Kraus' Recreation and Leisure in Modern Society 12th edition Hurd Test Bank

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Base Settings: Brownstone Default
Information Field: Complexity
Information Field: Ahead
Information Field: Subject
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Highest Answer Letter: D
Multiple Keywords in Same Paragraph: No
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Chapter: Chapter 01 - Quiz

True/False

1. True or False? The surplus-energy theory was criticized because people with minimal energy could not be explained by this theory.
Ans: True
Complexity: Easy
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
Subject: Chapter 1
Title: Conceptual Foundations of the Field of Leisure Services

2. True or False? The preparation theory suggests that children engaging in play learn teamwork and role playing, thus preparing them for their teen years.
Ans: False
Complexity: Easy
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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3. True or False? Most recreation participation is voluntary.
Ans: False
Complexity: Easy
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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4. True or False? Most recreation activities involving skill require time and effort before personal satisfaction can occur.
Ans: True
Complexity: Easy
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Title: Conceptual Foundations of the Field of Leisure Services

5. True or False? A vast majority of the writing about play, recreation, and leisure as concepts in the field of leisure studies centers Anglo-European, Western voices.
Ans: True
Complexity: Easy
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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Essay

1. Contrast the surplus energy theory and relaxation theory of play.
Ans: Surplus energy theory talks about play as motivated by the need to burn excess energy. By contrast, the relaxation theory looked at the need to restore one's body and mind. After a day of hard work and the rigors of daily life, the relaxation theory would restore both the body and the mind.
Complexity: Moderate
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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2. Explain what "flow" is and how it relates to play.
Ans: Flow is a process where the participant's skills balance the challenge level of the activity (tasks). If it is too difficult or too easy, flow cannot be achieved. Flow is present when the player is totally involved and results in feelings of harmony and full immersion. Players can even lose their sense of time and their surroundings.
Complexity: Moderate
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3. Huizinga presented the thesis that "play pervades all of life." Describe the two types of activity revealed in Huizinga's perception of play.
Ans: In Huizinga's view, play reveals itself chiefly in two kinds of activity: contests for something and representations of something.
Complexity: Easy
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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4. Identify the four early theories of play and briefly explain each.
Ans: The surplus-energy theory asserts that running, playing soccer, or jumping rope on the playground are done because people have excess energy to use. Relaxation theory says that play was seen as a means to energize a person who was exhausted from work, school, or the stresses of daily life.

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Preparation theory says that that play is a means for children to practice adult life. Catharsis theory is based on the view that play serves as a safety valve for the expression of bottled-up emotions.
Complexity: Easy
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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5. How might play affect an individual's personality and contribute to the type of person the individual could become?
Ans: Personality is shaped by play in many different ways. Play prompts enjoyment, freedom, and fun. It also encourages self-expression, creativity, imagination, and self-confidence. Play allows children to learn to interact with others through cooperative, sharing, and conflict-resolution activities. All of these experiences affect an individual's personality and contribute to the type of person the individual will become.
Complexity: Moderate
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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6. What are the reasons individuals take part in recreation?
Ans: Many participants take part in recreation as a form of relaxation and release from work pressures or other tensions. Other significant leisure motivations are based on the need to express creativity, develop hidden talents, enhance physical skills, or pursue excellence in varied forms of personal expression. For some participants, active, competitive recreation may offer a channel for releasing frustration and aggression. Others enjoy recreation that is highly social. Other individuals take part in leisure activities that involve community service or that permit them to provide leadership in fraternal or religious organizations. Still others take part in activities that promote health and physical fitness. A steadily growing number of participants enjoy participation in the expanding world of computer-based entertainment and communication. Others are deeply involved in forms of culture such as music, drama, dance, literature, and other forms of fine arts. Exploring new environments through travel and tourism or seeking self-discovery or personality enrichment through continuing education or various educational activities represent other important leisure drivers.
Complexity: Easy
Ahead: Exploring the Three Major Concepts: Play, Recreation, and Leisure
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7. Identify the three main categories of modern definitions of recreation and discuss the features of each.
Ans: The first category is recreation as activity under certain conditions or motives, which acknowledges that recreation should be voluntary and pursued for personal enjoyment, though those conditions are often not met. The second category is recreation as an outcome and discusses recreation as producing a peak, satisfying experience for participants. The third category is recreation as a social institution and focuses on the role of recreation service in our society.
Complexity: Easy
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8. James Murphy and his co-authors identified different recreational behaviors that suggest the kinds of motives people may have when they engage in activity. Identify two of the recreational behaviors and briefly explain them.
Ans: Answers will vary among socializing, associative, competitive, risk-taking, and exploratory behaviors.
Complexity: Easy
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9. Explain how “leisure as a symbol of social class” remains relevant in our time.
Ans: The notion posits that the wealthy have the opportunity to participate in many more leisure activities, especially those that are costly, require extensive training or equipment, may have limited participation opportunities, or are restricted by wealth and class. In our time, such activities have become even more present. Look at the high-end resorts, golf clubs, luxury cruises, and the like and see how they cater to the wealthy and one can see that social class remains a component of leisure activity selection.
Complexity: Moderate
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10. Select two of the contemporary definitions of leisure and discuss how they are similar, different, and contribute to the definition of leisure.
Ans: This requires the students to identify two concepts and to compare and contrast the concepts, ultimately identifying their contribution to the definition of leisure. Their responses should directly relate to the definition, focusing on specific contributions.
Complexity: Moderate
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11. Explain the Athenian view of leisure.
Ans: Aristotle regarded leisure as “a state of being in which activity is performed for its own sake.” It was sharply contrasted with work or purposeful action, involving instead such pursuits as art, political debate, philosophical discussion, and learning in general.
Complexity: Easy
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12. Explain the historical perspectives about leisure that emerged in ancient China.
Ans: Taoism encourages reconnection with nature and the value of being unoccupied. Confucianism emphasizes a need for both a free and leisurely mind and care for people and the nation.
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13. How are the concepts of play, recreation, and leisure connected to each other? Discuss at least three ways that the concepts overlap or are distinct from each other.
Ans: This requires students to discuss at least three of the comparisons discussed in this section of the chapter. Their responses should directly relate to the definition, focusing on specific contributions.
Complexity: Easy
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True/False

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Ans: True
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