

RF101: Recreation Foundations

RF101 - Intro to Recreation Foundations was designed and prepared for Recreation North by Brenda Herchmer with input from Susan Keats and Mia Lee. Development was funded by the Arctic Inspiration Prize. RF101 was revised for Program delivery in October 2018 by Caroline Sparks.

Description:

This learning event introduces the basics of recreation and explores how it benefits individual, community and environmental well-being. A solid understanding of the field helps promote recreation as an essential community service.

Learning Objectives:

- Recognize that recreation means different things to different people.
- Understand how community recreation connects to national recreation priorities.
- Describe how recreation benefits individual health, and community and environmental wellbeing.

Required Learning Activities:

- Me and Community Recreation
- Benefits of Recreation in my Community

Week 1:

What is recreation? Explore the national vision and definition. Understand recreation from a local community perspective.

Key teaching points

- Introduce the concept that recreation means many different things to different people. Although we have a renewed national definition of and vision for recreation, our country is diverse. Recreation takes many different shapes and forms. It can take place indoors or out; alone or with family and friends; as an organized or unorganized activity, etc.
- In the field of recreation, there are certain terms/words we use. Encourage learners to become familiar with these (e.g., physical literacy, outdoor spaces, inclusion, etc.).
- Recreation is a personal and a community experience. It is unique to our families. It is characterized by community and culture. It is influenced by geography and climate.

- Our national vision is that recreation benefits personal health as well as community and environmental wellbeing. Are these the benefits we seek from recreation in the North?

Week 2:

What are the five goals of the Framework for Recreation in Canada? What do we mean when we talk about Benefits of Recreation?

Key teaching points

- Familiarize learners with the Framework. Encourage a solid of understanding of how it was developed, of the vision and goals, and of the benefits that we believe we can achieve through collaborative efforts.
- The National Benefits Hub collects evidence that recreation has personal, social, environmental and economic benefits.
- Explore the benefits of recreation in Northern communities. Are there barriers to participating that we need to work to overcome?
- If we better promote recreation as an essential service, will we increase the benefits of recreation?

Required Learning Activity: Me and Community Recreation

Use words, pictures, audio, etc. to share some information about yourself and your community. In this forum, create a post that:

1. Introduces yourself;
2. Shares a bit about your work and/or volunteer roles in recreation; and
3. Describes how your community recreates.

Required Learning Activity: Benefits of Recreation in my Community

1. Think of the recreation activities, events or programs that take place in your community. Review the 5 national goals (slide 14). Choose one that aligns with a community recreation activity, event or program.
2. Create a post using words, audio, photos, cartoons, a collage, or poetry. Respond to the following questions. Share your post in the forum.
 - a. What goal did you select?
 - b. Describe a community program, event or recreation activity that furthers this goal? What is it? Who participates? Where does it take place?

- c. What are the individual, community and/or environmental benefits of this program, event or recreation activity?

Resources and References:

Resources

- RF101 LE Presentation - <https://files.recnorth.ca/18-19/pres>
- Training Program Glossary – go to Getting Started in the Learning Space
- Framework for Recreation in Canada - online pdf at https://rpay.link/resources/Framework-Recreation-Canada_2015.pdf

Activities

- Recreation Flashcards (formatted for online using HP5)
- Required Learning Activities – 2 described above

Videos

- Arctic Inspiration Prize. AIP-2015-TRT-2; Investing in Recreation Leadership. (2015). vimeo.com/156300208
- Recreation and Parks Association of Nunavut. Celebrating 5 Years. (2017). www.youtube.com/watch?v=jehLwKKG--c&feature=youtu.be
- Sam Finton. Active Yukon Youth and Recreation. (2013). youtu.be/guCz4Vvtu1A

References

Alberta Recreation & Parks Association. (2018). The National Benefits Hub. benefitshub.ca/

Butler Walker, J., Friendship, K., Sparks, C., Duke, S. (Editors). 2012. Celebrating Our Stories: Building A Healthier Yukon Together. Arctic Institute of Community-Based Research. rpay.link/resources/Celebrating_Our_Stories-Building_a_Healthier_Yukon_Together.pdf

Canadian Parks and Recreation Association/Interprovincial Sport and Recreation Council (February 2015). A Framework for Recreation in Canada - 2015 - Pathways to Wellbeing. Ottawa: Canadian Recreation and Parks Association. www.cpra.ca/about-the-framework