a developmental context that has been associated with PYD, but negative outcomes can also arise from sport participation and school PE. Sport itself does not lead to PYD; rather, it is the manner in which sport is structured and delivered to children that influences their development. Positive Youth Development Through Sport fills a void in the literature by bringing together experts from diverse disciplines to critically examine the ways in which sport can be and has been used to promote youth development.

Professionals in educational and recreational settings work hard to understand
and address the problems faced by underserved youth. Yet the dedicated people in these institutions are often limited in what they can achieve because they tend to remain within the confines of their own work environment rather than sharing their expertise and resources. Instead of accepting this as an unfortunate fact of life, the coauthors of this book see the situation as an opportunity to develop an approach in which the whole is far greater than the sum of its parts. In Youth Development and Physical Activity: Linking Universities and Communities, they draw on their considerable teaching experience to present innovative new ways to serve underserved youth. The book describes practical strategies for breaking down the walls between universities and communities so they can combine their strengths to improve young people's lives. You'll find a wealth of guidelines for creating physical activity programs that instill a sense of social and personal responsibility, including numerous real-life examples of successful programs. Youth Development and Physical Activity: Linking Universities and Communities is divided into four parts, each enriched with the colorful "voices" and stories of real kids and youth leaders who have put these ideas into practice: -Part I provides a sobering look at the challenges today's young people face and introduces positive ways to improve physical activity youth programs so they're meaningful in today's world. -In Part II, you'll learn how to move from "how it is" to "how it could be," using a breakthrough model for working with kids and building programs. Here the book provides a road map that shows the way for university students and faculty to connect with youth in their communities through service learning, internships, and other outreach programs -Part III spells out how to develop a variety of proven youth physical activity programs--from adventure experiences and Coaching Clubs to mentoring and teen parent programs. You'll find many great ideas that work in virtually any setting, including public schools, alternative schools, recreation programs, youth service groups, and social agencies. -Part IV provides a variety of helpful tools for evaluating programs and improving outcomes, as well as insights on how professionals can develop the skills they need to respond to the changing demands on youth leaders. Written by professionals with a combined 70 years of experience working with underserved youth, this book is must reading for both professionals and organizations practicing in a world where youth too often slip through the cracks. It provides a clear and hopeful framework for improving the lives of kids as well as the communities in which they live.

Recreational organizations that deliver activities to youth within their communities can provide an effective setting for positive youth development (PYD) endeavours due to being fun, engaging, and an environment where skill-building is inherent. However, not all recreational organizations offering PYD aimed programs are successful and many are cancelled after a short amount of time. A framework or guide for (1) promoting PYD through community recreation and (2) evaluating and identifying PYD outcomes does not yet exist. This research seeks to develop a model to inform recreational program design to bring about positive developmental outcomes in youth participants using empirical data collected from three successful organizations. Both one-on-one interviews and a focus group with youth participants and adult staff were utilized following a qualitative multiple case study approach. Data collected was concerned with the positive developmental outcomes experienced by youth participants in the organizations and mechanisms used to realize these
outcomes. The key themes, derived through inductive and deductive analyses, are presented as a five-step logic model. These themes help identify the intended results of programs along with the resources and processes needed to achieve these results, thus making this study's findings easy to integrate into recreational programming. The model's process factors included a series of inputs (i.e., contextual factors and external assets) and activities (i.e., direct and indirect strategies). Findings identified as intended PYD outcomes included outputs (i.e., objective measurable indicators), short-term outcomes (i.e., life skills), and long-term impacts (i.e., the four Cs including life skill transfer and contribution). This study elaborates on concepts identified in previous research that are conducive to PYD while bringing them together into a framework for designing recreational programs with the goal of promoting positive developmental outcomes in youth. However, further testing through quantitative, longitudinal, and intervention research may be needed.

The identification and development of talented young players has become a central concern of football clubs at all levels of the professional game, as well as for national and international governing bodies. This is the first book to offer a comprehensive survey and assessment of youth development programmes in football around the world, to highlight best practice, and to offer clear recommendations for improvement. The book draws on original, in-depth research at eight elite professional football clubs, including Barcelona, Ajax and Bayern Munich, as well as the French national football academy at Clairefontaine. It adopts a multi-disciplinary approach, including psychology, coaching and management studies, and covers every key topic from organisational structures, talent recruitment and performance analysis to player education and welfare. Written by two authors with extensive experience in English professional football, including five Premiership clubs, this book is important reading for any student, researcher, coach, administrator or academy director with an interest in football, youth sport, sports development, sports coaching or sport management.

On January 25, 1996, the Committee on Youth Development of the Board on Children, Youth, and Families convened a workshop to examine the implications of research on social settings for the design and evaluation of programs that serve youth. The January workshop provided an opportunity for the committee to examine the strengths and limitations of existing research on interactions between social settings and adolescent development. This research has drawn attention to the importance of understanding how, when, and where adolescents interact with their families, peers, and unrelated adults in settings such as home, school, places of work, and recreational sites. This workshop builds on previous work of the National Research Council and reiterates its support for integrating studies of social settings into more traditional research on individual characteristics, family functioning, and peer relationships in seeking to describe and explain adolescent behavior and youth outcomes. Not only does this report examine the strengths and limitations of research on social settings and adolescence and identify important research questions that deserve further study in developing this field, but it also explores alternative methods by which the findings of research on social settings could be better integrated into the development of youth programs and services. Specific themes include the impact of social settings on differences in developmental
pathways, role expectations, and youth identity and decision-making skills, as well as factors that contribute to variations in community context.

Sport and physical activity should now be understood as lifelong activity, beginning in childhood, and accessible to participants of all levels of ability. This book offers an overview of some of the core concerns underlying lifelong engagement in sport and physical activity, encompassing every age and phase of engagement. The book explores key models of engagement from around the world, as well as specific areas of research that will help the reader understand this important topic. In adopting a lifespan approach, the book pays particular attention to sport and physical activity during childhood and adolescence as well as transitions into adulthood, the developmental periods when participation in sport and physical activity are most likely to decline. Understanding more about participation during these early years is important for sustaining participation during adulthood. The book also addresses issues relating to sport and physical activity during adulthood, across a range of different populations, while a final section examines sport and physical activity among older adults, an often overlooked, but growing segment of society in this context. Lifelong Engagement in Sport and Physical Activity is important reading for undergraduate and postgraduate students in teacher education, sport and coaching science, and for health promoters, coaches, teachers and relevant bodies and organizations in sport and education. This book is published in partnership with ICSSPE, and is part of the Perspectives series.

Evaluation is a process that each of us uses every day. Professionals in any field of human services must have the means to access and assess information. Having information is not enough, however, unless that information can be applied and used. To organize and manage recreation services (i.e., all elements related to the various specialties in the field such as parks, tourism, sports, arts, therapeutic recreation, camping, event management), information is needed about people's preferences, needs, and behaviors and the programs, administrative structures, and resources that comprise the organizations. To build a body of knowledge and to document the value of recreation, systematic processes are necessary. Evaluation and research can provide information that will enable "enlightened decisions." Evaluating Recreation Services: Making Enlightened Decisions, Fourth Edition, is about systematic evaluation and research that focuses specifically on identifying explicit evaluation criteria or research questions, collecting evidence or data, and making judgments about the value or the worth of something applied to service improvement or knowledge development. This book aims to provide a basic overview and working knowledge of procedures. Knowing basic steps in evaluation research and having some familiarity with evaluation and research tools can help you to begin a process of lifelong learning about systematic inquiry.

There is growing concern about the future of today's youth. Concerns result from an increase in adolescent problem behaviours which are related to delinquency, drug use and alcohol abuse and also due to changing social forces, both parents working, single parent homes and increases in youth unsupervised time at home alone. Youth development is part of the government, and various other stakeholders portfolios, and priority. Sport and recreation youth camps could serve as a vehicle for youth development for young people across South
Africa to come together and use the power of sport and recreation to tackle the complex issues which challenge them and explore various initiatives to overcome multiple youth challenges (SASR, 2012). The overall aim of this study was to explore the perceived contribution of sport to youth development at sport and recreation youth camps in rural communities in South Africa. A literature review in sport-for-development and youth development was used to identify and draw comparisons between good practices and sport and recreation youth camps perceived outcomes. This study used a qualitative, descriptive approach to pose the following research question: Does sport in sport and recreation youth camps contribute to the perceived personal development of rural youths in South Africa? Based on the abovementioned research question, it was hypothesised that youths perceive sport as contributing to personal development and sport and recreation youth camps reflect good organisational practices. Results of the study included perceived personal development outcomes, social development skills resulting from participating in sport and recreation youth camps and good practices for effective utilisation of sport as a vehicle to achieve youth development. Overall results obtained from the interviews revealed that sport in sport and recreation youth camps provided rural community youth with opportunity to develop personal and social skills. The conclusion of the study confirmed that youths perceive sport as contributing to personal development during sport and recreation youth camps and indicated that a number of good practices for youth development were not reflected. The study concludes with recommending that Sport and Recreation South Africa examine barriers that may unintentionally exclude individuals and groups eligible to participate in sport and recreation youth camps and developing strategies to address those barriers, develop strategic partnership with other government departments, sport organisations, NGOs and private sector to achieve desired outcomes. Implications for further study focus on sustainability of sport and recreation youth camps; support of ongoing learning and continuous programme improvement; monitoring and evaluation of sport and recreation youth camps; and quality of youth camps leadership.

Urban Environmental Education Review explores how environmental education can contribute to urban sustainability. Urban environmental education includes any practices that create learning opportunities to foster individual and community well-being and environmental quality in cities. It fosters novel educational approaches and helps debunk common assumptions that cities are ecologically barren and that city people don’t care for, or need, urban nature or a healthy environment. Topics in Urban Environmental Education Review range from the urban context to theoretical underpinnings, educational settings, participants, and educational approaches in urban environmental education. Chapters integrate research and practice to help aspiring and practicing environmental educators, urban planners, and other environmental leaders achieve their goals in terms of education, youth and community development, and environmental quality in cities. The ten-essay series Urban EE Essays, excerpted from Urban Environmental Education Review, may be found here: naaee.org/eeapro/resources/urban-ee-essays. These essays explore various perspectives on urban environmental education and may be reprinted/reproduced only with permission from Cornell University Press.
This is a key reference guide for the exploration of leisure and outdoor recreation. It reflects the multidisciplinary nature of these fields and contextualizes the leading research and knowledge on key concepts, theories and practices. Edited by leading authorities in the field, this volume includes a comprehensive index, and up-to-date suggestions for further reading. It is an essential resource for teaching, an invaluable companion to independent study, and a solid starting point for wider subject exploration.

Explores the role that sports programs play in promoting academic success, health and fitness, responsible social behaviors, and self-confidence among young people and ways that such programs could be expanded to reach those most in need. Contents: overview; risk and opportunity in adolescence; development needs of young adolescents; discussion of the Michigan study; barriers to participation; lighting fires: options for action; toward a research agenda; and creating the structures. Appendix include background report: "Role of Organized Sport in Education and Health of American Children and Youth".

Written by a former Olympic consultant, this authoritative book examines youth sports in America today, from the organizations and companies that dominate organized youth sports to high-profile controversies ranging from burnout and out-of-control parents to the health risks of youth football. • Examines negative influences of youth sports on families, from financial sacrifice to parental misbehavior • Discusses the benefits of playing on an organized team • Provides a historical overview of youth sports in the United States • Contains a list of resources for further study • Includes contact information on important sports-related organizations

The "Park and Recreation Professional's Handbook " offers a thorough grounding in all areas of programming, leadership, operations, administration, and professionalism. It integrates foundational concepts, the latest research, and real-world examples to present readers with a complete picture of all of the skills needed for success in the field.

Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and
physical education in the school environment. This report lays out a set of
guiding principles to guide its work on these tasks. These included: recognizing
the benefits of instilling life-long physical activity habits in children; the value
of using systems thinking in improving physical activity and physical education
in the school environment; the recognition of current disparities in
opportunities and the need to achieve equity in physical activity and physical
education; the importance of considering all types of school environments; the
need to take into consideration the diversity of students as recommendations
are developed. This report will be of interest to local and national policymakers,
school officials, teachers, and the education community, researchers,
professional organizations, and parents interested in physical activity, physical
education, and health for school-aged children and adolescents.

Introduction to Recreation and Leisure, Third Edition, gives students a broad
view of the field, offering them a solid foundation for understanding the
industry they plan to enter upon graduation. Students learn from the
perspectives of 52 leading professors, professionals, and emerging scholars
from the United States, Canada, Brazil, China, and around the globe. Led by
new editors, Tyler Tapps and Mary Sara Wells, these experts introduce
recreation and leisure foundational concepts, delivery systems, and
programming services. Students benefit from the diversity of perspectives and
viewpoints from around the world as they learn about the similarities and
differences in the industry from an international perspective. The following are
new to this edition: • New editors and contributors from around the world,
including emerging scholars • Updated data throughout the book • New chapter
sections • An expanded chapter on international perspectives on sustainability
and ecotourism • Real-world connections to recreation and leisure theories that
help students consider career options • A web study guide with On the Job
learning activities, a glossary, chapter overviews, article summaries, and
recommendations of websites to explore A Strong Foundational Overview
Introduction to Recreation and Leisure grounds students in the historical,
philosophical, and social aspects of the industry. The authors offer fresh
insights into community parks and recreation departments, nonprofit
organizations, and commercial recreation and ecotourism enterprises. Students
learn about various enriching educational programs and services for people of
all ages. “The text encompasses a variety of services, including recreational
sport management, outdoor and adventure recreation, health and wellness, and
arts and culture,” says Tapps. “It also exposes students to career options and
supports them as they explore their interests and prepare for challenging
careers in the industry.” Text Contents The book is organized into three parts.
In part I, students learn about the foundations of recreation and leisure,
including the historical, philosophical, and social issues that have shaped the
field. Part II explores various sectors of the field, including leisure service
delivery systems, public recreation, the nonprofit sector, the for-profit sector
(such as event and ecotourism enterprises), and therapeutic recreation, among
others. Part III focuses on the programming of recreation and leisure services,
including program delivery systems, recreational sport management, outdoor
and adventure recreation, the nature of recreation and leisure as a profession,
and more. Each chapter includes learning objectives that highlight the chapter’s
important concepts, as well as an Outstanding Graduates feature that
introduces former students who have gone on to successful careers in the field.
A glossary of important terms is included in the web study guide and instructor guide, which are part of the ancillary package. Ancillaries The text is supported by an instructor guide, a test package, a PowerPoint presentation package, and a web study guide that contains chapter summaries and learning experiences. These resources make it easier for instructors to prepare for and manage their courses, and they help students retain what they learn from the text. Guidance for Students Making Career Choices This fully updated text, with its insights and perspectives from top professionals and professors from around the globe, opens up the world of recreation and leisure for students, offering them vital information that will help them make informed choices as they move forward in pursuit of careers in this growing field. With its cutting-edge view of recreation and leisure services, Introduction to Recreation and Leisure prepares students for success in the field of recreation and leisure.

After-school programs, scout groups, community service activities, religious youth groups, and other community-based activities have long been thought to play a key role in the lives of adolescents. But what do we know about the role of such programs for today's adolescents? How can we ensure that programs are designed to successfully meet young people's developmental needs and help them become healthy, happy, and productive adults? Community Programs to Promote Youth Development explores these questions, focusing on essential elements of adolescent well-being and healthy development. It offers recommendations for policy, practice, and research to ensure that programs are well designed to meet young people's developmental needs. The book also discusses the features of programs that can contribute to a successful transition from adolescence to adulthood. It examines what we know about the current landscape of youth development programs for America's youth, as well as how these programs are meeting their diverse needs. Recognizing the importance of adolescence as a period of transition to adulthood, Community Programs to Promote Youth Development offers authoritative guidance to policy makers, practitioners, researchers, and other key stakeholders on the role of youth development programs to promote the healthy development and well-being of the nation's youth.

Community Youth Development: Programs, Policies, and Practices focuses on positive methods for youth development that are rapidly supplanting the traditional deficit-oriented, problem-reduction approaches. Edited by eminent scholars Francisco A. Villarruel, Daniel F. Perkins, Lynne M. Borden, and Joanne G. Keith, this accessible volume provides practical tools and models for developing community-wide initiatives that strengthen protective factors, build competencies, and focus on thriving indicators. Examining the needs of multiple audiences, programs, and policies, each chapter contributes to an overall understanding of the "how" and "why" of community youth development. Designed for upper division undergraduate and graduate students in human development, family studies, and education, Community Youth Development: Programs, Policies, and Practices is also an invaluable resource for researchers, practitioners, and policy advocates for youth and community development.

Out-of-school time (OST) settings are powerful contexts for youth development when programs and services are intentionally designed. Youth Development Principles and Practices in Out-of-School Time Settings was written to increase
the capacity of students and professionals to facilitate youths optimal transition to adulthood through maximizing the developmental benefits accrued by participating in OST programs and experiences. Peter A. Witt and Linda L. Caldwell, two well-respected researchers in the youth development field, have brought together a group of outstanding authors who provide an exceptional blend of theory- and practice-based information critical to anyone seeking to conceptualize, design, and evaluate OST programs. All chapters are based on tenets of positive youth development necessary to enable youth to thrive. The book is divided into five sections: (1) youth development principles and foundational information (e.g., youth today as well as an historical perspective on youth work); (2) developing youths potential (including specific chapters on leisure and recreation, youth sport, nature-based activities and the arts); (3) systematic program planning and evaluation of youth programs. (4) the role of adults and families in the lives of youth; (5) issues of diversity in youth development (e.g., race and ethnicity, immigrant, LGBT, and ability level). A final chapter discusses the knowledge, skills, and behaviors necessary to become a skilled youth professional. Each chapter ends with thought-provoking discussion questions and assignments that encourage application and further exploration of the chapters content. The book is a must read for students and practitioners seeking to understand youth today and support their development through out-of-school time programs.

Recreation Facility Management: Design, Development, Operations, and Utilization presents a comprehensive introduction to the field of facility design, management, and maintenance for practicing or future recreation professionals.

This book guides sport coaches, parents and administrators in creating a caring and task-involving sport climate that helps athletes perform their best and have an enjoyable and meaningful sport experience. It introduces the concept of a caring and task-involving climate and provides a "how to" guide to creating this climate in sport. Firstly, this guide introduces the caring and task-involving climate and summarizes research highlighting its many benefits. Secondly, the five features of this climate are presented along with the reflective exercises for developing them within a team. Coaches will see strategies in action, sample conversations, and a variety of ways to implement the features of a caring and task-involving experience. By describing how it may be implemented and methods for overcoming possible challenges, this book finally highlights how parents and sport administrators can support the creation and preservation of caring and task-involving climates. By helping teams develop caring climates that optimize athletes’ sport experience and performance, this book is essential reading for coaches, sport administrators, parents, and sport psychology practitioners. It will also be of great interest to those who have minimal training in sport psychology, but who are involved in sport at many levels, such as youth and high school.

Over the past 150 years, communities have focused their attention on enhancing quality of life, health and wellness, and the greening of their environments through the provision of park and recreation services and amenities. The greening and beautification of communities as well as tying recreation services to clean economic development provide a direct connection
between the work public park and recreation departments and community development. This text asks students to consider important questions, such as: What are the most important elements of a livable community? In what type of community they would like to live? How important are building social connections amongst family, friends, neighbors, colleagues, and others? How are such relationships developed and sustained? What types of organizations are more likely to create such opportunities for building ones social capital? What agencies in the community are concerned with addressing environmental degradation and on the flipside enhancing community beautification and greening? All of these questions point toward the importance of public parks and recreation and its community development efforts. Community Parks & Recreation: An Introduction is organized into three major parts. Part I focuses on the History and Philosophical Foundations of Public Parks and Recreation. The major intent of this section is to provide an underpinning to assist the student in understanding the major dimensions of public parks and recreation and its impact socially, culturally, environmentally and economically. Part II of the book focuses on Managerial and Administrative Aspects of Park and Recreation Systems. This section of the book provides practical strategies for administrative activities, planning, marketing, budgeting, engaging the public and land acquisition. Part III of the book is focused on The Public Sector Service Provision in Parks and Recreation. This section of the book focuses on program and service delivery including chapters dealing with programming for community recreation, youth programming, programming for adults and seniors, programming special events and community-based therapeutic recreation. The authors of this text all share a deep interest in community, parks, and/or recreation services. At various times in their careers, they have have served as playground leaders, recreation specialists, youth leaders, community therapeutic recreation specialists, recreation center directors, recreation supervisors and/or directors of parks and recreation. The authors hold a strong commitment to community parks and recreation that is clearly reflected in this new text.

Offers a 7-step process for program evaluation to help you increasing positive youth outcomes. Learn how to evaluate current programs and targeted youth outcomes, involve administrators and board members, incorporate your newfound data in future programs, write goals and outcomes that match your mission, help staff understand their role in achieving the youth outcomes your camp targets, and turn your targeted youth outcomes into a camp asset. Produced in cooperation with the American Camp Association.

This book examines after-school programs in light of their explosive growth in recent years. In the rush to mount programs, there is a danger of promoting weak ones of little value and failing to implement strong ones adequately. But what is quality and how can it be achieved? This book presents findings from an intensive study of three after-school centers that differed dramatically in quality. Drawing from 233 site visits, the authors examine how - and why - young people thrive in good programs and suffer in weak ones. The book features engaging, in-depth case studies of each of the three centers and of six youths, two from each center. Written in a highly accessible style for academics, youth workers, after-school program leaders and policy makers, the study breaks new ground in highlighting the importance of factors such as
collective mentoring, synergies among different programs and activities, and organizational culture and practices.

This book responds to the needs of urban youth by describing youth development principles in physical activity programs. These programs are built on urban kids' assets and promise rather than their deficits. Included are ways of transferring skills from specific programs to everyday settings.

This third edition is unique. In the first edition, entitled Leadership in Recreation and Leisure Service Organisations, the authors organised the effort into separate theoretical and practical applications sections that covered a variety of direct service areas. The second edition was split into textbooks, Leadership in Recreation and Leisure Service Organisations and Leadership for Recreation and Leisure Programs and Settings. The current effort focuses on bringing together a number of interrelated elements that influence leadership in recreation, parks, and leisure service organisations. The first part of the book discusses the work of leaders and includes presentation of theoretical and foundational information. The second part focuses on leaders in groups. Finally, the third part is dedicated to leadership elements in a number of recreation, parks, and leisure service settings. Leadership in Recreation, Parks, and Leisure Services also features many distinctive pedagogical elements. The authors have identified learning objectives and key terms at the beginning of each chapter. This will be useful in helping students focus their attention to the intent of each chapter. In addition, each chapter has marginal quotations featuring perspectives from notable individuals. These quotations will provide heightened awareness and understanding of the subject matter. Also featured in each chapter is an outstanding leader in the recreation, parks, and leisure service field. These vignettes, known as A Legacy of Leadership, feature historic and current figures in the recreation, parks, and, leisure service field. Further, leadership perspectives from professionals across the United States are included in the section entitled Leadership: A Point of View from the Profession. Each chapter is concluded with discussion questions, a case study, and experiential learning experiences from which students can explore and analyse their own thinking, engage in problems-solving strategies, and reflect upon their own thinking regarding leadership.

Research on Indigenous participation in sport offers many opportunities to better understand the political issues of equality, empowerment, self-determination and protection of culture and identity. This volume compares and conceptualises the sociological significance of Indigenous sports in different international contexts.

This book extends positive psychology by embedding leisure into the positive science field, following a new paradigm and aggregating various domains and fields. Positive science can be applied to the field of leisure and, in turn, leisure can serve as an arena to study some of the most important optimal functioning variables. The book presents knowledge on a diverse range of topics about optimizing socio-cognitive processes and behaviors, places and contexts, societies and cultures through leisure. These topics are unified by an underlying continuum that extends from individuals and subjective experiences to social
worlds. The contributions highlight components of everyday life, showing that subjective experience and life trajectories are structured and social goals and life purposes are defined and achieved within interactions between individuals and their lived contexts and environments in daily life.

Recreational Sport provides readers with a foundation in the concepts of recreational sport. Based on current research and offering real-world applications, it will help readers understand how to design, deliver, and manage recreational sport programs no matter what setting they find themselves in.

"Leisure is everywhere, but its impact on people's lives is often overlooked. Leisure is more than “doing nothing” or “hanging out.” It has implications for society, affecting economics, politics, business, health, and the environment. On an individual level, it offers multiple opportunities for personal growth and development. And it contributes to a better quality of life for individuals and communities as a whole. With Dimensions of Leisure for Life: Individuals and Society, students will learn to understand and appreciate leisure and explore the ways that their leisure choices can help them lead happier, more balanced lives both now and in the future. With contributions from 22 leading professors, the book examines the following: the concept of leisure, including the various ways in which it has been defined and described, the benefits associated with it, the scope of the leisure industry field, and the basis for studying leisure as a social science; the impact of leisure on quality of life, health, physical activity and stress levels, and overall happiness and well-being; the social significance of leisure, including the interaction of leisure with history, contemporary society, technology, the environment, economics, and politics and public policy; the factors that influence each individual's leisure choices and level of involvement in leisure activities, such as awareness of local options, barriers of age, gender, sexual orientation, race, ethnicity, religion, or socioeconomic status, geographic distribution of leisure spaces; and maturity level and stage of development."--Publisher.

It's not all "fun and games." A growing body of research suggests that recreation activities can be powerful development contexts when they are properly framed and intentionally designed. This volume highlights much of that research, and the articles that follow provide ample evidence that well-framed recreation activities and contexts can provide a range of positive developmental outcomes. Editors Lawrence R. Allen and Robert J. Barcelona draw on their own work in human and youth development and have assembled contributing authors who explore the important of meaningful recreation and leisure experiences in the lives of youth and the value of recreation from a developmental perspective. Chapters focus on the developmental potential of specific recreation contexts and settings and provide research and evidence-based strategies outlining the activities that best promote positive youth development. Finally, the volume demonstrates how recreation is being used to strengthen individual and community assets and its role as a contributor in addressing pressing social issues. This is the 130th volume of New Directions for Youth Development, the Jossey-Bass quarterly report series dedicated to bringing together everyone concerned with helping young people, including scholars, practitioners, and people from different disciplines and professions.
The result is a unique resource presenting thoughtful, multi-faceted approaches to helping our youth develop into responsible, stable, well-rounded citizens.

What are the types of environments in which youth thrive? How do we cultivate such environments to promote optimal development and positive behavior in youth? The Youth Development Handbook: Coming of Age in American Communities provides youth and development practitioners access to current theory and research in the field of youth development, including illustrations of good practice, original case studies, and a contextual approach to such topics as youth participation and diversity. The Youth Development Handbook is designed for scholars and researchers in applied developmental science as well as practitioners and policy makers who implement youth development initiatives. The book is also recommended for use in graduate courses on youth development in the fields of Psychology, Human Development & Family Studies, and Education.

Through Foundations of Therapeutic Recreation, students will be able to achieve these objectives: -Gain a 21st-century vision of the profession provided by leading thinkers in the field -Learn the attributes and skills they need in order to thrive in various career paths in the profession -Interact through the text, technology, and media responses to more thoroughly understand the field and profession Foundations of Therapeutic Recreation provides readers with a comprehensive introduction to the profession. The book draws on the combined wisdom, experience, and technical expertise of 23 professors and leaders in the field. From these contributors, readers gain access to diverse perceptions, philosophies, and practices for therapeutic recreation in the 21st century. The book showcases how the profession addresses various clients' needs throughout the life span through therapeutic programs, modalities, and activities. It also -presents a wide range of applications, allowing readers to explore their personal and professional options; -provides insight into the basic knowledge, attributes, and skills students need in order to thrive in the field; and -delineates career paths in the profession and how a therapeutic recreation specialist works with various populations. Edited by Dr. Terry Robertson and Dr. Terry Long, Foundations of Therapeutic Recreation has a comprehensive vision. The contributing authors present the broad scope of therapeutic recreation as research and practice across a diverse demographic of clients and consumers. The contributing authors explore various perspectives on therapeutic recreation and present standards and certification information that prepare students for the profession. Part I defines therapeutic recreation as a profession and provides an overview of its history and of the professional opportunities available. Part I also explores the profession's person-first philosophy and outlines the therapeutic recreation process as well as its models and modalities of practice and its allied professions. Part II delves into trends and issues, looking at demographics, economics, politics, and legislation as they affect the profession. It details international issues and paradoxes and concludes with future perspectives. Part III examines mechanisms for intervention from a number of perspectives, including orthopedic and neurological impairment, developmental disabilities, mental health, youth development, aging, and wellness. Foundations of Therapeutic Recreation contains chapter discussion questions to expand students' learning as well as Outstanding Professionals and Client

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Portraits sections to help students gain insight into various career paths. The book is accompanied by an instructor guide, PowerPoint presentations, and a test package available via the text's Web site to support the classroom instruction and enhance learning. The entire package gives students a solid grounding in the profession as it is today and a clear understanding of where the profession is headed tomorrow.

This book presents the results of the longitudinal 4-H Study of Positive Youth Development. The volume discusses how self-regulation and contextual resources (e.g., strong relationships with parents, peers, and the community) can be fostered in young people to contribute to the enhancement of functioning throughout life. Each chapter examines a particular aspect of youth thriving, and offers findings on either the bases or the role of positive development in a variety of outcomes, from reduced risk of emotional problems and harmful behaviors to increased participation in the community. Contributors introduce a contemporary model of positive development for diverse youth, provide examples of effective youth development programs, and suggest applications for informing the next generation of policies and practices. Among the featured topics: The regulation of emotion in adolescence. School engagement, academic achievement, and positive youth development. Peer relationships and positive youth development. Identity development in adolescence and the implications for youth policy and practice. Promoting adolescent sexual health in youth programming. A positive youth development approach to bullying. Researchers in developmental psychology as well as practitioners in educational or youth development programs or policies will gain from Promoting Positive Youth Development a new appreciation of the central role of young people’s strengths, and initiatives to build effective youth programs. “This volume is destined to become the handbook for anyone interested in the bourgeoning field of positive youth development. Based on ground breaking, longitudinal research from top researchers in the field, Promoting Healthy Development for America’s Youth presents a rich, theoretically grounded understanding of the landscape today’s youth and programs. The contributors provide clear, data-driven guidance regarding the types of programs and settings that are most beneficial to young people.” Jean E. Rhodes, Ph.D. Frank L. Boyden Professor Department of Psychology University of Massachusetts, Boston

Focused on understanding the key underlying group processes that contribute to youth sport experiences, The Power of Groups in Youth Sport provides an innovative and expansive overview of the research in group dynamics within youth sports. The first section of the book examines topics relating to forming and structuring groups, including team selection, athlete socialization, normative expectations, roles, coach and athlete leadership, social identity, and more. The second section reviews concepts associated with group functioning and management, such as cohesion, subgroups, motivational climate, teamwork, and team building. This book concludes with a series of chapters focused on specific developmental considerations in youth sports that are often overlooked in group dynamics research including parental involvement, bullying and hazing, mental health, and disability and accessibility. Synthesizes the research of group dynamics within the context of youth sport Highlights how
groups form and function Discusses the role of parents and peers on youth sport experiences and development Suggests ways to advance the field of group dynamics in youth sports

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