

Site: **Learn with Recreation North**

Course: **Getting Started (Getting Started)**

Glossary: **Program Glossary**

A

Aboriginal Sport Circle

[Aboriginal Sport Circle](#) is the national voice in sport, fitness, culture and recreation pursuits for the Aboriginal peoples in Canada with organizations in [Yukon](#), [NWT](#) and Nunavut.

Tags: [aboriginal](#) [sport](#)

Accessibility

Accessibility refers to characteristics of the physical environment that make it possible for people to participate in recreation regardless of ability.

Tags: [accessibility](#)

Accessible

Accessible means, no matter what a person's circumstances or abilities are, there is equal opportunity to fully participate.

Tags: [accessible](#)

Active Living

[Active Living](#) is a way of life in which physical, social, mental, emotional and spiritual activities are valued and are integrated into daily living.

Tags: [active living](#)

Active Transportation

[Active transportation](#) refers to any form of human-powered transportation, such as walking, cycling, using a wheelchair, in-line skating or skateboarding.

Tags: [active](#)

Annual Budgets

Annual Budgets are the estimated revenues and expenditures of all the recreation programs and services over a year.

Tags: [annual](#) [budget](#)

Arts

Arts reflect culture and are a way of communicating through a medium that can be shared with others.

B

Benefits

[Benefits](#) are the individual, social, economic, and environmental outcomes that recreation, parks, sports, fitness, active living, arts and cultural services have the potential to provide for individuals and communities.

Tags: [benefits](#)

Benefits of Recreation

[Benefits of Recreation](#) is a term used in our field to recognize that recreation contributes to positive personal, social, environmental and economic outcomes.

Tags: [benefits](#) [recreation](#)

C

Canadian 24-Hour Movement Guidelines

The [Canadian 24-Hour Movement Guidelines](#) combine physical activity and sedentary behaviour guidelines and include sleep, showing the important interrelationship between all three behaviours.

Tags: [physical activity](#) [sedentary](#) [guidelines](#)

Canadian Sport Policy

[Canadian Sport Policy](#) sets the direction for the period 2012-2022 for all governments, institutions and organizations that are committed to realizing the positive impacts of sport on individuals, communities and society.

Tags: national sport

Capital Budget

Capital Budget is a budget for building, and in some cases maintaining, a permanent facility, structure, space or large piece of equipment.

Tags: capital

Capital Expenses

Capital Expenses refer to costs for building or establishing a permanent facility, structure, space or equipment.

Tags: capital expenses

Community Building

Community Building in recreation settings is focused on supporting and empowering people to build relationships and a culture that enriches lives, promotes active and healthy lifestyles, and provides opportunities for individual and community growth.

Tags: community

Community Capacity

Community Capacity is a combination of a community's commitment, resources, and skills. It takes leadership and effort to incrementally influence community capacity. Strengthening community capacity builds skills and relationships that foster health and well-being.

Tags: community capacity

Community Recreation Plan

A [Community Recreation Plan](#) connects to local government plans, reflects community values and interests, gives consideration to the available resources, and answers three questions: Where are we now? Where would we like to be? How are we going to get there? A plan prioritizes actions based on the current state of recreation and a practical vision of the future and justifies the investment of resources into recreation infrastructure, services and programs.

Tags: community recreation plan

Community-Driven Recreation

Community-Driven Recreation recognizes that people, parents, teens, coaches, and volunteers are the informal leaders who make recreation happen; activities are meaningful and accessible when they are created by the community for its own benefit.

Tags: community-driven

Cultural Activities

Cultural Activities reflect local heritage, social traditions and popular trends.

Tags: cultural

D

Direct Program Delivery

With a Direct Program Delivery approach, recreation staff choose and offer the programs, events, or initiatives they think are best for community members. Making these choices relevant requires a good understanding of the local community interests, environment, and resources.

Tags: direct program delivery

F

Features

Features are characteristics (the 'what') of your recreation product, program, service or event (time, location, duration, cost, staff, etc.).

Tags: features

Fetal Alcohol Spectrum Disorder

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability resulting from exposure to alcohol before birth.

Tags: FASD

Framework for Recreation in Canada

The [Framework for Recreation in Canada](#) is the national guiding document for public recreation providers in Canada. We have an opportunity to work together in ways that will enable all Canadians to enjoy recreation and outdoor experiences in supportive physical and social environments.

Tags: Framework recreation national

I

In-Kind Contributions

In-kind contributions are donations of time, supplies, facility space, etc. that are not cash. This type of contribution is important because it shows community support and it reduces the need for cash revenues to cover program costs.

Tags: contributions

Inbound Marketing

Inbound Marketing helps your organization or community “get found” by people who want your products and services.

Tags: marketing

Inclusive

Inclusive refers to recreation programs and services that are open and welcoming to people of all abilities, ages, gender and means. When recreation is inclusive, everyone feels they belong and can contribute.

Tags: inclusive

Indigenous Peoples

Indigenous Peoples is a collective noun for First Nations, Inuit, and Metis.

[Indigenous Corporate Training Inc.](#) suggest, that regardless of terminology, “always go with what people are calling themselves”.

Tags: Indigenous

L

Leisure

Leisure includes the activities, pursuits or actions people choose to do in their time away from work and other responsibilities.

Tags: leisure

Leisure Education

Leisure Education is helping people understand what recreation/leisure is, how they can benefit from participating, and teaching them how to find and get involved in leisure activities that are enjoyable and contribute to positive health.

Tags: leisure education

Leisure Literacy

Leisure Literacy is the outcome of leisure education. Individuals develop knowledge and skills, taking responsibility for the meaningful use of leisure time in ways that positively impact themselves as well as their community.

Tags: leisure literacy

M

Marketing

Marketing involves determining the value of your recreation product or service and communicating that information to customers.

Tags: marketing

N

National Benefits Hub

[National Benefits Hub](#) provides updated evidence for 50 outcomes statements about the benefits of recreation, the trends impacting benefits, and emerging promising practices.

Tags: benefits

O

Operating Budgets

Operating budgets project or predict the amount of revenue and the anticipated expenses related to operating a facility and running a recreation department's programs and services.

Tags: operating budgets

Operating Expenses

Operating Expenses are the expenses related to running a facility and delivering programs and services.

Tags: operating expenses

Outbound Marketing

Outbound Marketing involves pushing out information to the public and may be considered an intrusion.

Tags: outbound marketing

Outdoor Spaces

Outdoor spaces refers to outdoor environments where people choose to recreate; spaces such as parks, playgrounds and trails.

Tags: outdoor spaces

P

Parks

Parks are outdoor environments developed for recreation purposes.

Tags: parks

Physical Activity: A Common Vision

The [Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving](#), released in May 2018, is a national policy document that intends to guide the country towards ways of increasing physical activity and reducing sedentary living.

Tags: physical activity

Physical Literacy

[Physical literacy](#) is the ability of an individual to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

Tags: physical literacy

Play

Play is freely chosen and self-directed mental or physical activity that is undertaken for enjoyment and that is separate in some way from "real" life. ([Framework for Recreation in Canada](#)).

Tags: play

Playgrounds

Playgrounds are outdoor spaces set aside for recreation and play. Most contain play equipment and are designed in a specific way to draw out structured and unstructured play.

Tags: play

Program

A Program is an organized and structured activity that occurs regularly and is scheduled (e.g. swimming lessons, hockey games, or a sewing club).

Tags: program

Program Budgets

Program budgets estimate the costs to run a program (e.g. a 10-week arts and crafts program) and the anticipated revenues.

Tags: program budgets

Program Expenses

Program expenses are all the costs involved in developing and delivering a program (e.g. instructor wages, materials, rental of space, etc.).

Tags: program expenses

Program Revenue

Program revenue is the money generated from running a program (e.g. registration fees).

Tags: program revenue

Promotion

Promotion refers to activities that publicize or encourage awareness of a program, cause, organization, etc. Examples could include a brochure, free sample, poster, public service announcement, personal appearance, etc.

Tags: promotion

Q

Qualitative Information

Qualitative information is associated with feelings, thoughts, and behaviors. This type of data is captured through conversations, photos, interviews, and stories.

Tags: qualitative information

Quantitative Data

Quantitative data is information that can be counted and measured (e.g. number of participants, dollars collected, etc.).

Tags: quantitative data

R

Recreation

Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing. ([Framework for Recreation in Canada](#))

Tags: recreation

Recreation Board

Local Recreation Boards may be formed to help provide a structure for the delivery of recreation in a community. The power and authority the board has depends on its relationships with other organizations or governments who may have a mandate for recreation.

Tags: recreation boards

Recreation Leaders

Recreation leaders are staff and volunteers who fill roles as recreation directors and programmers, coaches, fitness leaders, board members, after school and youth program leaders, special events volunteers, and activity instructors.

Tags: recreation leaders

Recreation Places

Recreation Places refers to facilities and community infrastructure. They provide opportunities to participate in recreation and leisure including community halls, recreation complexes, arenas and pools, libraries, schools, museums, art galleries, private gyms, etc.

Tags: places

Revenue

Revenue can include government grants, grants from nonprofit organizations, municipal taxes, membership and program fees, cash donations, money earned through fundraising events, etc.

Tags: revenue

S

Social Determinants of Health

Social Determinants of Health refer to a range of social and economic factors that positively and negatively influence people's health (e.g. family income, race, employment, education, housing, etc.).

Tags: social determinants

Social Marketing

Social Marketing is about trying to change people's attitudes and behaviors for their benefit.

Tags: social marketing

Societies

Societies are nonprofit organizations registered under an Act either territorially or federally.

Special Event

A Special Event is a one-time occurrence of an occasional recreation activity or celebration (e.g. Kiki Karnival). Special events are often associated with holidays, seasons or sporting events.

Tags: special event

Sport

Sport is a type of physical activity with rules and is often considered a contest to determine a winner. In recreational sport, the emphasis is more on participation and the development of fundamental movement and sport skills.

Tags: sport

T

TRC Calls to Action

The [Truth and Reconciliation Commission](#) (TRC) was set up as a component of the Indian Residential Schools Settlement Agreement. The TRC's mandate was to inform all Canadians about what happened in Indian Residential Schools (IRS) by documenting the truth of survivors, families, communities and anyone personally affected by the IRS experience.

The 94 [TRC Calls to Action](#) are for all Canadians; 5 of these are specifically directed towards sports and reconciliation.

Tags: reconciliation calls to action

U

Unincorporated Communities

In Yukon, Unincorporated Communities are small communities that are not municipalities. Unincorporated communities are not governed by Yukon's Municipal Act and therefore do not have authority over taxation, bylaw making, land use, etc. A Local Advisory Council advises on development while public infrastructure is supported by Yukon Government's Department of Community Services.

Tags: unincorporated

W

Wellbeing

[Wellbeing](#) refers to the presence of the highest possible quality of life in its full breadth of expression, focused on but not necessarily exclusive to: good living standards, robust health, a sustainable environment, vital communities, an educated populace, balanced time use, high levels of democratic participation, and access to and participation in recreation and culture.

Tags: wellbeing quality of life