

MODULE DESCRIPTOR

MODULE TITLE	OUTDOOR ACTIVITIES AND RECREATION		
MODULE CODE	XS2005 (L5)	CREDIT VALUE	20 UK CREDITS / 10 ECTS
SCHOOL	SCHOOL OF SCIENCES		

MODULE AIMS

This module aims to provide a range of theoretical and applied principles in relation to the knowledge, skills and disposition required for the organization of outdoor activities and recreation to the students. These include outdoor learning and leadership theory, environmental knowledge and education for sustainability. Through the module students will have an experience as both a participant and leader in land and water based activities. The students will gain an understanding and facilitation of various skills, enabling them to organize and teach outdoor and recreation, including, communication, cooperation, problem solving, decision making and critical thinking. Outdoor activities may include: hiking, orienteering, camping, snowboarding, canoeing/kayaking, rock climbing, abseiling, coasteering, scuba diving, cycling, etc.

MODULE CONTENT

Indicative syllabus content:

- ✓ Philosophy and strategy of outdoor education
- ✓ Leisure and recreation
- ✓ Designing outdoor lessons
- ✓ Equipment
- ✓ Site selection
- ✓ Social skills and etiquette
- ✓ Risk management
- ✓ Unit organization

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Define and extrapolate essential competencies and skills that underpin safe participation in outdoor activities.
2. Explain safety and environmental considerations associated with outdoor activities.
3. Identify and classify the elements and practices that are necessary for the development of an outdoor activity lesson plan.

TEACHING METHODS

Key lectures will be delivered to help you gain various skills, enabling you to organize and teach outdoor and recreation. These will be supported by tutorials, practicals, students' presentations and other teaching tools to help you apply the theoretical principles in relation to the knowledge, skills and disposition required for the organization of outdoor activities and recreation.

Applications based assessments will allow you identify and apply key safety requirements relevant to outdoor leadership.

Through the practical assessment and essay you will be able to reflect and report on the subject knowledge and pedagogies of yourself and your peers in relation to supporting learning in the outdoors.

ASSESSMENT METHODS

This module is assessed through a practical assessment and an essay.