

Chapter 3

History of Recreation and Leisure

Origins of Games and Sport

- In primitive societies: Play and popular games were a form of sport.
- When an activity was no longer useful in its original form (such as archery for hunting or warfare), it became a form of sport. An opportunity to prove physical skill and strategy.

On the North American Continent

- Native American tribes, play was used to equip the young for adult life.
- Boys practiced warriors' skills and were taught to survive in the wilderness.
- Girls were taught the household crafts expected of mature women.
- Through dancing, singing, and storytelling, they learned the history and religion of their cultures.

Leisure in the Southern Colonies

- The lifestyles of slaves in the colonies were not of lavish lifestyles. The majority of slaves were of West African ancestry.
- The customs that thrived in the harsh life of the colonies included music, folktales, and storytelling, and dance. Music and dance were an integral piece of the culture of most West African societies.

CHANGING Workweek

- Page 53
- Look at the chart - Figure 3.1 How the Average workweek has changed.

College Sport

- The first college clubs were founded as early as 1717.
- By the early 19th Century, most U.S. colleges had officially recognized clubs and their social activities.
- Social Fraternities began in the 1840's.
- Building of college gymnasiums by the 1860's.

Sport

- The 1860's intercollegiate sport competition in rowing, baseball, track, and football was organized.
- The first known intercollegiate football game was between _____ and _____ in 1869.
- Princeton and Rutgers

Recreation movement begins.

- The period extending from the mid-19th through the early 20th century is referred to as the *public recreation movement*.
- There was a widespread development of organized recreation activities and facilities by government and voluntary agencies.

The Growth of Public Recreation and Park Agencies

- By 1906, 41 cities were sponsoring public recreation programs.
- By 1920, the number was 465.
- Between 1925 and 1935, the number of municipal recreation building quadrupled.

President Theodore Roosevelt

- A dedicated outdoorsman, encouraged the acquisition of many new federal park systems, forest preserves, and wildlife refuges.
- Supported the Reclamation Act of 1902
 - Authorized reservoir-building irrigation systems.
 - Antiquities Act of 1906 – Designated the first national monuments.

Recreation Movement

Three Pioneers

- **Joseph Lee** – the “father” of the playground movement.
- Took part in a survey in Boston in 1882. He was shocked to see boys arrested for playing in the streets. So... he organized a playground for them in an open lot.

Pioneer #2

- Luther Halsey Gulick
- He headed the first summer school of “special training for gymnasium instructors”.
- The first president of the Camp Fire Girls.
- Instrumental in the establishment of the Playground Association of America.
- Taught courses in the psychology of play.

Pioneer # 3

- Jane Adams – Established Hull House in Chicago
 - Programs such as
 - Immigrant aid and protection
 - Public school nursing
 - Labor reform
 - Development of public playgrounds and kindergarten
 - Public sanitation
 - Infant and maternity health care
 - Child day care
 - Public school lunches.
 - See page 69
 - Known as the “Most Dangerous Woman in America.”

Growth of Voluntary Organizations

- Early 20th Century, many important youth-serving nonprofit organizations were formed.
 - The National Association of Boys' Clubs
 - Boy Scouts
 - Camp Fire Girls
 - Girl Scouts
 - Rotary Club
 - Kiwanis Club
 - Lions Club

FACT

- The National Park Service was created by act of Congress in 1916— 44 years after the establishment of the world's first national park
 - YELLOWSTONE NATIONAL PARK

Chapter 4

The Modern Era

Expansion of Recreation and Leisure –

Factors for increase in participation

National affluence of the postwar years.

Increase in Gross National Product

Government recreation and park agencies expanded their budgets, personnel, and facilities.

Government gets involved

- 1. Programs were aimed at improving physical fitness
- 2. Emphasis on environmental concerns
- 3. Activities and services designed to meet specific age group needs.
- 4. Recreation for persons with disabilities.
- 5. Increasing programming in the arts.
- 6. Services for people living in poverty
- 7. Programs concerned with the needs of racial and ethnic minorities.