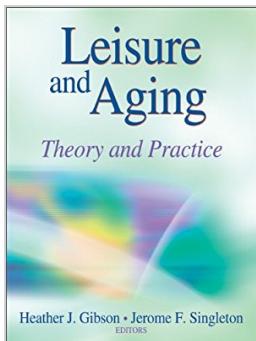


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## Leisure and Aging: Theory and Practice

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### Leisure and Aging: Theory and Practice From Human Kinetics

The number and percent of older people in developed countries continue to grow, thanks to medical advances and decreases in fertility and mortality rates. And that means that tomorrow's recreation and leisure professionals will be more challenged than ever to meet the needs of an increasingly older culturally diverse population.

*Leisure and Aging: Theory and Practice* provides students and professionals with a balanced perspective of current knowledge as it presents cutting-edge research from the fields of both gerontology and leisure studies. Written by authors from various disciplines who represent an international who's-who in leisure and aging research, this text

- explores theories in leisure and aging;
- bridges the gap between research and application, arming professionals with tools to navigate diverse cultures; and
- offers insight into delivery of leisure services in older adult communities and long-term care environments.

Each chapter features learning objectives, study questions, case studies, exercises, and relevant readings. The book is supplemented by online ancillaries, including an instructor guide, test package, and a presentation package with photos, illustrations, and tables from the text. Together, the text and online ancillaries help students connect theories and practice as they prepare for future roles in their chosen fields.

*Leisure and Aging* is presented in five sections. Part I introduces global perspectives on leisure and aging, while part II examines the relevance of leisure in an aging context. Part III explores the effects of aging on physical, psychological, social, and spiritual well-being and health. Parts IV and V delve into the role of community in aging and leisure and long-term care and leisure.

Written for undergraduate students, professors, and professionals in recreation, leisure, gerontology, and aging, *Leisure and Aging* provides a wealth of knowledge on various aspects of life for older people and the role of leisure in their lives. The text helps students think critically about a phase of life that seems remote from their own and provides perspective to their understanding of aging and leisure.

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**Heather J. Gibson, PhD**, is an associate professor in the department of tourism, recreation, and sport management at the University of Florida and an associate director of the Center for Tourism Research and Development. She graduated from Brighton Polytechnic in the UK with a bachelor's degree in physical education with a specialization in sport sociology. This focus on the sociology of sport and leisure led her to the University of Connecticut, where she earned her master's and PhD and was introduced to tourism as a field of study. Currently, Dr. Gibson teaches classes in leisure theory, tourism, and research methods. She also leads study abroad programs to Australia, New Zealand, and Fiji. She was selected as the Distinguished International Educator for her college in 2004 and 2010. Her research interests include leisure and tourism in later life, female travelers, sport tourism with a particular focus on sport-related travel in later life and small-scale events, and perceived risk in travel. Dr. Gibson has published over 40 peer-reviewed articles in scholarly journals, and she edited the top-selling book *Sport Tourism: Concepts and Theories*. She is an associate editor for *Leisure Sciences*; North American regional editor for *Leisure Studies*; and an editorial board member for the *Journal of Sport Management*, *Journal of Sport and Tourism*, and *World Leisure Journal*. She is ad hoc reviewer for countless journals, including the *Journal of Leisure Research*, *Annals of Tourism Research*, and *Tourism Management*.

**Jerome F. Singleton, PhD, CTRS** is a professor in the recreation and leisure studies department in the School of Health and Human Performance at Dalhousie University. He is also cross-appointed to the Schools of Nursing, Sociology and Anthropology, and Business Administration at Dalhousie. Dr. Singleton's research is focused on leisure and aging. He earned his bachelor's degree with honors in recreation from the University of Waterloo and then completed his master's of science degree in recreation at Pennsylvania State University and his PhD in leisure studies at the University of Maryland. He also completed the academic requirements for a doctorate certificate in gerontology at the University of Maryland. Currently Dr. Singleton teaches courses in the area of therapeutic recreation and aging, therapeutic recreation techniques, and introduction to recreation and leisure and aging at Dalhousie University. He was made a fellow of the World Demographic Association in 2006 and was named Canadian Therapeutic Recreation Association Professional of the Year in 2007. He was recognized by the Recreation and Leisure Studies program at the University of Waterloo as a Distinguished Alumnus in 2008 and is also the founding member of the Leisure and Aging Research Group, which was established in 2008. Dr. Singleton received the Dr. Gonzaga da Gama Memorial Award from the Canadian Therapeutic Recreation Association in 2011 and was made a fellow of the Academy of Leisure Science by the Society of Parks and Recreation educators in 2011. Dr. Singleton is currently a research associate with the Dalhousie European Center of Excellence. Dr. Singleton has advised 25 graduate students who have investigated questions related to leisure and aging and has published over 80 journal articles during his career and made presentations locally, nationally, and internationally. He has served on the editorial boards for the *Therapeutic Recreation Journal*; *American Therapeutic Recreation Annual*; *Topics in Geriatric Rehabilitation*; and the *Journal of Recreation and Society in Africa, Asia and Latin America*. He has also reviewed articles for *Loisir*, *Leisure Sciences*, and *Topics in Geriatric Rehabilitation*.

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