

Title	Describe benefits of participation in recreation in the local community		
Level	2	Credits	2

Purpose	People credited with this unit standard are able to describe: individual and community benefits of participation in recreation in the local community; and recreation activities available in the local community.
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Classification	Recreation and Sport > Recreation and Sport - Core Skills
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Available grade	Achieved
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Guidance Information

Definitions

Individual benefits of recreation, may include decreasing isolation, improved mental and physical health and motivation.

Community benefits of recreation, may include creating networks, use of community facilities, increased communication.

Local community, for the purpose of this unit standard, refers to a geographical region with which the candidate is familiar.

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, arts, 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.

Outcomes and performance criteria

Outcome 1

Describe individual and community benefits of participation in recreation in the local community.

Performance criteria

- 1.1 Individual benefits of recreation are described in terms of social, physical, and psychological benefits.

Range a minimum of one of each is required.

- 1.2 Community benefits of recreation are described in terms of social, physical, and psychological benefits.

Range a minimum of one of each is required.

Outcome 2

Describe recreation activities available in the local community.

Performance criteria

- 2.1 A range of recreation activities available in the local community are described in terms of key activities, name, and location.

Range includes but is not limited to – arts and crafts, entertainment, sport, fitness, outdoor recreation, hobbies, community service;
a minimum of one of each is required.

- 2.2 The types of organisations that deliver recreation activities in the local community are described in terms of name, location, key activities, and contact details.

Range includes but is not limited to – community groups, commercial organisations, local authorities, whānau and/ or hapū groups, sports clubs, schools;
a minimum of one of each is required.

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	20 May 2011	31 December 2026
Review	2	29 August 2024	31 December 2026

Consent and Moderation Requirements (CMR) reference

0099

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