

PROGRAM-SPECIFIC COMPETENCIES - RECREATION AND HEALTH EDUCATION

Competencies are the skills, knowledge and attributes gained through every work, educational, volunteer and life experience.

UVic students in the [Recreation and Health Education](#) program develop the following program-specific competencies. We worked with the School of Exercise Science, Physical and Health Education to develop this document.

FIELD OF PRACTICE/BODY OF KNOWLEDGE

Understand and apply psychological and social determinants to the delivery of programs and services of the fields of Recreation and Health Education

- + Articulate and apply knowledge in the areas of health, health promotion, play, sport, leisure, recreation, physical activity, culture, outdoors and wellness
- + Read, critically evaluate and apply research and professional information to ensure currency in the practice of recreation and health education
- + Identify and implement a personal and professional philosophy of recreation, leisure and health promotion
- + Know and apply wellness strategies and other key factors that contribute to long term health in the planning and delivery of programs and services
- + Research, describe and adapt to cultural and social trends that influence the field of recreation and health education

BUILDING COMMUNITY

Able to identify key values and shared vision and use these principles to guide action in the fields of Recreation and Health Education

- + Describe how and adapt to a range of organizational and political systems that affect the delivery of programs and services
- + Demonstrate how demographic, socio-psychological and ecological issues regarding individuals and groups well being affect community well being
- + Explore, plan and coordinate action strategies that meet community health and recreation goals
- + Identify sources of and prepare proposals for a range of community-based funding opportunities
- + Recognize the need to and develop appropriate strategies that evaluates community initiatives
- + Develop appropriate management and marketing techniques for recreation/health promotion programs
- + Respond to diversity, equity and inclusiveness as they relate to community development