



PHYSICAL EDUCATION

B. P. Ed. 3rd Year

PAPER NO. : B.P.Ed.4-IIIA4

Title: Recreation

TOPIC NO. 5

Camping and leadership

Lecture - 81

QUALIFICATION, QUALITIES AND TRAINING AND RECREATIONAL 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.

There has been a growth in the field of recreation like no other. Recreation which is a basic human need has been a part of our existence since times immemorial. India is considered on the top as far as civilization is concerned. In Indian culture recreation also had its own place. During the Gupta period India was a golden bird in the cage which attracted people from all over the world. People engaged in a lot of activities for the sake of fun solely. Malmal (a type of soft cloth material) from Dhaka, the monuments like Taj Mahal, Birbal's stories, poetry, tournaments, animal fights etc. are the living proofs of recreation.

Even though times changed, recreation became more and more important in modern society among people of all ages, genders and strata of the society. And with a rise in the diversity in the range of activities, and interest on the part of people to engage in these activities and derive utmost satisfaction from them, the need for organized recreational programs and

qualified recreational leaders or professionals became a must. It is extremely essential that the recreational programs are well designed and all parameters of fun as well as safety are well calculated.

Different countries have different criteria and offer a wide range of courses for a varied form of activities involved in recreation. Some of the activities can be carried out by the physical education teachers, music, arts and craft teachers, travel and tourism professionals while some of the recreational activities are offered by big businesses in the form of shopping malls, amusement and water parks, etc. as mentioned under the topic of agencies providing recreation.

However here we will focus on the qualifications and qualities and training of recreational leader who would be competent and responsible for delivery of all recreation, leisure and sport program and activities to provide opportunities and encourage and promote a healthy lifestyle for all residents of the community.

Qualifications of Recreational Leader

The Recreational Leader has to plan, organize and coordinate recreational, cultural and athletic activities for people to enjoy in their leisure time. They work in a variety of institutional set ups such as community centers, municipalities, corporations, clubs and other similar public and private institutions; they are also found in correctional institutes, homes for the elderly and other facilities that recognize therapeutic aspects of recreation.

The recreational leader can have qualification through three sources, namely:

- General Education Program
- Special Professional Training
- Experience and Maturity

Let us now discuss in brief the above three sources;

- **General Education Program**

There are many universities all over the world providing degrees and diplomas, technical education in recreation. In India too there is a specific program for recreation under the physical education curriculum.

After 1947, our government had taken special interest in recreation. Recreation is now one of the main purposes of education which is a state objective according to the constitution. The government has constituted a Recreation Board under the education department, with a view to seeing that the facilities for recreation are provided to people as an alternative occupation during leisure hours.

The Central Advisory Board of Physical Education and Recreation was set up by the Union Ministry of Education, in order to plan, guide and coordinate the development of physical education and recreation.

The colleges of physical education are making efforts for the promotion of recreation. In addition there are National Coaching Centers, Bal Bhavans, Parks, playgrounds and facilities provided by the municipalities and corporations to further promote and give more opportunities to people of all ages to get involved in recreation. It also includes areas of technical

education such as Bachelors in Travel and Tourism, outdoor education which includes adventure education, outdoor school, adventure therapy, adventure recreation, etc.

- **Special Professional Training**

Special professional training is to help professionals to thrive on helping children and youth with disabilities access the general curriculum and accomplish the academic and social goals established by our culture and enjoy recreation activities as well.

- **Experience and Maturity**

A philosophy that informs many methodologies in which the educators purposefully engage with learners in direct experience and focused reflection in order to increase knowledge, develop skills, clarify values, and develop people's capacity to contribute to their communities.

Qualities and Training of Recreational Leader

The working conditions of a recreational leader may have physical demands, sensory demands, and mental demands and is also dependent on environmental conditions. There are certain qualities of personality that he or she should possess in order to be a competent recreational leader and be successful in performing the duties required of him or her. Qualities such as a robust and healthy physique, physical energy and vitality and a pleasing appearance; intelligence, mental alertness and fine knowledge; wholesome temperament and transparency are essential pre-requisites.

The qualities and skills required for an individual to stand out from the crowd and be the recreational leader are discussed under the following heads:

1. **Love of people:** To have a sincere interest in people, an acceptance of them as they are.
2. **Enthusiasm:** Nothing great was ever accomplished without enthusiasm. But this should be genuine enthusiasm. There must be sincerity.
3. **Awareness:** The recreational leader should know when the interest is going, when to tighten the group and when to ease. He or she should be an engineer in human relations.
4. **Intellectual Capacity:** The recreational leader should have a mind to grasp knowledge, skills and understanding. He or she should always be eager to learn even if it comes from the most unlikely source.
5. **Initiative, Imagination and Vision:** The recreational leader should have the potential to start something new, to think of ideas for the present as well as for the future.
6. **Humility, Self-confidence, Self-significance:** The recreational leader should be aware about him or herself, the things he or she can accomplish, the importance that he or she has and for the influence he or she possesses. It is a known fact that a great leader is always humble.
7. **Sense of Humor; Sense of Dramatization; Sense of Timing:** The ability to laugh even when the joke is on you is essential if one works with people. The recreational leader should know when to command, when to be silent, when to be direct, when to initiate a new idea. The leader should know the perfect timing and tune with it.

8. **Persistence, Flexibility:** The recreational leader should be constant in his or her work. He or she adopts and rearranges, modifies or substitutes.
9. **Fairness, Consistency:** A recreational leader can be extremely firm, so as to be fair. The leader must be objective and impartial. Impartiality is essential. One can relate to, "A favorite has no friends" "Be firm, be fair, be fun" when it comes to describing this specific quality of a recreational leader.
10. **Patience, Optimism:** Leaders are also human, and are regulated by emotions just as any other human being. However it is also true to say that patience is necessary for good human relations. A leader cannot expect the same quality of contribution from his followers that he himself can give. He expects the best, but if the results are less than the expectations, he or she has to be patient and try again, or better still he or she tries a shot at the hard way around.
11. **Judgement, Dependability and Responsibility:** A good leader is always a good listener, observer and overall a good judge of human nature. The recreational leader should be able to see the whole situation and also to judge.
12. **Integrity:** On this quality all other traits are based. The leader should be an example to all.
13. **Knowledge of Self and Others:** The recreational leader should know his strengths and weaknesses, and understand the importance of human relationships and the total community.
14. **Knowledge of the Organization and its Purposes:** The recreational leader should have a sound aim which is in sync with the aim of the organization and the community he or she is serving. He or she must have complete awareness of the why, what, how and for whom of the recreational program, or else the organization would be like a ship without a sound captain and the vast ocean tossing it into the abyss.
15. **Ability to Plan and Organize:** The recreation leader should visualize, then organize towards the aim, following the objectives, to encourage the group towards the goal and to assign tasks and allow the time for accomplishment.
16. **Ability to Encourage Initiative:** Any good idea should be encouraged whom so ever it comes from. They act as a means, an ability to train other leaders and inspire future actions.
17. **Ability to Work Democratically:** This is the ability to work in cooperation, sharing a task, plans, taking decisions collectively, sort problems together and celebrate achievements.
18. **Ability to Observe and be Sensitive:** The recreation leader should possess the ability to have keen observation skills and be sensitive to the reorganization of people.
19. **Ability to Make Decisions:** A good recreational leader does not hesitate. He or she has the courage to take action. He or she does considerable amount of thinking weighing all the pros or cons and comes to a decision and when he or she is at it there is no hesitation.
20. **Ability to Communicate:** The recreation leader should have a pleasant approach and a good personality, good voice, pleasing voice. The leader uses simple motivational and encouraging language.

21. Ability to Act, Not React: The recreational leader does not allow other people to win his or her action against his or her better judgement, that is, he or she is not carried away simply by the ideas of others. The recreational leader does not wait for the other person to act, so that he or she can act accordingly. His or her action is positive, definite and independent.

CONCLUSION

A leader is not born in a day; the leader is forged in the fire of direct or indirect experience in the industry. The constant urge to learn something new each day and putting it into practice over and over, year after year; following the foot-steps of pioneers in the industry and learning from the best. In every scenario it is seen that a good leader had been a follower at some point in life. Hence constant practice, hard work, knowledge and experience are very essential components in the training and formation of a recreational leader.