

<b>Title</b>	<b>Demonstrate knowledge of recreation</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>3</b>

<b>Purpose</b>	People credited with this unit standard are able to describe: recreation with reference to work, activities and contexts; recreation participation in New Zealand; and the benefits of participation in recreation for an individual and society.
----------------	---

<b>Classification</b>	Recreation and Sport > Recreation and Sport - Core Skills
-----------------------	---

<b>Available grade</b>	Achieved
------------------------	----------

---

## Guidance Information

### Definitions

*Contexts* for the purpose of this unit standard identifies where and how the recreation activity is able to be delivered. For example, this may refer to places, programmes, clubs and groups, events, courses and classes.

*Demographic groups* are typically recognised subsets of the population that are regarded as belonging together. For example, youth, older adults, Maori, women, people with disabilities.

*Participation patterns* include numbers and demographic groupings of people engaging in activities, for example, as participants, officials and coaches/teachers.

*Recreation* is an activity through which leisure may be experienced and enjoyed.

Recreation involves freely chosen activities engaged in for wellbeing. Recreation activities can include: sport, fitness and health, art and crafts, outdoor pursuits, hobbies, continuing education, ngā mahi a te rēhia, and activities with a service orientation. Participation in recreation has individual, community, and/or social benefits.

*Society* refers to communities of people with similar traditions, institutions or nationality.

*Societal benefits* relate to the organisation, structure or function of a society.

---

## Outcomes and performance criteria

### Outcome 1

Describe recreation with reference to work, activities and contexts.

### Performance criteria

- 1.1 Describe the difference between recreation and work in terms of time and activity.

1.2 Describe recreation in terms of activity type.

Range may include but is not limited to – sport, fitness and health, art and crafts, outdoor pursuits, hobbies, continuing education, ngā mahi a te rēhia, and activities with a service orientation; a minimum of four activity types is required.

1.3 Describe the context within which recreation occurs.

Range a minimum of three recreation contexts are described.

## Outcome 2

Describe recreation participation in New Zealand.

### Performance criteria

2.1 Describe the participation patterns of five common recreation activities.

2.2 Describe the participation patterns of three different demographic groups.

## Outcome 3

Describe the benefits of participation in recreation for an individual and society.

### Performance criteria

3.1 Describe the individual benefits gained from participating in recreation.

Range social, physical, psychological benefit; a minimum of two individual benefits for each type are described.

3.2 Describe the societal benefits gained from participation in recreation are described.

Range social, economic, physical, psychological and environmental.

<b>Planned review date</b>	31 December 2024
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	25 June 1996	31 December 2012
Revision	2	14 February 2000	31 December 2012
Review	3	22 January 2002	31 December 2012
Review	4	12 February 2010	31 December 2012
Rollover and Revision	5	20 May 2011	31 December 2022
Review	6	26 March 2020	N/A

**Consent and Moderation Requirements (CMR) reference**

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact Skills Active Aotearoa Limited [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.