



Australian Government

Department of Education, Employment and Workplace Relations

SRCCRO009B Conduct a recreation program for older persons

Release: 1

SRCCRO009B Conduct a recreation program for older persons

Modification History

Not applicable.

Unit Descriptor

This unit has been developed for the Community Recreation Industry Training Package and covers the skills and knowledge necessary to conduct a recreation program consisting of a range of suitable physical recreation activities for older persons.

Application of the Unit

Not applicable.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

Not applicable.

Elements and Performance Criteria Pre-Content

Not applicable.

Elements and Performance Criteria

Elements and Performance Criteria

Element	Performance Criteria
1 Prepare for a recreation program	1.1 Assess older person's status and condition as suitable for participation in the recreation program prior to commencement
	1.2 Determine the range of activities to be utilised in

- the **recreation program** and **work environment** in conjunction with clients
- 1.3 Identify and sources **resources** required for the **recreation program** prior to commencement
- 2 **Establish effective communication**
- 2.1 Communicate instructions in a manner suitable to the older person and are clear, accurate and contain all relevant information
- 2.2 Encourage **older persons** to seek clarification of information when necessary
- 2.3 Communicate **feedback** on activity technique and correct usage of equipment to the **older persons** at an appropriate time
- 3 **Assist the older person to meet physical welfare and social needs through a recreation program**
- 3.1 Foster older person's self esteem, **emotional well-being** and confidence
- 3.2 Modify the recreation **program**, where necessary, based on an assessment of the conditions, older person's **status**, facilities and equipment
- 3.3 Conduct activities within the recreation **program** at a level and pace to suit the capabilities of individuals and/or the group
- 3.4 Select activities within the recreation **program** to take into account the structural and functional alterations to the human body as a result of the ageing process
- 3.5 Select activities within the recreation **program** to take into account the social interaction needs of **older persons**
- 3.6 Provide assistance with the provision and use of aids as appropriate
- 3.7 Brief **older persons** on safe and responsible behaviour and make aware of the rules, codes, organisational/health and safety requirements, restrictions and the need to minimise damage to equipment and the environment
- 3.8 'Warm-up' **older persons** through the use of safe and appropriate exercises relevant to the proposed activity or **session**

- 3.9 Utilise appropriate techniques to motivate clients to maintain an appropriate work rate
- 3.1 Provide advice on general recreation issues
0 concerning older persons in response to enquiries from participants
- 3.1 Allocate sufficient time for 'cooling down' and
1 discussions with **older persons**
- 3.1 Collect and check issued equipment for damage
2 and wear
- 3.1 Give **older persons** the opportunity to provide
3 **feedback** and identify further needs

Required Skills and Knowledge

Not applicable.

Evidence Guide

The Evidence Guide identifies the critical aspects, knowledge and skills to be demonstrated to confirm competence for this unit. This is an integral part of the assessment of competence and should be read in conjunction with the Range Statements

Critical aspects of evidence to be considered

Assessment must confirm the ability integrated demonstration of all elements of competency and their performance criteria, in particular the ability to

- determine the range of safe and suitable physical activities and exercises for older persons, both frail and moderately active
- instruct older persons in the correct technique/guidelines for undertaking physical activities and improving functional ability
- confirm prior screening of older persons prior to participation in a recreation program
- provide older persons with appropriate advice on recreation issues within the confines of the progra

Interdependent assessment of units

This unit must be assessed after attainment of competency in the following unit(s)

SRCCRO007B Operate in accordance with accepted instructional practices, styles and legal and ethical responsibilities

This unit must be assessed in conjunction with the following unit(s)

Nil

For the purpose of integrated assessment, this unit may be assessed in conjunction with the following unit(s)

Nil

Required knowledge and skills

Required knowledge

- Ageing process and the limitations and abilities of older persons
- Awareness of screening of older persons for entry into recreation programs
- Precautions for older persons in recreation

programs

Stretching and mobility exercises and activities for older persons

Strengthening exercises and activities for older persons

Posture, back care and coordination exercises and activities for older persons

Chair based, floor work and balance exercises and activities for older persons

Occupational health and safety legislation relevant to the provision of recreation services

Use of music in activity programs

Special needs, conditions and considerations of older persons

Required skills

Monitoring of physical activity within the confines of the recreation program

Organisational skills to coordinate resources necessary to conduct a recreation program

Communication skills to provide instructions to facilitate the participation of older persons in recreation programs

Selection and instruction of an appropriate range of activities and exercises for older persons

Modifying activities for risk minimisation to older persons participating in recreation programs

Resource implications

Physical resources - assessment of this competency requires access to

a real or simulated work environment

appropriate documentation and resources normally used in the workplace

older persons to conduct a recreation program

Human resources - assessment of this competency will require human resources

consistent with those outlined in the Assessment Guidelines. That is, assessors (or persons within the assessment team) must be competent in this unit

be current in their knowledge and understanding of the industry through provision of evidence of professional activity in the relevant area

have attained the mandatory competency requirements for assessors under the Australian Quality Training Framework (AQTF) as specified in Standard 7.3 of the **Standards for Registered Training Organisations**

Consistency in performance

Competence in this unit must be assessed over a period of time in order to ensure consistency of performance over the Range Statements and contexts applicable to the work environment

Context for assessment

This unit of competency must be assessed in the context of community recreation in Australia. For valid and reliable assessment the community recreation activity should closely replicate the work environment. The environment should be safe, with the hazards, circumstances and equipment likely to be encountered in a real workplace

This unit of competence should be assessed through the observation of processes and procedures, oral and/or written questioning on required 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

KEY COMPET ENCIES

Collect, Analyse & Organise Information	Communicate Ideas & Information	Plan & Organise Activities	Work with Others & in Teams	Use Mathematical Ideas & Techniques	Solve Problems	Use Technology
2	2	2	2	-	2	1

These levels do not relate to the Australian Qualifications Framework. They relate to the seven areas of generic competency that underpin effective workplace practices.

The three levels of performance (1, 2 and 3) denote the level of competency required to perform the task:

Use routine approaches

Select from routine approaches

Establish new approaches

Collecting, analysing

**and
organising
informatio
n -**

**Communic
ating ideas
and
informatio
n -**

**Planning
and
organising
activities -**

**Working
with teams
and others
-**

**Using
mathemati
cal ideas
and
techniques
-**

**Solving
problems -**

**Using
technology
-**

Please refer
to the
Assessment
Guidelines
for advice
on how to
use the Key
Competenci
es.

Range Statement

Range Statements

The Range Statements provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. The Range Statements relate to the unit as a whole and helps facilitate holistic assessment. In addition, the following variables may be present for this particular unit of competency

RANGE STATEMENT

CATEGORIES

Communication strategies

[all categories]
verbal
modelling/demonstration of activities/movements
hand/arm signals

Emotional well-being

[all categories]
feelings
state of mind
perception of risk
self-esteem
self confidence

Feedback

may be qualitative and quantitative
evaluation forms
asking people
numbers
surveys
complaints
reaction
feedback from staff
financial information

Older persons

[all categories]
frail
moderately active

Program

[all categories]
a sequence of individual sessions running

sequentially or simultaneously, for individuals or groups in which the extent of instruction covers that which is required to allow the client to participate safely and effectively to maintain physical well being

does not include movements, tasks and activities with the aim of physical skill enhancement in order to perform competitively

Range of activities

should include a variety of drills, tasks, games, exercises and activities to facilitate physical well being of the older person in the following areas

stretching

strengthening

back care

balance

mobility

posture

coordination

Resources

[all categories]

staff

equipment

venues/facilities

paperwork

transport and logistical arrangements

funds

music

Session

[all categories]

a selection of tasks, games, activities or exercises in which the extent of instruction is to allow the older person to participate safely and effectively

may be a component of a sequenced recreation program of individual activities

does not include movements, tasks and

Status

activities with the aim of skill development or enhancement in order to perform competitively

of up to a day's duration, ie, no overnight component

may vary according to

impact of medication/pharmaceuticals

chronological age

physiological age

disability

cultural issues

psychological condition

social state

special needs and considerations such as

arthritis

osteoporosis

dementia

diabetes

orthopaedic

continence issues

cardiorespiratory

medications

neurological conditions

musculoskeletal conditions

Work environment

varies with respect to

size of the organisation

location

organisational structure

nature of the program/s provided

availability of resources and technolog

Unit Sector(s)

Not applicable.