



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

Community Recreation Programme for Health Promotion

Culture and Arts / Sport

Unit Standard 254238 · NQF Level 5 · 11 Credits · 8 Days

COURSE OVERVIEW

This course equips learners with the competencies to develop and implement community recreation programmes that promote health and well-being. Participants will learn to assess community needs, plan inclusive recreational activities, and evaluate programme effectiveness within a South African context.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254238
Accreditation	SAQA Accredited · NQF Level 5 · 11 Credits
Duration	8 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse community health needs and recreation resources to inform programme design.
- Develop a community recreation programme that addresses identified health promotion goals.
- Implement the recreation programme using appropriate facilitation and safety protocols.
- Evaluate the programme's impact on community health and well-being using defined criteria.
- Demonstrate effective communication and collaboration with stakeholders and participants.
- Apply principles of inclusivity and cultural sensitivity in programme delivery.

WHO SHOULD ATTEND

- This course is designed for community development workers, recreation officers, health promoters, and volunteers involved in designing and delivering health-focused recreation programmes in communities.

COURSE OUTLINE

Day 1: Introduction to Community Recreation and Health Promotion

- Definition of community recreation
- Health promotion frameworks (Ottawa Charter, WHO)
- Benefits of recreation for physical, mental, and social health
- Overview of South African health challenges and recreation
- Introduction to the unit standard outcomes
- Role of the community recreation practitioner
- Ethical considerations in community work

Day 2: Needs Assessment and Community Profiling

- Methods for needs assessment (surveys, focus groups, interviews)
- Community mapping and asset-based approach
- Understanding demographics and health indicators
- Engaging stakeholders and community leaders
- Ethical data collection and confidentiality
- Reporting findings

Day 3: Programme Planning and Design

- Programme planning cycle (assessment, planning, implementation, evaluation)
- SMART goal setting
- Activity selection: low-impact, team sports, dance, walking groups
- Adapting activities for disabilities and chronic conditions
- Safety considerations and risk management
- Resource allocation and budgeting basics

Day 4: Facilitation and Group Dynamics

- Roles of a facilitator
- Group stages (forming, storming, norming, performing)
- Communication skills: active listening, questioning, feedback
- Motivational interviewing for behaviour change
- Inclusive facilitation strategies
- Conflict resolution techniques

Day 5: Health Education and Behaviour Change

- Health education principles
- Transtheoretical Model of behaviour change
- Designing health promotion messages
- Using recreation as a vehicle for health education
- Nutrition and physical activity links
- Substance abuse prevention through recreation
- Monitoring behaviour change

Day 6: Monitoring, Evaluation, and Reporting

- M&E; concepts: indicators, targets, data sources
- Quantitative and qualitative data collection
- Participant feedback forms

- Observation checklists
- Data analysis and interpretation
- Reporting structure and recommendations
- Ethical considerations in evaluation

Day 7: Partnerships, Advocacy, and Sustainability

- Types of partners: local government, NGOs, schools, health facilities
- Building and maintaining partnerships
- Advocacy strategies and lobbying
- Sustainability models (volunteer training, income generation)
- Resource mobilization techniques
- Case studies of successful programmes

Day 8: Practical Integration and Capstone Project

- Capstone project guidelines
- Presentation skills
- Peer review process
- Reflection on learning
- Assessment preparation
- Action planning for implementation
- Course evaluation

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 **11 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 32,200.00	R 32,200.00
1	In-House	R 41,900.00	R 41,900.00
1	On-Campus (Pretoria)	R 48,300.00	R 48,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	19 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	19 Aug 2026	On-Campus	Mauritius
11 Aug 2026	20 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	24 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	25 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	26 Aug 2026	On-Campus	Shenzhen, China
18 Aug 2026	27 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 254238) 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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