



Course Syllabus: Foundations of Recreation, Leisure & Sport

College of Education

KNES 2003 Section 101

Fall 2025: August 24 – December 10, 2026

Contact Information

Instructor: Dr. Sandra Shawver

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Office hours: Tu.10:00am -12:00pm; Wed. 2:00-3:00pm; Thu. 1:00-3:00pm

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Course Description

Introduction of general principles and practices in the recreation and leisure segment of the sport industry. Students will gain a general understanding and appreciation of career options that they will be prepared for as they complete the Sport Coaching, Leadership, and Administration major. The course will examine history, philosophy, theory, professional standards, basic management principles and concepts, industry trends and best practices.

Textbook & Instructional Materials

Required: Tapps, T., & Wells, M.S. (2019) Introduction to recreation and leisure (3rd Ed).
Chicago, IL., Human Kinetics

APA Publication Manual, 7th Edition

[Purdue Owl](#) : APA Formatting and Style Guide

<https://owl.english.purdue.edu/owl/resource/560/8/>

Study Hours and Tutoring Assistance

TASP's Learning Center (TLC)

Located on the first floor of Moffett Library, TASP's Learning Center offers drop-in tutoring support for most general subject areas including but not limited to Writing, Math, Science, Psychology, History, and Foreign Languages. Students

check in to work one-on-one with a tutor typically for an hour regarding specific concepts.

Student Handbook

Refer to: [Student Handbook](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

[Office of Student Conduct](#)

Moffett Library

Moffett Library provides resources and services to support student's studies and assignments, including books, peer-reviewed journals, databases, and multimedia materials accessible both on campus and remotely. The library offers media equipment checkout, reservable study rooms, and research assistance from librarians to help students effectively find, evaluate, and use information. Get started on this [Moffett Library webpage](#) to explore these resources and learn how to best utilize the library.

Grading

Table 1: Points allocated to each assignment

Assignments	Points
Quizzes (5 at 15 pts each)	75
Chapter Analysis (3 at 20 pts each)	60
Discussions (6 at 10 pts each)	60
State Park Outline	15
Facility Tour	35
Non-Profit Mission & Programs	25
Field Interview	15
Recreation Comparison	15
Quality of Life Tenets	30
Volunteer Experience & Evidence	30
Final Exam	60

Table 2: Total points for final grade.

Grade	Points
A = 90%	378+
B = 80%	336 to 377
C = 70%	294 to 335
D = 60%	252 to 293
F = <60%	Less than 252

Homework

All assignments unless otherwise stated in the individual instructions are required to be submitted as a Word document using the APA 7th Ed formatting standards. Any submissions in a different format will be returned to the student and not graded until it is submitted in the correct format. This could cause the student to incur the 5-point deduction per day for late submissions. Any assignment can be submitted before the due date. Late assignments will not be accepted (see Late Work section). Do not wait until the last minute on any of your work!! Due dates will be shared in the D@L platform and/or in class.

Grammar will be graded as a part of any course work. All work should be in your own words! Format – FOR ALL PAPERS: 12-point Times New Roman font, one (1) inch margins, and doubled spaced. The title (cover page) should include the following information (Page number, title of paper, name of author, university and department name, full course name & number, instructor name and assignment due date). *See each individual assignment for more detail. If assignments are submitted as a pdf, notes, google, etc. will not be graded until submitted in the correct format and receive the 5 point/day deduction for being late from the date returned to the student by the professor.

I will give feedback on assignments when appropriate, including, comments through “news items”, comments directly in the discussion board, and comments to the feedback box associated with each assignment submitted to drop box. Please take the time to read these comments as I am taking the time to make them.

Quizzes

There will be 6 quizzes, each worth 15 points. The due dates of each quiz will be provided in class and (if applicable) on D2L. All quizzes will have a 30-45 minute time limit. These will appear on the Course Schedule in more detail.

Exams

You will only have one exam & it will be the Final Exam at the end of the semester. It will be taken at the assigned exam day/time.

Projects Required

These will appear on the Course Schedule in more detail.

Chapter Assessments - Students will complete each required assessment as assigned on D2L using correct APA 7th Ed. formatting throughout

Interview: Each student will select professionally appropriate interview questions from those provided that will then be used to interview an individual within leisure/recreation profession. Preferably with someone who does programming for a recreation/leisure organization now.

Recreation Facility Tour – Students will physically go to 1) an outdoor recreation, 2) an indoor sport or recreation facility and 3) a community center. Only one (1) of the facilities may be something on campus or open to our students. There the student will meet and talk with a supervisor, or other employee on duty, and walk through the facility filling out the provided gym tour form, gaining necessary information for each facility. Students will submit a written report on each facility toured.

Recreation Program Design - Table groups will select a sport program or setting, then design a 6-week sport program using the philosophy and foundations that go along with sport in a recreational setting. Include in your document the 1) name of the program, 2) facility and equipment needs; 3) program schedule & 4) staffing plan.

This 6-week program will have between 100 – 200 participants and be repeated each quarter throughout the year with a different activity or sport at the organization.

Off Campus Volunteering - Each student enrolled in this course is required to volunteer at an instructor approved event held off campus and by a community organization involved in recreation and leisure services. **Student must complete six (6) hours** of volunteer work that is considered “back of the house” or behind the scenes and submit a summary of their experience for full credit. *Students may volunteer at multiple organizations to complete this requirement.*

Mid-Term Exam

There will be four (4) quizzes throughout the first half of the semester in place of a Mid-Term Exam.

Final Exam

Final exam will be given as assigned by the university exam schedule. It will cover information presented over the second half of the semester and be worth 45 points.

Extra Credit

There will be opportunities for students to earn extra credit during the semester. Those opportunities will be announced in class.

Late Work

Students are expected to submit in-class and online assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me a minimum of 72 hours before the due date so we can discuss the situation and determine an acceptable resolution. Unless pre-approved late assignment submissions will not be accepted/graded.

Make Up Work/Tests

Unless pre-approved, students will not be allowed to make up missed assignments and tests.

Important Dates

- Last day for term schedule changes: August 27, 2026. Check date on [Academic Calendar](#).
- Deadline to file for graduation: September 21, 2026 (December). Check date on [Academic Calendar](#).
- Last Day to drop with a grade of "W:" November 23, 2026. Check date on [Academic Calendar](#).
- Refer to: [Drops, Withdrawals & Void](#)

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Attendance

Students are expected to attend all meetings of the classes in which they are enrolled. Although in general students are graded on intellectual effort and performance rather than attendance, absences may lower the student's grade where class attendance and class participation are deemed essential by the faculty member. Attendance will be recorded each day the class meets. Students are expected to attend and engage in class activities and discussions. When class discussions, group and table learning activities are presented, individual participation is advantageous. Class engagement is evaluated each day & worth a total of 75 points as part of your overall grade. If a student is absent, they will lose 3 points for that day. If a student has excessive absences they may be dropped from the course.

Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. ****Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.*** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. ****Your computer being down is not an excuse for missing a deadline!!*** There are many places to access your class! Our online classes can be accessed from any computer in the world which is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations; however, they are able to help you get connected to our online services. For help, log into [D2L](#).

Recording Classes

****Recording classes is generally prohibited without the professor's explicit permission.*** Such recordings, when permitted, are for personal use only and may not be uploaded to the internet or otherwise shared, transmitted, or published without the professor's prior consent. Some faculty may not permit recordings of their classes. When it is feasible and appropriate, students may record classes to accommodate disabilities under the Americans With Disabilities Act, with prior approval of Disability Support Services. Such recordings may not be uploaded to the internet or otherwise shared, transmitted, or published.

Instructor Class Policies

CITATION AND REFERENCE STYLE

Students will follow the APA Style Manual, 7th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 7th Edition. The MSU writing lab is available to all MSU students [Writing Center](#)

THREE THEN ME RULE

Before contacting me, make sure to follow the "Three then Me" rule. The "Three then Me" rule says that you search for your answer regarding the course in at least three other places before you contact me. For example, if you have a question about an assignment, you should consult your syllabus, your grading scale or rubric, or the assignment description on D2L; you can also reach out to a peer in the course for needed information.

Remember, check three sources before emailing me your question. It is very likely you'll find the answer and not need to email me. If you don't find the answer, and need clarification, feel free to email me.

Please note: By enrolling in this course, the student expressly grants MSU a “limited right” in all intellectual property created by the student for the purpose of this course. The “limited right” shall include but shall not be limited to the right to reproduce the student’s work product in order to verify originality and authenticity, and for educational purposes.

Plagiarism Statement

“By enrolling in this course, the student expressly grants MSU a ‘limited right’ in all intellectual property created by the student for the purpose of this course. The ‘limited right’ shall include but shall not be limited to the right to reproduce the student’s work product in order to verify originality, authenticity, and educational purposes.”

Student Handbook-2024-2025

CELL PHONE POLICY

In accordance with Texas House Bill (HB) 1481, the Prohibition on Student Use of Personal Communication Devices on School Property During the School Day, I (Dr. Shawver) am instituting a prohibition on student use of cell phones during a face-to-face class that is unrelated to individual lectures, activities or assignments per the professor.

Multiple studies have documented the harmful effects of cell phone and social media use on student well-being and academic progress. As a result, Texas law requires public schools to prohibit the use of personal communication devices during the school day on school property. This policy is adopted to implement this requirement and improve the quality of the learning environment in our schools.

Hence, **(READ THIS TWICE, PLEASE)**, there are NO cell phones permitted to be out and/or in my (or your) sight in this class. This class requires your engagement, and cell phones serve to detract from that engagement. Additionally, your phone should be not only put away, but on “silent” (NOTE: vibrate is NOT silent). If your phone is out and/or in sight, you will be asked to put it away. If it is not, you will be given one warning. After that if it is still out and/or in sight, you will lose 10 points off of your FINAL grade for each infraction. Should your phone ring/vibrate during class, you are dismissed for the day. You are to silence it immediately, and quietly leave the class session. You will be counted absent for the session. Failure to adhere to this will result in more stringent disciplinary action.

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the

financial aid programs. As described below, two formulas (federal and state) exists in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Student Wellness Center, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

Emergency Aid Resources for Basic Needs

Unexpected life circumstances can affect anyone. If you are experiencing challenges meeting basic needs—such as housing, utilities, food, transportation, healthcare, technology, textbooks or other life necessities, resources may be available to help. Visit the [Student Emergency Support and Resources webpage](#) to learn more, and explore emergency support opportunities through MSU and how to access them. For additional information, please contact the Office of Student Affairs: Clark Student Center #108, (940) 397-7500, student.affairs@mstuexas.edu.

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law

for any offenses involving illicit drugs on University property or at University-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [MSUReady – Active Shooter](#). Students are encouraged to watch the video entitled “Run. Hide. Fight.” which may be electronically accessed via the University police department’s webpage: ["Run. Hide. Fight."](#)

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

***Notice:** Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Course Schedule:

Week or Module	Activities/Assignments/Exams	Due Date
Week 1 8/24 to 8/30	Power, Promise, Potential & possibilities History of Recreation	Read Chapter 1 & 2 - Online Discussion (PR & L Role) Due 9/2 - Chapter 2 Analysis Paper Due 9/7
Week 2 8/31 to 9/6	Philosophy of Leisure Leisure & Recreation in Our Society Will Meet Friday 9/4	Read Chapter 3 & 4 - Censoring and Suppressing Leisure - Quiz #1 (Info from weeks 1 & 2) 9/9

Week or Module	Activities/Assignments/Exams	Due Date
Week 3 9/7 to 9/13	Leisure Service Delivery Systems Parks & Protected areas in Canada & the U.S	Read Chapters 5 & 6 - State Park Assignment Due 9/16 & 9/18
Week 4 9/14 to 9/20	Public Recreation	Read Chapter 7 - Online Discussion (ADA) 9/19 – 9/23 - Facility Tour Assigned - Quiz #2 (Info from weeks 3-4) 9/18
Week 5 9/21 to 9/27	Nonprofit Sector	Read Chapter 8 - Facility Tour Assignment 9/28 - Nonprofit DB <i>common features</i> - Field Interview Assigned
Week 6 9/28 to 10/4	For-Profit Sector Therapeutic Recreation	Read Chapters 9 & 10 - Online Discussion (RET Job descriptions)/Resume Devlpt. - Field Interview Due 10/5 - Quiz #3 (Info from weeks 5 -6) 10/1
Week 7 10/5 to 10/11	Unique Groups	Read Chapter 11 -Recreation Comparison assigned
Week 8 10/12 to 10/18	Leisure & Recreation across the Life Span	Read Chapter 12 -Analysis Paper Due 10/15 -Life Stages - Quiz 4 (Info from weeks 7-8) Due 10/18
Week 9 10/19 to 10/25	Program Delivery System	Read Chapter 13 -Trends Discussion - Program Leadership Assignment Due 10/26
Week 10 10/26 to 11/1	Recreational Sport Management	Read Chapter 14 -Chapter 14 Analysis Due 11/ 2 -Volunteer Hours Reminder
Week 11 11/2 to 11/8	Health Wellness & Quality of Life Will meet on Friday 11/6	Read Chapter 15 Quiz 5 (Info from weeks 9-10) 11/6
Week 12 11/9 to 11/15	Outdoor & Adventure Recreation Guest Speaker	Read Chapter 16 Personal OAE Experiences

Week or Module	Activities/Assignments/Exams	Due Date
Week 13 11/16 to 11/22	Arts & Culture	Read Chapter 17 Career Discussion Board Quiz 6 (Info from weeks 11 & 12)
Week 14 11/23 to 11/29	Profession in Rec & Leisure Professional Development Careers in Rec Sports	Read Chapter 18 Volunteer Hours Due 11/23 HAPPY THANKSGIVING!!
Week 15 11/20 to 12/6	International Perspectives on Rec & Leisure	Read Chapter 19
Week 16 12/7 to 12/11	Final Exam	Wednesday, December 9 3:30pm – 5:30pm