



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

Leisure and Recreation Lifestyle Advice for Clients

Culture and Arts / Sport

Unit Standard 254241 · NQF Level 5 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the skills to advise clients on leisure and recreation lifestyles, enabling them to make informed choices that enhance well-being and work-life balance. Participants will learn to assess client needs, recommend appropriate activities, and promote healthy leisure habits within a South African context.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254241
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

- Apply principles of leisure and recreation to assess client needs and preferences.
- Analyze the benefits of various leisure and recreation activities for physical, mental, and social well-being.
- Evaluate client constraints such as time, budget, and accessibility to recommend feasible options.
- Design personalized leisure and recreation plans that align with client goals and resources.
- Demonstrate effective communication techniques to motivate and support clients in adopting leisure lifestyles.
- Implement strategies to overcome barriers and sustain client engagement in recreation activities.

WHO SHOULD ATTEND

- This course is ideal for lifestyle coaches, wellness consultants, recreation officers, and any professionals who guide clients in optimizing their leisure time for improved quality of life.

COURSE OUTLINE

Day 1: Foundations of Leisure and Recreation Lifestyle Advice

- Definition and scope of leisure and recreation.
- Benefits of leisure and recreation for health and well-being.
- Client assessment: needs, interests, and constraints.
- Principles of lifestyle advice: balance, variety, and personalisation.
- Types of leisure activities: passive vs. active, individual vs. group.
- Barriers to participation and how to address them.
- Creating a basic leisure plan.
- Ethical considerations in providing lifestyle advice.

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 254241) 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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