

A rustic wooden sign with the word 'WELCOME' in white, block letters is mounted on a teal-painted wooden plank wall. The sign is made of a single piece of weathered wood with rough, torn edges. It is held in place by two small, light-colored twine knots on its top edge. Above the sign, a thin, light-colored wooden stick is strung in a V-shape, with a small dark knot at its apex. To the right of the sign, a vibrant red rose with green leaves is placed against the teal background. The teal paint on the wall is distressed, showing the underlying wood grain and some darker spots.

WELCOME

American Culture 1

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UNIT 7: **Leisure Time**

Group Work

1. Sports and American Values
2. Competition carried to an Extreme?
3. Recreational Activities
4. Health and Fitness
5. The impact of Television, Video Games and the Internet

Sports and American Values

Sports are a reflection of the **VALUES of that society**

- Organized sports may have a more serious social purpose
- Most popular sports are:
 - Football
 - Basketball
 - Baseball
 - Soccer (gaining in popularity)

Sports and American Values

Equality of
opportunity
Competition

racial,
ethnic
background

Football,
basketball
– African
American

Baseball –
Latino,
Hispanic

n is the very
heart of
organized

Learning
how to
“win” in life

Taught from
an early
age

Sports and American Values

Hard Work

Physical Courage

Amateur and

Professional Sports are
used to inspire and
reinforce basic American

Organized sport may be considered as part of “the national religion”, the mixing of national pride and religious values

Competition Carried to an Extreme?

desire to “win” at all cost
may weaken American

In extremes, can lead to
disorder and violence

Many are critical of the
attitudes of coaches

Encourage fighting- Hate
losing (losers)

However, there is still a
tradition of “honorable
defeat” – losing to an

Competition Carried to an Extreme?

lead to violence in American sports – injuries are

Most Americans would say competition strengthens national character

Lack of competition would lead to laziness and vice

Too much money in sports – less about duty, more about money

lead to drug use (against the law and American

values)

Recreation: A Time for Self- Improvement

generally
not

Tennis

Physical
fitness

Skiing

hard,
play

is
important
to

Working
out

Swimmi
ng

Squash

Racque
tball

Aerobic
s

Maratho
ns

Recreation: A Time for Self- Improvement

Often have
difficulty
“relaxing”
in their

Physical
activity can
be mentally
relaxing

nt – try to
improve
physical

activities
aimed at
self

Hobbies

Handicrafts

Bird-
watching

etc

Recreation: A Time for Self-Improvement

reliance” is
also
important

Adventure
travel

Mountain
biking

Rock
climbing

Bungee
jumping

Skydiving

Etc

Also soft-
adventures
” for older
people

Health and Fitness -Not all Americans are physically fit

2/3 were overweight (bad diet) and 1/5 were obese by mid 2000

by 2011 1/3 American adults were obese

2nd biggest cause of “preventable” death

Government is educating people to eat better foods and do more exercise

Health and Fitness - Many Americans try many different diets

has forced food makers to clearly state ingredients of

However, many still eat what they want when they want it"

Culture of over indulgence" reinforced by "mass media.a

Part of American life- Preference for junk food / fast

Americans' busy lifestyle.

campaign to fight childhood obesity was started by First

The Impact of Television, Video Games and the Internet

gotten heavier, but their
“ideals” have gotten slimmer
insecurity – eating disorders

Also, people who watch a lot of
TV, do less exercise, “**Couch
potatoes**”

Endless TV programming (cable and
satellite TV)

The Impact of Television, Video Games and the Internet

Average TV is on 7.5 hours per day

Children may spend 24 hours per week watching TV

High levels of childhood obesity

Poor performance in school, Lower attention span
(channel surfing)

Exposure to inappropriate media

The Impact of Television, Video Games and the Internet

- Government sets the standards for all programs.
- Entertainment industry regulate itself
- Movie industry does have rating system for films.
- The Entertainment Software Rating Board (ESRB) assign the age and content ratings for video games and mobile apps, enforces advertising and marketing guidelines.

The Impact of Television, Video Games and the Internet

Learning and new
new kinds of
leisure activities

Chat rooms

Instant messaging
Many parents are

worried about
exposure

Dangers to children

Dangers to adults

The Impact of Television, Video Games and the Internet

- Regulation would stifle growth of the internet and development of new technology
- Wireless “Always accessible” via cell phone, SMS, etc has impact on ability to relax.
- The line between work and home become blurred => people can't get away from work.
- Change in law to increase statutory vacations
- Most Americans feel they don't have enough leisure time

Practice

Match the examples with the VALUES that they illustrate.

Answers can be used more than once.

- a. both boys and girls play organized sports _____
- b. hustle and persistence, never quitting _____
- c. great emphasis on winning in sports _____
- d. many blacks on professional basketball teams _____
- e. Americans free to pursue a great variety of individual interests in their leisure time _____
- f. love of adventure travel in the wilderness, roughing it _____
- g. many children have smartphones and other digital devices _____
- h. having very little vacation time _____

Thank
You

