

Item*	Corresponding activity	MET
A010	Walking for pleasure	3.5
A030	Voluntary use of stairs when the elevator or escalator is available	8.0
A040	Ecological walking	6.0
A050	Walking with backpack	7.0
A125	Dancing	5.5
B150	Exercise at home	4.5
B160	Exercise in a club/fitness center	6.0
B180	Jogging – walking	6.0
B210	Muscle strengthening exercises	6.0
C280	Swimming in a pool	6.0
E400	Volleyball	4.0
F560	Mowing the grass walking behind a motorized lawnmower	4.5
F580	Weeding and cultivating garden/ vegetable garden	4.5
F590	Loosening soil, digging, cultivating garden/vegetable garden prior to planting	5.0
F600	Raking lawn	4.0
F610	Removing earth with a spade	6.0
G630	Interior painting or wallpapering of home	4.5
0000	Moderate housework	4.0

MET = metabolic equivalent, Item* - nomenclature corresponding to the item of the original Minnesota Leisure Time Activities Questionnaire.

Leisure Time Manual

Léo Pomar



Leisure Time Manual:

Resources in education ,1991 Routledge Handbook of Leisure Studies Tony Blackshaw,2020-07-26 This landmark publication brings together some of the most perceptive commentators of the present moment to explore core ideas and cutting edge developments in the field of Leisure Studies It offers important new insights into the dynamics of the transformation of leisure in contemporary societies tracing the emergent issues at stake in the discipline and examining Leisure Studies fundamental connections with cognate disciplines such as Sociology Cultural Studies History Sport Studies and Tourism This book contains original work from key scholars across the globe including those working outside the Leisure Studies mainstream It showcases the state of the art of contemporary Leisure Studies covering key topics and key thinkers from the psychology of leisure to leisure policy from Bourdieu to Baudrillard and suggests that leisure in the 21st century should be understood as centring on a new Big Seven holidays drink drugs sex gambling TV and shopping No other book has gone as far in redefining the identity of the discipline of Leisure Studies or in suggesting how the substantive ideas of Leisure Studies need to be rethought The Routledge Handbook of Leisure Studies should therefore be the intellectual guide of first choice for all scholars academics researchers and students working in this subject area Labour and Leisure in the Soviet Union William Moskoff,1984-06-18

Handbook of Adolescent Development Sandy Jackson,Luc Goossens,2020-01-29 Handbook of Adolescent Development fills a gap in the literature on adolescent development and behaviour all of the authors of the various chapters were invited to include as many findings on European adolescents as possible Through this specific emphasis the handbook provides a complement to other reviews of the literature that are mostly based on North American samples The contributors are all eminent researchers in the field and the individual chapters cover their specific areas of expertise Theories of adolescence along with emotional physical and cognitive issues are explored Topics covered include families peer relations school and leisure time as well as problem areas such as depression drug consumption and delinquency Handbook of Adolescent Development also incorporates a comprehensive review of the literature in the area and considers avenues for future research This multidisciplinary text will be of interest to those studying and researching in the fields of developmental psychology sociology demography epidemiology and criminology Employee Handbook ,1957

An Introduction to Medical Sociology David Tuckett,2013-12-19 Tavistock Press was established as a co operative venture between the Tavistock Institute and Routledge Kegan Paul RKP in the 1950s to produce a series of major contributions across the social sciences This volume is part of a 2001 reissue of a selection of those important works which have since gone out of print or are difficult to locate Published by Routledge 112 volumes in total are being brought together under the name The International Behavioural and Social Sciences Library Classics from the Tavistock Press Reproduced here in facsimile this volume was originally published in 1976 and is available individually The collection is also available in a number of themed mini sets of between 5 and 13 volumes or as a complete collection **Agriculture Handbook** ,1957 Set

includes revised editions of some issues High School Manual and Course of Study Michigan. Department of Public Instruction,1926 **International Handbook of Positive Aging** Rachael E. Docking,Jennifer Stock,2017-07-14 As our global demographic shifts towards an increasingly aging population we have an opportunity to transform how we experience and think about getting older and embrace the diversity and contribution that this population can bring to society The International Handbook of Positive Aging showcases the latest research and theory into aging examining the various challenges faced by older adults and the ways in which we can bring a much needed positive focus towards dealing with these The handbook brings together disparate research from medical academic economic and social community fields with contributions from NHS partners service users universities across the United Kingdom and collaborations with international research leaders in the field of aging Divided into sections the first part of the book focuses on introducing the concept of positive aging before going on to cover the body over the life course well being and care delivery All contributors recognise the fact that we are living longer which is providing us with a tremendous opportunity to enjoy and flourish in healthy and fulfilling later lives and this focus on the importance of patient empowerment is integral to the book This is a valuable reference source for those working in developmental psychology clinical psychology mental health health sciences medicine neuropsychological rehabilitation sociology anthropology social policy and social work It will help encourage researchers professionals and policymakers to make the most of opportunities and innovations to promote a person s sense of independence dignity well being good health and participation in society as they get older **Leisure and Recreation Management** George Torkildsen,2012-12-06 This revised and updated edition reflects the changes that have taken place within the field of leisure and recreation management in recent years Issues such as social inclusion cultural strategy exercise for health have risen to the top of the policy agenda Commercial pressures changes in the voluntary and public sector and emerging leisure professions such as sports development and playwork are all profoundly influencing the professional landscape Leisure and Recreation Management is the only book to cover leisure history key leisure concepts trends provision management practices and operational issues in one comprehensive volume Leisure and Cultural Heritage the social and historic factors shaping current leisure Themes in Leisure Recreation and Play understanding leisure as a social Leisure Planning and Provision in the Public voluntary and commercial sectors Leisure Products exploring the key areas of tourism the countryside the arts and sport Leisure Management principles and practice for leadership staffing training programming event management leisure marketing and more Exploring every key concept and innovation and with more student friendly textbook features than ever before Leisure and Recreation Management is essential reading for student and professional interested in the theory and practice of managing leisure and recreation services and facilities

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