



Introduction to Recreation Foundations

RF101 – Part 1



Introduction to Recreation Foundations

- Recreation Foundations (RF101) introduces the basics of recreation and how it benefits individual, community and environmental wellbeing.
- After exploring the foundations of recreation, you will be able to promote recreation as an essential and relevant service in your community.

Learning Objectives

- Use common recreation terms accurately.
- Explain the importance of the recreation field in Canada.
- Understand how the benefits of recreation relate to individual, community, and environmental wellbeing.
- Describe how recreation can address community/social challenges.
- Understand the concept of leisure education and its value.

About Your Trainer:

Add description



Participant Introductions

- your name
- your community
- what do you (and members of your family) do for recreation?

A Renewed Definition of Recreation



Pathways to Wellbeing

A National Framework for Recreation in Canada

Draft for Consultation: April 2014

A joint initiative of the
Interprovincial Sport and Recreation Council
and the
Canadian Parks and Recreation Association

Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing.

Does this definition change your previous answer?

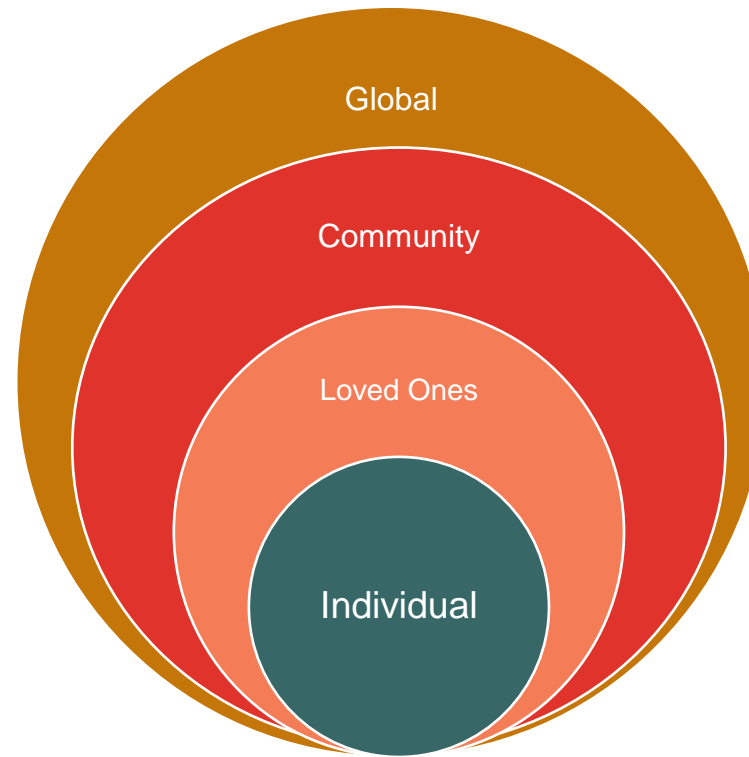
The Economy, Quality of Life, or Both?

What do we see in our communities when making money and the economy are more important than health, wellbeing, the environment, and our overall quality of life?

Can Recreation Contribute to More Balance between the Economy and Quality of Life?

The Power and Potential of Recreation

Power and positive change begins from within and the potential that recreation offers reaches out to those we love, the communities we live in, and the world around us.



Recreation Leaders Have Different Job Titles

- Activity Director
- Afterschool Coordinator
- Camp Counsellor
- Coach
- Healthy Living Coordinator
- Leisure Coordinator
- Recreation Coordinator/Manager
- Recreation Programmer
- Recreation Therapist
- Special Event Coordinator
- Volunteer
- Other?



Common Terms for Recreation Leaders

- Active Living
- Arts
- Community-Driven Recreation
- Cultural Activities
- Direct Program Delivery
- Leisure
- Leisure Education
- Outdoor Spaces
- Parks
- Playgrounds
- Recreation
- Recreation Places
- Sport
- Therapeutic Recreation



Active Living

- valuing and integrating physical activity into our daily routines
- an important component of a healthy lifestyle

Arts

- reflect culture
- a way of communicating through a medium that can be shared with others
- can be:
 1. **visual** e.g. drawing, painting, photography, sculpting
 2. **literary** e.g. writing, comics, blogging
 3. **performing** e.g. music, theatre, dance, drumming, singing

Community-Driven Recreation

- about informal leaders who make recreation happen *e.g. parents, youth, coaches, teachers, other volunteers*
- meaningful and accessible activities that residents create for their own benefit
- recreation leaders work together with residents to provide recreation opportunities

Cultural Activities

- reflect local heritage, social traditions, and popular trends
- includes:
 - traditional games and celebrations e.g. leg wrestling, stick gambling, drumming, National Aboriginal Day, Dawson City Music Festival
 - museums, art galleries, historic sites
 - reading e.g. books, newspapers, listening to music, concerts

Direct Program Delivery

- recreation staff determine what programs, events, or initiatives they think best are for residents
- recreation staff (sometimes with volunteers) implement programs and events

Leisure

- includes the activities, pursuits or actions people enjoy and therefore choose to do in their time away from work and other responsibilities
- state of *being*, a condition, attitude

Leisure Education

- helping people understand what recreation/leisure is and how they could benefit from participating
- encouraging people to find and get involved in leisure activities that are enjoyable and contribute to positive health
- understanding how leisure and recreation can affect the bigger picture

Outdoor Spaces

- refers to our outdoor environments where people choose to recreate
- includes parks, playgrounds, community gardens, skating rinks, stress, schoolyards and fields, trails, waterways, campgrounds, greenspace, and “the bush”

Parks

- associated with recreation, particularly in the context of public or municipal recreation
- outdoor environments developed for our enjoyment
- includes playgrounds, developed and natural greenspace, land and water trails and government designated parks

Playgrounds

- an area generally used for outdoor play or recreation, especially by children, and often containing recreation equipment such as slides and swings

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.

Recreation Places

- refers to facilities and community infrastructure providing opportunities to participate in recreation
- includes community halls, recreation complexes, arenas, pools, libraries, schools, museums, art galleries, private gyms etc. that are the indoor places people usually use for recreation

Sport

- a type of physical activity with rules that often involves a winner
- in recreational sport, the emphasis is more on participation and the development of fundamental movement and sport skills

Therapeutic Recreation

- a process that uses intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to:
 - ❑ enjoy their leisure
 - ❑ function independently with the least amount of assistance
 - ❑ participate as fully as possible in society
 - ❑ achieve quality of life and optimal health

Questions?

Trainer's Contact Information:



With support from:

