

Robertson, T. P., Symonds, M. L., Muehlenbein, M. P. & Robertson, C. (2012). Health, fitness, wellness

and livability. In *Introduction to Recreation and Leisure* (2nd ed., pp. 305-320).

Champaign, IL: Human Kinetics.

Recreation and leisure is a thriving industry with phenomenal growth, tremendous potential, and diverse career paths and options. *Introduction to Recreation and Leisure, Second Edition*, is a textbook designed for the first undergraduate course in a recreation or leisure program. With its 21st-century views of recreation and leisure services, it indicates future directions in the field and offers diverse international perspectives.

The second edition of *Introduction to Recreation and Leisure*

- presents historical, philosophical, and social aspects of the industry;
- offers fresh insights on community parks and recreation departments, youth and nonprofit agencies, commercial recreation, and tourism enterprises;
- describes how recreation provides fun, enriching, and educational programs and services for people of all ages; and
- exposes students to a variety of career options and supports them as they explore their interests and prepare for challenging careers in one of the leading industries of the 21st century.

Part I presents the history and philosophy of the field and its benefits to individuals and society.

Part II introduces the sectors of the field and their delivery systems: parks, public recreation, nonprofit organizations, commercial recreation and tourism, therapeutic recreation, and unique groups.

Part III presents the types of programming found in recreation and leisure services: sports; fitness, health, and wellness; outdoor and adventure recreation; and arts and culture. It includes a chapter on recreation and leisure as a profession and a chapter on international recreation.

In the second edition of *Introduction to Recreation and Leisure*, invited experts from around the world offer their perspectives on the industry. These authors are emerging and leading professionals and eminent scholars in leisure education. The new edition includes a web

resource that supports students in the classroom as well as in the online setting with ways to explore the foundation of recreation and leisure and its opportunities for careers.