



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 for Development Facilitation

Culture and Arts / Sport

Unit Standard 254245 · NQF Level 5 · 7 Credits · 4 Days

COURSE OVERVIEW

This course equips learners with the skills to facilitate community development through recreational activities. It focuses on using recreation as a tool for social cohesion, empowerment, and sustainable development within South African communities. Participants will learn to design and implement recreation-based interventions that address community needs and foster active participation.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254245
Accreditation	SAQA Accredited · NQF Level 5 · 7 Credits
Duration	4 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of community development to design recreation programmes that address identified community needs.
- Analyse the role of recreation in promoting social inclusion, health, and well-being within diverse communities.
- Evaluate the impact of recreation-based interventions on community cohesion and individual empowerment.
- Implement facilitation techniques to engage community members in participatory recreation activities.
- Design monitoring and evaluation frameworks to assess the effectiveness of community recreation programmes.
- Demonstrate ethical and culturally sensitive practices when facilitating community recreation initiatives.

WHO SHOULD ATTEND

- This course is ideal for community development workers, recreation officers, social workers, and NGO staff who aim to use recreational programmes to drive positive change in communities.

COURSE OUTLINE

Day 1: Foundations of Community Recreation and Development

- Definitions and principles of community recreation.
- Historical and policy context: White Paper on Sport and Recreation, National Sport and Recreation Plan.
- Benefits of recreation: health, social, economic, environmental.
- The recreation-development nexus: asset-based community development.
- Role of recreation facilitators: ethics, inclusivity, and cultural sensitivity.
- Overview of community needs assessment tools.

Day 2: Programme Design and Planning for Community Recreation

- Participatory needs assessment: surveys, focus groups, community mapping.
- Principles of inclusive programme design: age, gender, disability, culture.
- Structuring a recreation session: warm-up, main activity, cool-down, reflection.
- Incorporating life skills: teamwork, communication, conflict resolution.
- Resource planning: facilities, equipment, volunteers, budget.
- Risk management and safety considerations.
- Monitoring and evaluation frameworks for recreation programmes.

Day 3: Facilitation Skills and Group Dynamics

- Roles and qualities of a recreation facilitator.
- Communication skills: active listening, questioning, non-verbal cues.
- Group development stages (forming, storming, norming, performing).
- Facilitation techniques: icebreakers, cooperative games, problem-solving challenges.
- Handling challenging behaviours and conflict resolution.
- Debriefing models: what? so what? now what?
- Cultural competence and adapting activities for inclusivity.
- Self-care and reflective practice for facilitators.

Day 4: Implementation, Sustainability, and Evaluation

- Programme implementation timeline and logistics.
- Building partnerships: local government, NGOs, schools, businesses.
- Volunteer recruitment, training, and retention.
- Fundraising and resource mobilisation.
- Data collection for evaluation: quantitative and qualitative methods.
- Reporting and communicating impact to stakeholders.
- Case studies of successful community recreation programmes in SA.
- Final project: present a programme plan for a target community.

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 **7 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 21,500.00	R 21,500.00
1	In-House	R 27,900.00	R 27,900.00
1	On-Campus (Pretoria)	R 32,300.00	R 32,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Mauritius
18 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
18 Aug 2026	21 Aug 2026	On-Campus	Pretoria, 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 254245) 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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