

**-SQA-SCOTTISH QUALIFICATIONS AUTHORITY**

**Hanover House  
24 Douglas Street  
GLASGOW G2 7NQ**

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**NATIONAL CERTIFICATE MODULE DESCRIPTOR**

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**-Module Number-** 7351001 **-Session-1991-92**  
**-Superclass-** NL

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**-Title-** PARTICIPATING IN LEISURE TIME ACTIVITIES

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**-DESCRIPTION-**

Purpose This module is designed to develop personal and social skills through participation in a range of leisure time activities.

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Preferred Entry Level No formal entry requirements.

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Outcomes The student should:

1. identify a limited range of leisure activities;
2. participate in a limited range of leisure activities;
3. use interpersonal skills when participating in leisure activities.

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Assessment Procedures Acceptable performance in the module will be satisfactory achievement of all the Performance Criteria specified for each Outcome.

The following abbreviations are used below:

IA Instrument of Assessment  
PC Performance Criteria

**Note:** The Outcomes and PCs are mandatory and cannot be altered. The IA may be altered by arrangement with SQA. (Where a range of performance is indicated, this should be regarded as an extension of the PCs and is therefore mandatory).

**OUTCOME 1 IDENTIFY A LIMITED RANGE OF LEISURE ACTIVITIES**

- PCs
- (a) Identification of leisure activities which are appropriate to the individual is accurate.
  - (b) Identification of leisure activities appropriate to pair or small group participation is accurate.
  - (c) Identification of leisure activities appropriate to team participation is accurate.

IA Personal Interview

The student will be required to identify 2 different activities for each Performance Criterion.

Satisfactory performance will be achievement of all the Performance Criteria.

**OUTCOME 2 PARTICIPATE IN A LIMITED RANGE OF LEISURE ACTIVITIES**

- PCs
- (a) Investigation of different sources of information on leisure activities is accurate.
  - (b) Choice of leisure activities is within personal constraints.
  - (c) Contribution to the arrangements for leisure activities is in accordance with a pre-arranged plan.
  - (d) Demonstration of consistent effort in activities is evident.

IA Practical Exercise

The student will undertake 2 Practical Exercises, one on an individual basis and one as a member of a small group or team. One of the activities undertaken must be an activity which is new to the student.

Satisfactory performance will be achievement of all the Performance Criteria.

**OUTCOME 3 USE INTERPERSONAL SKILLS WHEN PARTICIPATING IN LEISURE ACTIVITIES**

- PCs
- (a) Interpersonal skills are effective to obtaining relevant information.
  - (b) Demonstration of working co-operatively with others is evident.
  - (c) Advice and help are sought when required.

IA Personal Interview

The student will be required to demonstrate his/her interpersonal skills in the context of participating in leisure activities.

Satisfactory performance will be achievement of all the Performance Criteria.

**The following sections of the descriptor are offered as guidance.  
They are not mandatory.**

### CONTENT/CONTEXT

Corresponding to Outcomes 1-3:

Any appropriate Regional Authority regulations should be taken into account with regard to the supervision of students when outside the boundaries of the centre. In this module, the experience of gathering information, contributing to the arrangements for and participating in leisure activities is the framework within which personal and social skills are developed.

1. Activities to be discussed could be selected from the following lists. The lists are not exhaustive and other activities may be included. Choice will be limited by local facilities.

(a) Solitary: reading; poetry; listening to music/radio; collecting items eg. stamps; knitting; sewing; embroidery; watching T.V; CB-radio; using a computer; model-making; caring for pets; cooking; fishing; photography; painting; gardening; visiting museums; art galleries etc.

(b) Social: meeting with friends; dancing; sports; athletics; outdoor pursuits; outdoor/indoor games; theatre; concerts; films.

Students will gather information about local facilities of interest to them e.g. youth clubs; community centres; informal further education classes; adult education classes; voluntary organisations/societies; National Trust properties/activities; museums; libraries; theatres; cinemas; discos; parks; nature trails; gardens; visitor centres; sports clubs/grounds; athletics clubs/stadiums; ice rinks; swimming baths.

2. Students should also be encouraged to gather information about activities available in the local community from sources such as the library, church, local authority office, community centre, local newspaper, information centres, local radio etc.

Students will collect information on procedures for making use of these facilities, eg.: membership - costs of subscription; entry fee; facilities available, eg. hours of opening, toilet and changing accommodation, hire of equipment/clothing, instruction, catering, kind of activities occurring, times of activities; the name, address and telephone number of contact person.

Attention should also focus on possible constraints to participation in leisure activities eg. physical ability, cost, limited time available, particular needs of group members, local facilities, distance from centre.

The tutor should make regular checks to ensure that consistent effort is being maintained. Students will agree a personal time scale for individual activities. Participation in group activities will be to a timescale agreed with the tutor.

3. The following skills are examples of skills which should be practised and reinforced: investigative skills, telephoning, writing letters, form filling, planning, arranging, budgeting, travelling, working with others, approaching others and making contacts, dealing with unfamiliar situations.

Tutors will pay particular attention to encouraging group skills and co-operative working, including opportunities to share knowledge and to offer and receive help.

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### SUGGESTED LEARNING AND TEACHING APPROACHES

The module should be as practical as possible with emphasis being placed on student centred activity.

The Learning and Teaching Approaches adopted and the time required will be determined by the individual needs of the student.

These should include individual/small group work, discussion, assignments and practical activities.

Visits could be arranged to local facilities to gather information and to find out the procedures for making use of the facility. Where appropriate, students should be encouraged to make use of the facility. Visiting speakers could also be invited to describe particular activities/facilities. The student should be encouraged to discuss possible ways of using leisure time.

Some materials, eg. films, photographs, leaflets, videos, magazines, etc. could be made available by the tutor but the student should be encouraged to bring in his/her own material.

The student should maintain a folder/log of information about activities, local facilities, and descriptions of his/her use of leisure time. This may be written or can be made using audio or video tape.

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