

<b>Title</b>	<b>Develop, implement and evaluate a recreation programme for a target group</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	<p>This unit standard is intended for a person working in recreation or people who wish to work in a recreation role.</p> <p>People credited with this unit standard are able to: evaluate integrated and segregated recreation provision; conduct a recreation needs analysis of a target group; assess the recreation opportunities available within the community for the target group; develop a recreation programme plan for the specified target group; implement the recreation programme plan for people from the target group; and evaluate the programme's effectiveness in meeting participants' needs.</p>
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<b>Classification</b>	Recreation and Sport > Recreation and Sport - Programmes and Events
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<b>Available grade</b>	Achieved
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## Guidance Information

- Underpinning skills and knowledge useful for this unit standard could be evidenced by the holding of credits for Unit 4864, *Demonstrate knowledge of recreation needs of target groups*.
- Definitions**

*Barriers* include:

Intra-personal barriers refer to confidence, body image, self-esteem, attitude;

Inter-personal barriers refer to other participants, role models, attitudes;

structural barriers refer to cost, access, transport, type of activity, equipment, venue, organisational culture.

*Environment* includes facility, equipment, and availability of supervisors, coaches, and assistants.

*Organisational requirements* refer to the organisation's policies and procedures and include compliance with any applicable legislation, standards, and codes.

*Recreation* is an activity through which leisure may be experienced and enjoyed. Recreation involves freely chosen activities engaged in for wellbeing. Recreation activities 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 social benefits.

*Recreation context* includes rules, other participants, and nature of programme delivery.

*Recreation needs* may include but are not limited to – social interaction, physical activity, challenge, competition, creative expression, achievement and mastery, adult education, self-fulfilment, fun.

*Recreation programme* refers to a series or sequence of activities.

*Target group* refers to any group of people with physical, social, cultural, or emotional needs, interests, or abilities in common.

- 3 Principles of recreation provision include:
- integrated provision – involves all participants in activity or activities of their choice, participating at the same time, in the same activity and with the same organisation. In the context of this unit standard an integrated recreation setting is one in which people from a target group participate in the same programmes and events as the general public;
  - segregated provision – involves an introduction to a specific type of activity, developing skills in a good, comfortable, safe environment for the participant. In the context of this unit standard a segregated recreation setting is one in which all of the participants are from a specific group;
  - accommodated provision – involves minor changes to rules to accommodate a specific individual or individuals;
  - parallel provision – involves participation in parallel, i.e. participating in the same activity but in the participants' or participant's own division or section;
  - adapted provision (integrated) – involves changes to rules and/or equipment and/or setting which applies to all participants;
  - adapted provision (segregated) – involves changes to rules and/or equipment and/or setting, but only the same type of population participates.
- 4 People developing and implementing recreation programmes for a target group may utilise the services of skilled instructors.

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## Outcomes and performance criteria

### Outcome 1

Evaluate integrated and segregated recreation provision.

### Performance criteria

- 1.1 Integrated and segregated recreation provision is evaluated in terms of the principles and practices involved.
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| Range | principles – accommodated, parallel, adapted (integrated), and adapted (segregated) provision;<br>practices may include – buddy systems, caregiver involvement, modified equipment, activity session structure. |
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- 1.2 Advantages and disadvantages of integrated and segregated recreation provision are identified and discussed.

**Outcome 2**

Conduct a recreation needs analysis for a target group.

**Performance criteria**

2.1 Selected and implemented methodology is appropriate to the target group and the nature of information sought.

Range methodology involves participation by the target group.

2.2 Analysis includes the recreation needs and barriers of the target group.

2.3 Analysis includes changing trends in recreation provision for the target group.

**Outcome 3**

Assess the recreation opportunities available within the community for the target group.

**Performance criteria**

3.1 Organisations which provide recreation opportunities within the community that could service the target group are identified.

3.2 The identified organisations are assessed for their capability to meet the needs of the target group.

Range capability may include – accessibility of facilities, skilled activity leaders, appropriately modified equipment, specifically designed events and programmes.

3.3 The assessment identifies any gaps and inadequate provision of recreation opportunities for the target group.

**Outcome 4**

Develop a recreation programme plan for the specified target group.

**Performance criteria**

4.1 A recreation programme plan for the target group is developed and documented, accommodating the results of the recreation needs analysis.

4.2 The recreation programme plan is developed and addresses the activity objectives.

Range the plan must include – an activity description, activity timeframes, health and safety considerations, venue, equipment, resources, evaluation.

- 4.3 The programme objectives and implementation strategies meet the requirements of the target group and reduce barriers to participation.
- Range requirements may include – buddies, medical requirements, mobility and positioning needs, special assistance.
- 4.4 The recreation programme plan includes assessment of the need for modifications to the recreation context and environment to suit the target group.
- Range context may include – rules, playing area, participation, programme delivery, space; environment may include – facility, equipment, supervisors, activity leaders.
- 4.5 The recreation programme plan includes assessment of equity issues and changing trends in provision to suit the needs of the target group.
- 4.6 The recreation programme plan includes assessment of integrated and segregated provision to suit the needs of the target group.
- 4.7 The recreation programme plan is in accordance with organisational requirements.

**Outcome 5**

Implement the recreation programme plan for people from the target group.

**Performance criteria**

- 5.1 The programme is implemented according to the programme plan.
- 5.2 The programme implementation incorporates any adjustments as required by circumstances.

**Outcome 6**

Evaluate the programme’s effectiveness in meeting participants’ needs.

**Performance criteria**

- 6.1 The effectiveness of the recreation programme in meeting participants’ needs is evaluated against the needs analysis.
- 6.2 Areas for improvement are identified and recommendations made are based on evaluation results.

<b>Replacement information</b>	This unit standard replaced unit standard 4865 and unit standard 4866.
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**This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.**

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

Process	Version	Date	Last Date for Assessment
Registration	1	12 February 2010	31 December 2012
Rollover and Revision	2	20 May 2011	31 December 2023
Review	3	23 January 2020	31 December 2023

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

0099

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