



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

Sociology of Leisure and Recreation Analysis

Culture and Arts / Sport

Unit Standard 254244 · NQF Level 5 · 6 Credits · 3 Days

COURSE OVERVIEW

This course equips learners with the analytical skills to understand the sociology of leisure and recreation, including the social, cultural, and economic factors that shape leisure behaviour. Learners will evaluate the role of leisure in society and apply sociological theories to real-world recreation contexts. The course prepares professionals to design and manage leisure programmes that meet diverse community needs.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254244
Accreditation	SAQA Accredited · NQF Level 5 · 6 Credits
Duration	3 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse the sociological concepts and theories underpinning leisure and recreation.
- Evaluate the social, cultural, and economic factors influencing leisure participation.
- Apply sociological perspectives to assess the role of leisure in individual and community well-being.
- Design inclusive leisure and recreation programmes that address diverse social needs.
- Demonstrate critical awareness of trends and challenges in the leisure and recreation sector.
- Implement strategies for promoting equitable access to leisure opportunities.

WHO SHOULD ATTEND

- This course is ideal for recreation officers, community development workers, tourism professionals, and social science graduates seeking to apply sociological analysis to leisure and recreation settings.

COURSE OUTLINE

Day 1: Foundations of Leisure and Recreation Sociology

- Introduction to sociology of leisure and recreation.
- Key concepts: leisure, recreation, free time, play.
- Classical theories: Veblen, Durkheim, Marx on leisure.
- Contemporary perspectives: interactionist, feminist, postmodern.
- Historical development of leisure in South Africa.
- Social functions of leisure: social integration, identity, well-being.
- Social stratification: class, gender, race, and age in leisure.
- Informal group discussion: personal leisure experiences.

Day 2: Social Dynamics and Constraints in Leisure

- Leisure and social institutions: family, work, education, religion.
- Leisure constraints model (Crawford, Jackson, Godbey).
- Socialisation through leisure: peer groups, subcultures.
- Globalisation, tourism, and commodification of leisure.
- Digital leisure: social media, gaming, virtual communities.
- Case studies: township recreation, eco-tourism, sports events.
- Group activity: analysing a local leisure event.

Day 3: Policy, Practice, and Future of Leisure

- South African recreation policy: White Paper, municipal strategies.
- Leisure and social development: youth, elderly, disability inclusion.
- Recreation for social cohesion: sport, arts, festivals.
- Health promotion through active leisure.
- Future trends: sustainability, virtual reality, ageing population.
- Workshop: designing a community leisure programme.
- Presentation and peer feedback on programme designs.

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 **6 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 18,800.00	R 18,800.00
1	In-House	R 24,500.00	R 24,500.00
1	On-Campus (Pretoria)	R 28,100.00	R 28,100.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	12 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	12 Aug 2026	On-Campus	Mauritius
11 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
11 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	14 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	19 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	19 Aug 2026	On-Campus	Abu Dhabi, 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 254244) 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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