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Fusün Öztürk Kuter
Nimet Haşıl Korkmaz
Şenay Koparan
University of Uludag
fkuter@uludag.edu.tr
Bursa-Turkiye

**A RESEARCH ON THE RECREATION LECTURE ACTIVITIES IN ULUDAG UNIVERSITY
EDUCATION FACULTY PHYSICAL EDUCATION AND SPORTS DEPARTMENT**

ABSTRACT

The main aim of the recreation lecture is to develop knowledge and abilities from the theoretical and application point of view and also to improve the organization and leadership skills. This is applied in the 8th semester of the physical training and sports department programme and in the last two years, a total of 403 students participated. The research includes 227 students attending the lesson. By the obtained views, it is found that the recreation lecture contributes to the group harmony, job distribution, making a plan of an organization, creating sources for the costs improving the similar abilities. The students have declared that it would be useful for them to receive such acquisitions in the early stages of their academic programmes.

Keywords: Education, Recreation, Recreational Activity.

**ULUDAĞ ÜNİVERSİTESİ EĞİTİM FAKÜLTESİ BEDEN EĞİTİMİ VE SPOR BÖLÜMÜ
REKREASYON DERSİ UYGULAMALARI ÜZERİNE BİR ARAŞTIRMA**

ÖZET

Rekreasyon dersinin temel amacı öğrencilerin rekreasyon ve alanlarıyla ilgili konularda kavramsal ve uygulamalı olarak bilgi ve beceriler kazanmalarını sağlamak, organizasyon ve liderlik yeteneklerini geliştirmeye yönelmektir. Beden eğitimi ve spor bölümü 4. sınıf 8. yarıyılıda okutulan rekreasyon dersini, son iki yılda toplam 403 öğrenci almıştır. Araştırmaya 227 öğrenci katılmıştır. Sonuçlar alınan görüşlerden hareketle öğrencilerin rekreasyon dersi uygulamalarında grup uyumu, iş bölümü yapabilme, bir organizasyonu planlama ve maddi kaynaklar yaratma becerisi gelişimine katkıda bulunduğu yönünde görüşler tespit edilmiştir. Öğrenciler bu uygulamalar sırasında elde ettikleri kazanımları daha alt sınıflarda elde etmelerinin kendilerine daha çok yarar sağlayacağını belirtmişlerdir.

Anahtar Kelimeler: Eğitim, Rekreasyon, Rekreasyonel Etkinlik.



1. INTRODUCTION (GİRİŞ)

Recreation is originally a Latin word, meaning the act of creating anew. Its Turkish translation is generally used as doing a meaningful activity in one's spare time, which actually indicates all the refreshing and amusing activities individuals and groups do in their leisure times [1].

Kraus; defines the classical meaning of recreation as voluntary enterprises that relax and refresh the individual in between all the obligatory occupations and activities she/he (nasıl ifade edilir) has to fulfill or attend [2]. According to Edginton and Ford, recreation as a professional field of study in the modern way, besides being valuable and independent of occupations, satisfies many important demands of the individual and it leads him/her to a more meaningful and happy life [3]. Recreation is explained as an individual's escaping from the monotony of the daily life by attending and enjoying social, cultural and sports activities that are suitable to one's self identity and building a social personality by interacting with others [4]. Wuest and Bucher states that, recreation stands for activities which can be determined individually and that help an individual to refresh both physically and spiritually [5]. Developed countries came to the conclusion that state of peacefulness of an individual or a society depends on how the spare times are spent and so new arrangements were made according to this [6]. The process of passing on the culture that is created from the interactions of people with their environments to the next generations is called education [7]. Başaran says that education is one's changing behavior under the influences of the others [8]. Ertürk defines education as the process through which a desirable change an individual intentionally makes on the behavior by means of his/her lifestyle [9]. Education is an applied science. Therefore it should be done methodically according to a plan or procedure [10].

Recreation and the education of recreation make the education more effective and efficient. The education of recreation is the educations of an individual to spend his/her leisure time cleverly. Recreation is an course that helps an individual to determine the recreation activities which one can express himself/herself. Spending the spare times by passive activities and using them in a negative way cause many problems. It is real that majority of the Turkish population is very passive and cannot do any useful activities during their spare time due to the lack of education of recreation [11].

The education of recreation is a functional field of education that is included in the applications such as the environment, health and citizenship educations and that only differs in the ways of succeeding the purposes. Education in general, greets people to environments that help them gain the modernity to question and power to solve their problems, that lead them to better living standards and that gives them success, happiness and health by preparing one's self to life in the best way [12]. Education and education of recreation have common purposes and complementary aspects [13].

The objective of recreation lesson depends upon Atatürk's Principles and Revolutions and on the direction of the fundamental objectives of National Education, which is to acquire information and to develop the abilities of Education Faculty Physical Training and Sports Department students from the theoretical and application point of view related to the recreation lecture subjects on the definition of recreation, its philosophy, sociological perspective, recreation programmes, organization principles, the role of the school in recreation, recreation in family and in industry, the limitations and alternative activities in recreation, the definitions of the time-



leisure and the evaluation of leisure, the principles of programming in recreation, the elements which should be taken into consideration during the Project of the recreation facilities. The objectives of the lecture are stated below:

1.1. Cognitive Objectives

1.1.2. At Knowledge Level

By the end of the course students will be able to remember;

- the meaning and the objective of the recreation,
- the meaning of time and the characteristics of a person who uses the time effectively,
- the features of the leisure evaluation,
- the socio-economical factors that support recreational participation,
- the personal and social uses of recreation,
- the satisfaction that occurs by recreation,
- the important factors in preparing the recreation programmes,
- the principles of programme planning in recreation,
- the elements that should be taken into consideration during the plan of the recreation facilities,
- the elements that should be taken into consideration during the establishment of the recreation facilities,
- the reasons for recreational education in schools,
- types of recreation and their relations to the other areas.

1.1.3. At Comprehension Level

By the end of the course, students will be able to understand;

- the place and importance of the recreation in real life,
- the meaning of time and the ways of using time effectively,
- the socio-economical factors that support recreational participation,
- the personal and social uses of recreation,
- the satisfaction that occurs by recreation,
- the principles of programme planning in recreation,
- the elements which should be taken into consideration during the plan and the establishment of the recreation facilities,
- the relation between recreation and school,
- the relation between recreation and environment,
- the relation between recreation and sports,
- the relation between recreation and tourism,
- the relation between recreation and economy.

1.1.4. At Practise Level

- Students are able to prepare reports about planning recreational activities of their groups,
- Students are able to realize 3 different activities that are planned and reported by the group.

1.2. Perceptual Objectives

- The willingness for attending the lesson,
- The willingness for reading the books interested with the lesson,
- The willingness for participating to the meetings and the seminars interested with the lesson,



- To be able to find pleasure in co-operation,
- To be willing to participate to the applications both in and out of the lesson.

The Student Acquisitions are put forward as follows:

1.3. Cognitive Acquisitions

1.3.1. At Knowledge Level

The students can;

- explain the meaning and the objective of the lesson,
- remember the meaning of time and the characteristics of a person who uses the time effectively,
- have knowledge about the features of leisure evaluation,
- know the socio-economical factors that support recreational participation,
- have knowledge about the personal and social uses of recreation
- notice the satisfaction that occurs by recreation,
- utter the important factors in preparing the recreation programmes,
- put into an order the principles of programme planning in recreation,
- remember the elements that should be taken into consideration during the plan of the recreation facilities,
- remember the elements that should be taken into consideration during the establishment of the recreation facilities,
- teach the reasons of recreational education in schools,
- the types of recreation and their relations with the other areas.

1.3.2. At Comprehension Level

The students can;

- comprehend the place and the importance of the recreation in real life,
- know the meaning of time and the ways of using time effectively,
- explain the socio-economical factors that support recreational participation,
- utter the personal and social uses of recreation,
- teach the satisfaction that occurs by recreation,
- put into an order the principles of programme planning in recreation,
- comprehend the elements that should be taken into consideration during the plan and the establishment of the recreation facilities,
- explain the relations between recreation and school, the relations between recreation and environment, the relations between recreation and sports, the relations between recreation and tourism and the relations between recreation and economy.

1.3.3. At Practise Level

- Students can prepare reports about planning recreational activities of their groups,
- Students can perform 3 different activities that are planned and reported by the group.



1.4. Perceptual Acquisitions

- The students are willing to attend the lesson,
- The students are willing to read the books that are related to the lesson,
- The students are zealous to participate the meetings and the seminars related to the lesson,
- The students show willingness to participate the applications both in and out of the lesson,
- The students find pleasure in co-operation.

The Teaching Strategies and Activities are determined as follows:

- It is expected that students should be active in participating to the learning and teaching activities in this lesson,
- The aims of the lesson will be presented by using plain exposition techniques appropriate to the level of the lecture objectives,
- The students will be encouraged to read the resources related to the lecture,
- The students will be encouraged to participate to the lesson and to the discussions with their own ideas, questions, suggestions and criticisms,
- Every information concerning recreation related to lecture subjects will be discussed with the students in the class,
- In presenting the lecture, the technology and visual instruction materials will be used for students to comprehend the subjects easily
- As teaching methods; exposition, question-answer, discussion, hands-on projects are used mostly,
- In practise hours, there should be changes in weekly lesson schedule due to the bad weather, environment and surrounding conditions.

When the related literature is analyzed the researches are dealing with the following subject; The characteristics of participants in recreation activities [14, 15, 16, 17 and 18], the approach of the different organization to the recreation activities [19, 20, 21 and 22], the effect of the reaction activities on the health of the old people (23), the social development of the children [24], the cycological characteristics of university students [25], the choice of the recreation for the students and teacher [26 and 27]. There is no literature research which deal with the recreation lecture contents and evaluation parameters. This study is conducted to share the contents, application and the evaluation of the recreation lecture in Uludag University, Physical Education and Sport department.

2. RESEARCH SIGNIFICATION (ARAŞTIRMANIN ÖNEMİ)

Recreation classes present in the schedules of different disciplines and departments of universities, are being taught in varying ways. Recreation class is useful in the meaning of sharing the contents, applications and evaluation relevant methods and contributing to the fields of study. This researche is important as it is a true example of the application of the subject.

3. METHOD MATERIALS (MATERYAL METOT)

In this study the present situation are reflected. In the research and election model, it is considered as a special case. The research includes 227 (80 female and 147 male)students attending the lesson. During this study the students have organized a total of 36



groups; 21 of which are from normal education and 15 of which are from evening education. It has been supplied for every student to do an applied work with groups. The groups formed by students own choices have members at least 5 and at most 7 member students. Every group has found a name that became identical with the members and explained its reasons to the class by their group spokesman in 3 minutes. The groups have prepared 5 different recreative activity reports which have personal and social utilities A reciprocal evaluation has been done with every group and 3 activities are chosen (one activity for a month) for the practises.

Students' own experiences about their group work have been evaluated and interpreted with the information that they acquired during the lecture and afterwards these have been reported by the group members.

Students' achievement evaluation has been done as in Table 1 and the result points have been obtained. At the end of Spring Term the students' views about recreation lecture have been collected in black and white without stating their identities. The results have been examined and the common suggestions have been made.

Table 1. Exam evaluation programme of recreation lecture
(Tablo 1. Rekreasyon dersi sınav değerlendirme programı)

VISA EXAM		FINAL EXAM	
1.)Group name presentation	10%	1.)Second Activity	30%
2.)First Activity	30%	2.)Third Activity	30%
3.)Written Exam	60%	3.)Written Exam	40%
TOTAL	100%	TOTAL	100%

* End of term achievement point is evaluated by:
Visa Exam 50%, Final Exam 50%.

4. FINDINGS (BULGULAR)

During this study the students have organized a total of 36 groups; 21 of which are from normal education and 15 of which are from evening education. The names of the groups and their activities are shown in the table below:

Table 2. Evening programme recreation lecture activities
(Tablo 2. Örgün eğitim rekreasyon programı)

Name of the Group	March Activity	April Activity	May Activity
GRUP MIX	Painting the ceilings of students' and instructors' dressing rooms	The stationary aid for Erdoğan Köy Primary School	A visit to the rest home of seniors and a folk music activity
GRUP AKTİF	26 March 2003 A tour to İstanbul (Bosphorus, Topkapı Palace and museums)	Preparing a bookcase for the performance testing room	A visit to the rest home of seniors
UMUDA YOLCULUK	Blood donation activity for blood donation centre, KIZILAY (Red Crescent)	A tour to the zoo and botanic park for the children who are living in the shelter of the Society for the Protection of Children	Constructing a bookcase and a door for the performance laboratory
BİR GÜN MUTLAKA	Preparing four wooden dustbins to use in the sports square	Painting the entrance of the canteen of the department	Arranging the bust of ATATURK in front of the sports square of the department
ELITE	Bowling & ice-skating activity at AS Merkez	Arranging the place at the back part of the gymnasium centre	The cleaning the crenels around the sports square of the department



IŞIK	Repairing the basketball equipments in the department (basket, backboard support, ring and the net)	Arranging the environment of the entrance of the department	Repairing and caring the entrance door of the sports square
SİNERJİ	Dental care for the department students for one week	A theatre activity in Tayyare Culture Centre; the name of the play: "SAHNE IŞIKLARI" (Stage Lights)	Painting the figures on the walls of sports square of the department
GÖKKUŞAĞI	Repairing and caring the showers of the dressing rooms of the gymnasium centre	Arranging the places in front of the gymnasium centre	Preparing notice boards for all the classes and preparing a sign "NO SMOKING" sign for the canteen of the department
POZİTİF	Preparing the model of the department	Arranging the bird nests situated in the garden of the department	Preparing a cupboard for the swimming materials for using in the swimming pool
FARK	Preparing the frames for the lesson programmes of the instructors of the department	Arranging the environment on the right side of the entrance of the department in the car park	Painting the seats in the department garden and in the amphitheatre
EMPATİ	Painting the walls where the students' cupboards are placed in the department sports square	Painting the concrete flowerpots in the amphitheatre	Preparing sports materials and equipments for Handball Team of Cumalıkızık Primary School
BİRİ BİZİ ZORLUYOR	Arranging the environment of the gymnasium centre and fencing the trees	Repairing the department's taps that are out of order and preparing a doormat for the entrance of the gymnasium centre	Preparing a cupboard for the table-tennis materials & equipments
ŞİİR	Arranging the places in the pine grove	Painting the iron railings around and in the department	A tracking organisation to the lake region in Uludağ
ACI BİBERLER	A practise and seminar on "Orienteering"	Arranging the car parking places in front of the department and repairing the car-park signs	A tour to the picnic area in Hasanağa Dam
SİYAH BEYAZ	A participation with the department students to the theatre activity that is organised by Children Art House	Arranging the group of trees around the main building of the department	Preparing fountains for the irrigation
DÖNÜM NOKTASI	Bringing the weighing device which is for providing income for the Blind's Society	Preparing a land for growing vegetables & fruits in the department	Providing fire extinguishers for using in gymnasium centre
90+1	Arranging the environment in front of the department	Repairing the sports square of the department and door hydraulics of the department	Selling the concert tickets for the Blind Society
MERDİVEN	Planting rose saplings and putting them in order	A tour to Istanbul (Museums -Bosphorus-Historical districts)	A participation to the concert organisation (Leman Sam)
ŞİBUMİ	Caring of the hair-drying machines in the dressing rooms	Arranging the environment at the back part of the department	Preparing chess tables and chess-boards for the department
DOSTLAR	Painting the classroom numbered 205	Arranging the environment around ATATÜRK's bust which is in the open area of the department	Providing equipment bags for the department
ABİDEVİ	Preparing visiting cards for the doors of the department classes	Arranging the environment in the front side of the department	Painting the classroom numbered 203



Table 3. Evening programme recreation lecture activities
 (Tablo 3. İkili eğitim rekreasyon etkinlik programı)

Name of the Group	March Activity	April Activity	May Activity
ENERJİ	Providing printers and spare cartridges for the department.	Arranging the places near the tennis courts.	Putting in order the massage room and providing medicine and medicine boards for the hall.
MED-CEZİR	Preparing the walls of the folk-dance hall (mirror, painting, bordure)	Arranging the surrounding of the back parts in the car- parking zone.	Providing food and sports equipment for the schools which are successful in sports and need aids.
CANLI KALKANLAR	Providing a music box for the folk dance hall.	A participation to the play named "403.KM" in Adile Naşit Theatre.	A tour to Oylat Thermal Spring in İnegöl/Bursa.
FENOMEN	An introductory tour in the campus and in the department for the students from Görükle Akşemsettin Primary School.	Arranging the environment near the sides of the sports square.	A garden party and a concert in the open amphitheatre of the departments.
ENGEL TANIMAYANLAR	Drawing the shuffleboard game zone in the Society for the Protection of Children's garden and in the garden of the department and its practise.	Renewing the electric sockets in the entrance of the sports square and inside the sports square.	A tour to EPHEBUS in Izmir.
SAPLAR	Planting boxwood trees around the environment of open amphitheatre.	Providing equipments for the dressing rooms and the toilets in the department.	An animation and a competition organisation in the open swimming pool in 31 May 2003
AŞK ACISI	Cleaning the curtains and repairing the cornices and curtain rings and preparing a cleaning set for the main building	Arranging the environment around the clock in the amphitheatre	Painting the walls of the corridors in the department
ICEBERG	Arranging the environmental sides of the tennis courts	A cinema and ice-skating activity in AS Merkez	Providing the photos of the Turkish sportmen who were successful in international competitions and assembling them in the determined place
JÜBİLE	Planting the acacia and oleaster trees for the open fields	Designing and preparing overhead projector desks for four classes in the main building	Preparing notice boards for the instructors' rooms in the department



ZOR OLDU	Arranging the environmental sides of the gymnasium centre	An organisation in Cevriye Bar and watching a film in Arap Şükrü Street	Presenting and performing the branch of "TRAP" in Hipodrom
AKTİF	A tour to İstanbul in 26 March 2003	Providing a bookcase for the Performance Testing room	Preparing a computer desk for the performance laboratory
GRUP MASAL	Accompanying a group of children from the Protection of Children for Karagöz & Hacivat activity	Arranging the gymnasium centre	A visit to the rest home of seniors and a tea party
GRUP POZİTİF	Preparing a medicine box for the folk dance and wrestling halls and caring them periodically during the year	An organisation to the play named "ORKESTRA" İN Ahmet Vefik Paşa Theatre	A tour to Gölyazı Town in Bursa
GRUP THE END	Preparing tickets and watching the Euroleague match of Efes Pilsen	Book and sports equipment donation for Kınık Primary School in Bursa	Preparing a cupboard for the Badminton materials and equipments
GRUP KOR-NET	Preparing a coin telephonewith Smart Cards for the entrance of the entrance of the department square	Arranging the environmental sides in front of the classrooms of the department	A picnic organisation in Sarıalan in ULUDAĞ

4. DISCUSSION CONCLUSION (TARTIŞMA VE SONUÇ)

As it is indicated before in the research method, 227 students attending the lecture, have formed 36 groups with 5-7 members. Every group has found a name that became identical with the members and explained its reasons to the class by their group spokesman. The groups have prepared 5 different recreative activity which have personal and social utilities and after a reciprocal evaluation with every group 3 activities have been chosen for every month (march-april-may) for the practises to be realized in spring term.

After the realization of activities, students' own experiences about their group work have been evaluated and interpreted throughout the information that they acquired during the lecture and then these have been reported by the group members. This has showed us that it has been reached to the acquisitions anticipated in the practise level before the research. The cognitive acquisitions targeted both in knowledge and comprehension level have determined by the written exams as visa and final exams. In normal programme 1 student has failed among 136 students, and in evening programme 4 students have failed among 91 students in this lecture.

At the end of Spring Term, the students' views about recreation lecture have been collected in black and white without stating their identities and the following results have been obtained:

By the information acquired during the lecture, the importance of evaluation of leisure has been comprehended and it was accepted that there were insufficiencies about the subject. The recreation activities help the students about their common culture, social development, to develop team spirit and to know each other well.

During the stages of recreation activities, the interview experiences with the sponsors or with the relevant people will contribute to their entrepreneurship and self-confidence. The recreation lecture which is in the programme of 8th term, would be



useful if it takes part in the preceding terms. By this way the students will be more conscious about evaluating their leisure during the university life.

In the physical education and sport departments of universities, recreation course is given in theoretical base and the evaluation is done as the written theoretical exam, homework preparation and the presentation of the determined subjects. For this reason in literature there is no source on the evaluation, measurements techniques of recreation courses. The results of this study can not be compared with the others research in the area.

The publication of the methods, evaluation techniques used in the Uludag University Physical education and sport departments will help to instructors for rearranging their course. On the other hand on this fields the similar studies should be done the findings should be discussed with respect to the present study.

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