



## METADATA

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### Abstract

“Sport Recreation and Leisure” encompass sports activities accessible to individuals of all ages and health conditions, aiming not at athletic performance but at enhancing physical fitness and addressing health issues tied to psychological or physiological factors. The authors categorize various forms of sport recreation and establish foundational theories for program implementation and operation. The book is structured as follows: 1. Basic Principles of Leisure and Recreation: Defines key concepts including leisure, recreation, physical activity, sports recreation, and sports tourism. 2. Sports and Recreation and Mental Well-Being: Explores the relationship between physical activity and mental health, focusing on how exercise influences anxiety, depression, and mood. 3. Therapeutic Recreation: Discusses the effective execution of therapeutic recreation programs for all age groups through exercise. 4. Sports and Recreation

in the Third Age: Examines aging characteristics and the impact of sports and recreation programs on the energy and performance of older adults. 5. Sports Tourism and Outdoor Activities: Introduces sports tourism and its application within sports recreation. 6. Workplace Sport Programs: Details the implementation of health and exercise programs in workplace settings. 7. Understanding the Consumer of Sport & Recreation Services: Analyzes consumer behavior in sports and recreation, providing insights to design and deliver satisfactory services. 8. Quality of Services in Exercise and Recreation: Expands on Chapter Seven, discussing the quality of services from the perspective of sport consumers and the parameters they evaluate. The text provides a comprehensive guide for understanding and implementing sport recreation programs that promote physical fitness and mental well-being across various demographics and settings.

