



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

Play and Work in Recreation Programme Design

Culture and Arts / Sport

Unit Standard 254274 · NQF Level 5 · 6 Credits · 3 Days

COURSE OVERVIEW

This course explores the fundamental concepts of play and work and their influence on the design of recreation programmes. Participants will learn to differentiate between these concepts and apply them to create balanced, engaging, and purposeful recreation activities. The course aims to equip professionals with the skills to design programmes that integrate both elements effectively.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254274
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

- Apply the concepts of play and work to the design of recreation programmes.
- Analyze the impact of play and work on participant engagement and programme outcomes.
- Evaluate different recreation programme designs for their balance of play and work elements.
- Design a recreation programme that integrates both play and work components.
- Demonstrate the ability to adapt programme designs to meet the needs of specific target groups.

WHO SHOULD ATTEND

- This course is ideal for recreation programme coordinators, community development workers, leisure activity facilitators, and anyone involved in designing recreational programmes for diverse groups.

COURSE OUTLINE

Day 1: Foundations of Recreation and Play

- Definition and benefits of recreation and play
- Principles of programme design (e.g., balance, progression, variety)
- Types of recreation activities: active, passive, cultural, adventure
- Understanding target groups: age, ability, culture, interests
- Introduction to risk management and safety considerations

Day 2: Planning and Structuring Recreation Programmes

- Setting SMART goals and learning outcomes
- Session planning: warm-up, main activity, cool-down
- Resource identification: equipment, facilities, human resources
- Evaluation tools: observation, feedback forms, participation metrics
- Adapting activities for varied environments and constraints

Day 3: Implementation and Facilitation of Recreation Programmes

- Facilitation skills: instruction, demonstration, motivation
- Group dynamics: inclusion, conflict resolution, teamwork
- Adapting activities for different skill levels and abilities
- Real-time assessment: reading group energy and engagement
- Self-reflection and peer feedback on facilitation practice

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
04 Aug 2026	06 Aug 2026	On-Campus	Cape Town, South Africa
04 Aug 2026	06 Aug 2026	On-Campus	Lagos, Nigeria
05 Aug 2026	07 Aug 2026	On-Campus	Dubai, UAE
05 Aug 2026	07 Aug 2026	On-Campus	Johannesburg, South Africa
10 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	12 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
11 Aug 2026	13 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 254274) 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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