



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 Therapeutic Recreation Promotion

Culture and Arts / Sport

Unit Standard 254240 · NQF Level 5 · 11 Credits · 8 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to promote therapeutic recreation within community settings, enabling individuals with disabilities or special needs to enhance their well-being through structured leisure activities. Participants will learn to design, implement, and evaluate recreation programmes that foster inclusion, improve quality of life, and support community integration.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254240
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

- Apply principles of therapeutic recreation to promote community participation and well-being.
- Design inclusive recreation programmes tailored to the needs of diverse community members.
- Implement strategies to overcome barriers to participation in therapeutic recreation.
- Evaluate the impact of recreation activities on individual and community health outcomes.
- Demonstrate effective communication and facilitation skills when engaging with participants and stakeholders.
- Analyze community resources and networks to support sustainable therapeutic recreation initiatives.

WHO SHOULD ATTEND

- This course is designed for community health workers, recreation therapists, social workers, and caregivers who facilitate recreational activities for individuals with physical, mental, or social challenges in South African communities.

COURSE OUTLINE

Day 1: Foundations of Therapeutic Recreation

- Introduction to therapeutic recreation concepts
- Historical development and philosophy
- Health benefits: physical, mental, social
- Target populations: elderly, disabled, youth, chronic illness
- SA policy framework: SAQA, NQF, relevant laws
- Ethical considerations in recreation promotion

Day 2: Community Needs Assessment

- Needs assessment frameworks (e.g., PRECEDE-PROCEED)
- Quantitative and qualitative methods
- Engaging community stakeholders
- Identifying resources and gaps
- Cultural competence in assessment
- Documenting and presenting findings

Day 3: Program Planning and Design

- Program planning models (e.g., APIE)
- Goal setting and outcome measurement
- Activity analysis and adaptation
- Inclusive design for disabilities
- Safety and risk management
- Budgeting and resource allocation

Day 4: Implementation and Facilitation

- Facilitation techniques and styles
- Activity modification strategies
- Communication skills: verbal, non-verbal
- Building rapport and trust
- Handling challenging behaviors
- Documentation during sessions

Day 5: Evaluation and Outcomes Measurement

- Evaluation models (e.g., Logic Model)
- Quantitative tools: surveys, scales
- Qualitative tools: interviews, focus groups
- Data analysis basics
- Reporting and feedback loops
- Quality improvement cycles

Day 6: Advocacy and Partnerships

- Advocacy strategies and messaging
- Stakeholder mapping and engagement
- Partnership models (e.g., MOUs)
- Grant writing and fundraising
- Marketing recreation programs

- Policy influence and lobbying

Day 7: Special Populations and Contexts

- Programs for older adults: fall prevention, social engagement
- Adaptive sports and equipment
- Youth development and delinquency prevention
- Recreation for mental health recovery
- Rural vs urban challenges
- Indigenous games and cultural relevance

Day 8: Integration and Action Planning

- Review of key concepts and tools
- Action plan template and components
- Peer feedback and revision
- Presentation skills
- Professional ethics and certification pathways
- Resources for ongoing learning

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	Pretoria, South Africa
11 Aug 2026	20 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	21 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	21 Aug 2026	On-Campus	Mauritius
13 Aug 2026	24 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	25 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	26 Aug 2026	On-Campus	Abu Dhabi, UAE
18 Aug 2026	27 Aug 2026	On-Campus	Durban, South Africa

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 254240) 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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