



## 2019 ANZALS Conference Themed Session

### Leisure and Health: Diversity and Difference in Practice and in Research

The links between leisure and health have been discussed and debated both within academia as well as within professional settings for many decades. Various health fields have been developed that incorporate the use of leisure for therapy as well as for prevention, for example art therapy (Hunt, Truran & Reynolds 2018) or social circus (McGrath & Stevens 2018; Stevens & McGrath 2018). Presently there is a great deal of diversity and difference in relation to the interconnections of leisure and health, both in practice as well as through research.

The focus of this conference theme is to encourage and foster debate regarding the ways in which leisure and health intersect. This theme seeks to continue to build on the discussions from 2015 and 2017 ANZALS conferences concerning the challenges and collaborations that have developed between the various actors involved in sport, recreation, leisure, the arts and health. We are interested in developing an international and inter-disciplinary perspective concerning leisure (in all its forms) and health (both from a bio-medical/therapeutic perspective as well as from a health promotion/salutogenic paradigm).

The theme is interested in a multiplicity of perspectives, be they innovative research projects through to theoretical propositions. We are seeking papers, research presentations, case-studies and practitioner reports that explore the creation, development and maintenance of health in leisure settings, time, spaces and places. We are keen to glean a multi-disciplinary perspective on this topic.

#### **Practitioners**

We encourage *case-studies and practitioner* reports/experiences which explore how leisure has built/improved health. Possible examples could include:

- People whose illness or injury has been alleviated through involvement in community projects/programs in the arts/sport;
- Activities focusing on children/youth/people with disabilities/older people involved in the arts, physical activity, cultural activities or sport that have affected their wellbeing.
- The use of social media platforms (eg. Facebook) or apps to promote/encourage health and wellbeing.

#### **Academics**

*Conceptual questions or research findings* that have explored the various types of intersections between leisure and health. For example:

- Sport/art/recreation as a health promotion/salutogenic setting
- Use of sport science to assist community sport injury prevention

- The impact and consequences of social inequities that occur within and across the leisure: health fields

**Session Chairs:**

Nicole Peel: Western Sydney University  
[n.peel@westernsydney.edu.au](mailto:n.peel@westernsydney.edu.au)

Hazel Maxwell: University of Tasmania  
[hazel.maxwell@utas.edu.au](mailto:hazel.maxwell@utas.edu.au)

Richard McGrath: University of South Australia  
[richard.mcgrath@unisa.edu.au](mailto:richard.mcgrath@unisa.edu.au)