

Title	Demonstrate knowledge of recreation needs of target groups		
Level	3	Credits	4

Purpose	<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: demonstrate an awareness of target groups; and demonstrate knowledge of the recreation needs of people within a target group, the barriers to their participation, and strategies to overcome these barriers.</p>
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Classification	Recreation and Sport > Recreation and Sport - Programmes and Events
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Available grade	Achieved
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Guidance Information

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, and organisational culture.

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

Research sources refer to written material, personal experience, interviewing population members, interviewing agencies, and the Internet.

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

Outcomes and performance criteria

Outcome 1

Demonstrate an awareness of target groups.

Performance criteria

- 1.1 A broad definition of what constitutes a target group identifies three target groups in terms of common characteristics within each group.
- 1.2 Recreation needs of the three target groups are identified.

Outcome 2

Demonstrate knowledge of the recreation needs of people within a target group, the barriers to their participation, and strategies to overcome these barriers.

Range evidence required of one of the three target groups identified in element one.

Performance criteria

- 2.1 The recreation needs of the target group are identified through a minimum of two different research sources.
- 2.2 The benefits of participation in recreation for people within the target group are explained in relation to meeting their identified needs.
- 2.3 The barriers to participation in recreation for people within the target group are explained in relation to meeting their identified needs.
- 2.4 Strategies explained to overcome barriers to participation are relevant, effective, and in accordance with organisational requirements.

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	29 June 1995	31 December 2026
Revision	2	24 July 1996	31 December 2026
Revision	3	19 February 1998	31 December 2026
Review	4	25 February 2000	31 December 2026
Review	5	22 January 2002	31 December 2026
Review	6	12 February 2010	31 December 2026
Rollover and Revision	7	20 May 2011	31 December 2026
Review	8	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>.