



## **PHYSICAL EDUCATION**

**B. P. Ed. 3<sup>rd</sup> Year**

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**Camping and leadership**

**Lecture - 80**

### **TYPES AND FUNCTIONS OF RECREATION LEADERS**

#### **INTRODUCTION**

Leadership is both a research area and a practical skill encompassing the ability of an individual or an organization to 'lead' or guide other individuals, teams, organization or an entire country. It is the ability to build up confidence and zeal among people and to create an urge in them to be led. Leadership is an important element in directing the functions of a group, an organization or management. Wherever there is an organized group of people working towards a common goal, some form of leadership becomes essential. "The power of leadership is the power of integrating". A good leader stimulates the best qualities in a group, unites and concentrates scattering. A leader provides a direction or channel for the unused potential to be utilized, thereby increasing the creativity and productivity of the group.

According to Wolf, "Leadership is the Art or Science, or Gift by which man is enabled and privileged to direct the thought, plans and actions of his fellowmen, by honorable and legitimate means or noble and altruistic ends."

There are certain qualities that are essential in an individual to be a good leader. The general saying goes that a good leader is always a good follower, he leads by example and knows being in both the shoes, that is, being the follower or lead any individual, group, organization, etc. under the role of a leader. Following are the qualities of leadership:

1. Love of People
2. Enthusiasm
3. Awareness
4. Intellectual capacity

5. Initiative, imagination and vision
6. Humility, self-confidence, self-significance
7. Sense of humor, sense of dramatization, sense of timing
8. Persistence, flexibility
9. Fairness
10. Patience, optimism
11. Judgement, dependability
12. Integrity
13. Knowledge of self and others
14. Ability to plan and organize
15. Knowledge of the organization and its purposes
16. Ability to encourage initiative
17. Ability to work democratically
18. Ability to observe and be sensitive
19. Ability to make decisions
20. Ability to communicate
21. Ability to act, not react

La Piere and Fransworth have rightly pointed that, “Leadership is behavior that affects the behavior of other people more than their behavior affects that of the leader.”

### **Types of Recreational Leaders**

The recreational leader plans, promotes and coordinates activities for all members of the community; they are also responsible for participant safety. The types of recreation professionals or leaders or leadership positions are:

1. Superintendent
2. General supervisor
3. Supervisor of construction and maintenance
4. Supervisor of special activities
5. Director of centers
6. Play leaders
7. Specialists

Departmental meetings, regular bulletins dealing with all department affairs and social occasion for employees and members of the society or community are also useful devices to promote mutual understanding and coordination.

However there are different levels of leaders in recreation, they can mainly be categorized into the following:

The first category is the ones who fall in the administrative positions namely:

- Director of Recreation and Parks
- Administrative Assistant
- Director (Superintendent) of Recreation
- Assistant Director Superintendent of Recreation
- Director (Superintendent) of Parks
- Assistant Director Superintendent of Parks

The second leaders are the one who are responsible for Supervision:

- District Recreation Supervisor
- Recreation Supervisor Functions
- Park Foreman
- Park Supervisor Function

Then we have the leaders who are involved in the implementation of the recreation programs:

- Senior Recreation Leader
- Recreation Leader
- Assistant Recreation Leader
- Recreation Attendant
- Special Activity Leader

Then comes the trainee personnel or aspiring to be recreational leaders who are high school or college students, the specific positions for them are:

- Recreation Intern
- Student Recreation Leader
- Junior Recreation Assistant

### **Functions of Recreation Leader**

The recreation leader is one of the most important personnel providing invaluable services to the community and the country. In some cases the services and the importance remain unnoticed and all the hard work and time put in by the recreation leader too seems to be neglected. However the nation is awakening and the importance of recreation is being realized more and more with each passing day. Many people get involved in informal and unorganized form of recreation while still unaware of the fact that recreation has become an inseparable part of their lives. We plan to go on a road trip as soon as we have a long weekend coming up; people go to the shopping mall, go for movies; go to the amusement parks, etc. Recreation has most naturally become a part of our day to day life where we engage ourselves in, be it active or passive, but we enjoy doing them in our leisure time. The main aim of recreation leaders in the field of Physical Education is to promote more active forms of recreation so as to encourage the overall development of an individual. Failure to provide adequate services will result in a lack of recreation and sports programs in the community. This will have an impact on the quality of life for all residents and will affect the health and wellness of community members and youth and elders in particular.

The recreation leader is responsible for delivery of all recreation, leisure and sports programs and activities in order to provide opportunities and encourage and promote healthy lifestyle for all community residents. In the formal set up the recreation leader reports to the senior administrative officer. The functions of the recreational leader are discussed below:

1. He/she does research to develop the quality of sports, recreation and leisure programs that are required and create and implement the most appropriate program.
2. The recreational leader ensures that a wide range of recreational activities be it indoor or outdoor, active or passive are provided to all irrespective of age, class, caste and physical limitations.

3. The recreational leader is responsible to monitor the care and maintenance of the equipments and facilities in the community.
4. The recreational leader has to promote programs, volunteering and leadership opportunities and also provide training in certain scenarios if need be.
5. The recreation leader has to plan and develop sport and recreation programs in order to ensure that activities and events are made available for all community members.
6. The recreational leader needs to assess the recreation requirements of the community.
7. He or she needs to communicate with the community members to determine their needs and interest.
8. The recreational leader should research sport and recreation funding sources in the community and also the project requirements.
9. The recreational leader should have access to the funding and prepare funding proposals.
10. The recreational leader should develop recreation and organization and ensure that recreation information is made available to all concerned in the community well in advance to guarantee maximum and quality participation.
11. One of the vital responsibilities of the recreation leader is to implement recreation programs to ensure that residents have access to sports, recreation and leisure activities. This can be achieved through:
  - Scheduling activities, facilities and volunteers as required
  - Liaise with the recreation facility attendant to ensure programs and facilities are coordinated
  - Supervise and lead activities, particularly for youth, elders and the specially abled group.
  - Book all sport rental and community events as per the requirements of the recreational program being implemented, also the quantity should be appropriate with the ratio of participants.
  - Recruit, train and oversee volunteers for the program, as any event is made or broken by the quality of its volunteers who form the backbone of the event.
  - Assisting with and facilitating local involvement in regional and territorial programs.
  - Supervising the recreation facilities and casual employees.
  - Providing leadership training and opportunities and volunteer recognition.
12. The recreation leader has to administer the recreational program and to ensure that programs are delivered within the community or organization's guidelines and budget. It may include activities such as to prepare a recreational plan and its budget along with the financial and program reports; manage contracts associated with the recreation program; monitor the use of the recreation equipments and facilities and to ensure its maintenance to ensure safety and security; to be familiar with the legislation, policies, procedures and rules about sports, recreation and cultural activities, events and competitions; record information on and prepare reports

concerning community programs, costs, participation, equipment and facilities use and overall footfall in the program.

13. The recreation leader has to prepare and provide monthly, quarterly and yearly reports on the recreational programs conducted and the outcome of the event. It helps in keeping a track of the activities for the leader as well as for the management or for whoever he reports to.
14. The recreational leader has to ensure that all programs and activities are implemented according to relevant legislation, policies and procedures.
15. Another important function of the recreational leader is to promote recreation and sports programs in order to ensure that the residents are aware of available opportunities and activities. He/she need to coordinate an active community relations campaign to promote recreational and cultural programs in the community; arrange for advertising of programs if there is the budget for that or else in communities word of mouth is the best means of communication, plus the use of social media can also be incorporated as it is the best and the most rapid means of propagating information regarding an upcoming event or program; it is very important to maintain constant liaison including contacts with the locals, regional and territorial sport and recreational organizations as well.

## **CONCLUSION**

The functions of the recreational leader clearly is not a layman's task. He has to have good knowledge a very unique skill set and personal attributes to be a successful leader. And as mentioned earlier as well that the success of any organization to a great extent depends on the type of leader at its helm. Hence the recreational leader has a huge responsibility of shaping the community and the country as a whole by developing well balanced citizens thereby contributing to the development of the nation as a whole.