



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Psychological Impact of Recreation and Leisure Activities

Culture and Arts / Sport

Unit Standard 254236 · NQF Level 5 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and skills to analyse the psychological impact of participating in recreation and leisure activities. It explores how engagement in such activities influences mental health, well-being, and personal development, enabling learners to design and promote effective recreation programmes.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254236
Accreditation	SAQA Accredited · NQF Level 5 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse the psychological theories underpinning recreation and leisure participation.
- Evaluate the impact of recreation and leisure activities on mental health and well-being.
- Apply psychological principles to design inclusive and therapeutic recreation programmes.
- Assess the role of recreation in stress management and personal development.
- Demonstrate the ability to measure and report on psychological outcomes of leisure interventions.
- Implement strategies to enhance participant motivation and engagement in recreation activities.

WHO SHOULD ATTEND

- This course is designed for recreation practitioners, community development workers, sports coaches, and anyone involved in planning or facilitating leisure activities who wishes to understand their psychological benefits and applications.

COURSE OUTLINE

Day 1: Foundations and Applications of Recreation and Leisure for Psychological Well-being

- Introduction to recreation and leisure concepts.
- Theoretical frameworks: stress reduction, flow theory, self-determination theory.
- Psychological benefits: mood enhancement, self-esteem, coping, social connection.
- Leisure constraints and barriers: psychological, social, environmental.
- Practical application: designing a leisure activity for a target group.
- Case studies: examples from community recreation programmes.
- Ethical considerations and inclusivity in recreation provision.
- Summary and self-reflection on personal leisure habits.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **4 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 13,400.00	R 13,400.00
1	In-House	R 17,400.00	R 17,400.00
1	On-Campus (Pretoria)	R 20,200.00	R 20,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	10 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	10 Aug 2026	On-Campus	Mauritius
11 Aug 2026	11 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	17 Aug 2026	On-Campus	Shenzhen, China
18 Aug 2026	18 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 254236) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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