



CATAPULT

CHCLAH005

Incorporate lifespan development and sociological concepts into leisure and he...

Table of Contents (Extract)

NOTE: This is a sample only. This cover page is not included in Catapult Smallprint's printed books.

This Table of Contents extract is taken from Catapult Smallprint's full hardcopy Trainer/Assessor Guide for the unit CHCLAH005.

For more information, including using our enhanced online version of this unit in Catapult LMS, or to purchase the Learner or Trainer printed books, please see this unit on our website by clicking this link:

<https://catapultlearning.com.au/product/CHCLAH005/>

Trainer/assessor guide

CHCLAH005

Incorporate lifespan development and sociological concepts into leisure and health programming

Welcome to this unit of study

This unit describes the skills and knowledge required to understand how human behaviour across the lifespan development stages, and sociological concepts of health and leisure impact on leisure and health programming and client participation.

This unit applies to workers assisting in leisure and health activity programming in a range of contexts.

It may be undertaken as:

- » part of a formal qualification nationally recognised through the Australian Qualifications Framework (AQF)
- » a stand alone unit
- » part of a formal skill set

Contents

| | |
|---|------------|
| About this trainer/assessor guide | 4 |
| Learning resource..... | 5 |
| Topic 1: Identify the lifespan developmental stages of the client | 5 |
| Aspects of human development according to lifespan development stage | 5 |
| Client behaviours consistent with lifespan development stage | 10 |
| Check your understanding | 19 |
| Topic 2: Identify how the Australian social context of health might impact on client participation | 21 |
| Social aspects of health provision in Australia | 21 |
| Impact of demographic issues on client health | 28 |
| Check your understanding | 35 |
| Topic 3: Identify how the Australian social context of leisure might impact on client participation | 37 |
| The role of leisure | 37 |
| Clients perceptions and attitudes towards leisure | 48 |
| Check your understanding | 57 |
| Topic 4: Identify strategies for participation | 59 |
| Motivational strategies to maximise participation | 59 |
| Age and culturally appropriate strategies | 63 |
| Impact of client perceptions of health, wellness, illness and disability | 66 |
| Protective and inclusive practices..... | 74 |
| Responses to illness | 76 |
| Check your understanding | 85 |
| References..... | 87 |
| Assessment workbook..... | 89 |
| Unit information..... | 91 |
| What is competency-based assessment?..... | 92 |
| How will my competency be assessed?..... | 93 |
| Assessment agreement..... | 94 |
| Foundation skills checklist..... | 95 |
| Skills recognition..... | 96 |
| Topic 1: Identify the lifespan developmental stages of the client | 97 |
| Topic 2: Identify how the Australian social context of health might impact on client participation | 98 |
| Topic 3: Identify how the Australian social context of leisure might impact on client participation | 99 |
| Topic 4: Identify strategies for participation | 100 |
| Knowledge questions | 101 |
| Topic 1: Identify the lifespan developmental stages of the client | 103 |
| Topic 2: Identify how the Australian social context of health might impact on client participation | 108 |
| Topic 3: Identify how the Australian social context of leisure might impact on client participation | 112 |
| Topic 4: Identify strategies for participation | 116 |
| Topic 5: Specific knowledge evidence | 124 |

Performance tasks..... 134
 Third party evidence collection agreement 135
 Topic 1: Identify the lifespan developmental stages of the client..... 136
 Topic 2: Identify how the Australian social context of health might impact on client participation..... 137
 Topic 3: Identify how the Australian social context of leisure might impact on client participation 138
 Topic 4: Identify strategies for participation 139
Completion record..... 140
Unit mapping..... 141
Trainer/ assessor user instructions..... 145

About this trainer/assessor guide

Learning resource

The learning resource is divided into the following topics:

- » Identify the lifespan developmental stages of the client
- » Identify how the Australian social context of health might impact on client participation
- » Identify how the Australian social context of leisure might impact on client participation
- » Identify strategies for participation

Each topic provides information to help you gain the skills and knowledge required to perform the work tasks to which they refer. Read the information and practise the skills described. You should also take the opportunity to undertake additional independent research. Your trainer/assessor may also provide supplementary information including interpretation of the contents of this resource.

At the end of each topic is:

- » a set of true or false questions
- » a set of multiple choice questions

These questions provide an opportunity to check your understanding and progress. They are self-marking and do not form part of the assessment for the unit.

Assessment workbook

To have this unit recognised as a formal qualification you need to have your skills and knowledge assessed. The assessment workbook provides:

- » information on competency-based assessment
- » instructions on how you will be assessed
- » assessment tools to assess your competence
- » instructions on how to complete the assessment tasks within each assessment tool

To be assessed as competent you need to provide evidence that you have the skills and knowledge to undertake the requirements of this unit. This assessment of competency is made by a qualified trainer/assessor from a registered training organisation. You must complete all the assessments as directed by your trainer/assessor to the required standard. It is not necessary to work through the guide in the order in which it is written. However this is at the discretion of your trainer/assessor.

Disclaimer

Information contained in this resource is drawn from sources believed to be reliable. The firm, its employees, agents and contractors do not warrant the correctness of the sources used and accept no responsibility to any person for any errors or omissions or for any loss or damage howsoever caused from the use of this resource.
