

<b>Title</b>	<b>Describe benefits of participation in recreation in the local community</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	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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<b>Classification</b>	Recreation and Sport > Recreation and Sport - Core Skills
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<b>Available grade</b>	Achieved
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**Explanatory notes**

**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.

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**Outcomes and evidence requirements**

**Outcome 1**

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

**Evidence requirements**

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.

### Evidence requirements

- 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.

<b>Planned review date</b>	31 December 2012
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### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 May 2011	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

### Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMRs). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

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**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.