# MINOR IN LEISURE STUDIES

The Minor in Leisure Studies focuses on individual, community, social and environmental well-being. Potential areas of interest include leisure as a social and cultural phenomenon, leisure behaviour, the delivery and management of leisure services, the health benefits of leisure and the environmental impact of leisure. In the process, you become prepared for a variety of management, programming, planning and leadership positions in the recreation and leisure services field.

This program is offered in English and in French.

## Program Requirements

The table below includes only discipline-specific courses. Please refer to the Academic Regulations (http://web5.uottawa.ca/admingov/regulations.html) for information on including a minor to your degree.

This program can be chosen only as a second study module as part of a 120-unit bachelor's degree that allows a minor.

Direct admission is not possible.

Requirements for this program have been modified. Please consult the 2016-2017 calendars (http://catalogue.uottawa.ca/en/archives) for the previous requirements.

### Compulsory Courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSR 1100</td>
<td>Introduction to Leisure Studies</td>
<td>3</td>
</tr>
<tr>
<td>LSR 1105</td>
<td>Leisure in Canadian Society</td>
<td>3</td>
</tr>
<tr>
<td>LSR 2110</td>
<td>Leisure : Concepts and Values</td>
<td>3</td>
</tr>
<tr>
<td>LSR 2118</td>
<td>Recreation Program Development and Evaluation</td>
<td>3</td>
</tr>
</tbody>
</table>

### Optional courses:

- 6 optional course units from:
  - APA 3118 Recreation, Sport and Community Development
  - LSR 2121 Recreation and Environmental Quality
  - LSR 2122 Tourism
  - LSR 2312 Principles of Leadership in Recreation

- 6 optional course units at the 2000, 3000 or 4000 level from:
  - APA 2134 Administration of Leisure, Sport and Physical Activity Services
  - APA 3118 Recreation, Sport and Community Development
  - APA 4101 Anthropology of Sport and Leisure
  - APA 4145 Sport and Recreation Marketing
  - LSR 2121 Recreation and Environmental Quality
  - LSR 2122 Tourism
  - LSR 2312 Principles of Leadership in Recreation
  - LSR 3105 Recreation Resources Conservation
  - LSR 3116 Leisure Counselling

### Total:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSR 3105</td>
<td>Recreation Resources Conservation</td>
<td>3</td>
</tr>
<tr>
<td>LSR 3116</td>
<td>Leisure Counselling</td>
<td>3</td>
</tr>
</tbody>
</table>

Total: 30 Units