



Australian Government

Department of Education, Employment and Workplace Relations

CHCRH507A Apply concepts of human psychology to facilitate involvement in leisure programs

Release: 1

CHCRH507A Apply concepts of human psychology to facilitate involvement in leisure programs

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit describes skills and knowledge required to understand and apply concepts of human psychology in the development of leisure programs to facilitate satisfying involvement of clients in leisure activities

Application of the Unit

Application

The application of knowledge and skills described in this unit of competency underpins work in the leisure and health sector
Knowledge and skills addressed in this unit are to be applied in the context of relevant health care plans and as delegated or referred by appropriate health or community services professionals or services

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in *italics* are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. Apply understanding of the social psychology of leisure

- 1.1 Analyse concepts of motivation and freedom as the psychological foundations of leisure
- 1.2 Identify key aspects of leisure behaviour over the lifespan
- 1.3 Analyse leisure as a psychological state and experience
- 1.4 Describe the psychological benefits of leisure

2. Identify ways in which leisure activities may contribute to well being

- 2.1 Identify key aspects of health, illness and well being
- 2.2 Identify factors that may contribute to an individual's health and well being and satisfaction in life, at different stages of lifespan development
- 2.3 Analyse ways in which leisure may be related to happiness and well being at different stages of lifespan development
- 2.4 Develop strategies to use leisure activities as a means to optimise well being, taking into account developmental status, individual differences, preferences and needs

ELEMENT

PERFORMANCE CRITERIA

3. Identify leisure and health strategies to assist in pain management
 - 3.1 Develop and apply knowledge of a range of people's individual reactions to pain and associated methods of pain management
 - 3.2 Identify ways in which aspects of a leisure and health program may be used to assist in pain management

4. Develop plans to *facilitate socially acceptable behaviour* in a leisure and health context
 - 4.1 Contribute effectively to development and implementation of a team approach to behaviour management
 - 4.2 Identify a range of triggers that may lead to socially unacceptable behaviour in a range of circumstances relevant to provision of leisure and health activities
 - 4.3 Outline ways of preventing and managing anger and conflict in the context of providing a leisure and health program
 - 4.4 Identify and evaluate the potential effectiveness of a range of behaviour management strategies and approaches in the context of providing leisure and health activities

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

These include knowledge of:

- The social psychology of leisure, including:
 - motivation and freedom as psychological foundations of leisure
 - lifespan development and associated leisure behaviour
 - leisure as a psychological state and experience
 - leisure behaviour
 - the leisure environment
 - psychological benefits of leisure
- Aspects of human well being, including:
 - concepts of well being such as health, and life satisfaction
 - well being related to stages of lifespan development
 - the relationship between happiness and well being
 - ways that leisure programs can be used to enhance well being and contentment
 - using the environment to enhance well being
- Aspects of the nature and experience of pain, including:
 - the nature of pain
 - clinical, acute, and chronic pain
 - measuring pain
- Aspects of pain management, including:
 - pharmacological control
 - surgical control
 - hypnosis
 - relaxation techniques
 - acupuncture
 - distraction
- Ways leisure and health activity programs can be used to manage pain

REQUIRED SKILLS AND KNOWLEDGE

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Apply knowledge of the social psychology of leisure to optimise clients' enjoyment of leisure and health programs
- Develop strategies for enhancing client well being, happiness and life satisfaction through leisure activities and programs
- Identify ways in which aspects of a leisure and health program may be appropriate for assisting in pain management
- Develop and implement positive, supportive plans and a range of strategies for facilitating socially acceptable behaviour
- Evaluate and review contributions of leisure and health program to behaviour management plans

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this unit of competency:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- This unit is most appropriately assessed in the workplace or in a simulated workplace setting under the normal range of workplace conditions
- Consistency in performance should consider the range of clients and situations encountered in the workplace

EVIDENCE GUIDE

- Access and equity considerations:*
- All workers in community services should be aware of access, equity and human rights issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on Aboriginal and/or Torres Strait Islander clients and communities
- Context of and specific resources for assessment:*
- This unit may be assessed through a range of assessment activities that include workplace tasks
 - Assessment should reflect the diversity of settings within which leisure and health work takes place and the range of client groups with whom leisure and health professionals work
 - Resources required include access to relevant workplace or simulated setting
- Method of assessment:*
- In cases where the learner does not have the opportunity to cover all relevant aspects in the work environment, the remainder should be assessed through realistic simulations, projects, previous relevant experience or oral questioning on 'What if?' scenarios
 - Assessment of this unit of competence will usually include observation of processes and procedures, oral and/or written questioning on Essential knowledge and skills and consideration of required attitudes
 - Where performance is not directly observed and/or is required to be demonstrated over a 'period of time' and/or in a 'number of locations', any evidence should be authenticated by colleagues, supervisors, clients or other appropriate persons

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

Facilitate socially acceptable behaviour may refer to:

- Benefits of using a team approach for clients and staff
- Contributing to developing a unified approach within a supportive culture
- Identifying client needs and issues in relation to facilitating acceptable behaviour
- Identifying triggers for socially unacceptable behaviour
- Preventing and managing anger and conflict
- Developing a set of leisure and health parameters related to individual client's needs
- Duty of care issues
- Contributing to setting up a management plan from a leisure and health program perspective
- Contributing to evaluation of behaviour management strategies
- Identifying different approaches to behaviour management

Unit Sector(s)

Not Applicable