



Australian Government

CHCLAH009 Apply concepts of human psychology to facilitate involvement in leisure programs

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>CHC Community Services Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Minimal change to the elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements.

Application

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.

This unit applies to workers in a range of community services and health contexts who provide leisure and health services. Work is undertaken with minimal supervision within broad but generally well-defined guidelines.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Apply the social psychology of leisure to clients

1.1 Determine how the concepts of motivation and freedom as the psychological foundations of leisure relate to a specific client group

1.2 Identify key aspects of leisure behaviour of clients

1.3 Analyse client psychological perspective and experience of leisure

1.4 Identify the potential psychological benefits of leisure for clients

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

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

- 2.1 Identify key aspects of health, illness and well being influencing client
- 2.2 Identify factors that may be contributing to an individual's health, well being and satisfaction in life
- 2.3 Identify how leisure may be related to the happiness and well being of the client
- 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 of clients

3. Identify leisure and health strategies to assist in pain management

- 3.1 Identify client's 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 of clients

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 Determine if behaviour of clients is indicating unmet needs and develop strategies to address needs
- 4.3 Identify triggers that may lead to socially unacceptable behaviour of clients involved in leisure and health activities
- 4.4 Outline ways of preventing and managing anger and conflict of clients involved in leisure and health program
- 4.5 Determine how the effectiveness of behaviour management strategies will be evaluated and revised throughout the provision of leisure and health activities

Foundation Skills

The Foundation Skills describe those required skills (such as language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>

Assessment Requirements for CHCLAH009 Apply concepts of human psychology to facilitate involvement in leisure programs

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- applied the concepts of social psychology of leisure to optimise client enjoyment of 3 different leisure and health programs

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes 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
 - the relationship between happiness and well being and the contributions of leisure across the lifespan

- strategies for using leisure programs to enhance well being and contentment
- using the environment to enhance well being
- aspects of the nature and individual's experience of pain, including:
 - the nature of pain and individual reactions
 - clinical, acute, and chronic pain
 - ways of measuring pain
- approaches to pain management, including:
 - pharmacological control
 - surgical control
 - hypnosis
 - relaxation techniques
 - acupuncture
 - distraction
 - ways leisure and health activity programs can be used to manage pain
- behaviour management in the context of providing leisure and health activities and/or programs:
 - team approach
 - range of triggers and circumstances that may lead to unacceptable behaviour
 - relationship between behaviour and unmet needs
 - behaviour management strategies and techniques
 - methods of evaluation

Assessment Conditions

Skills must be demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as, using suitable facilities, equipment and resources.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

Links

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