

Liverpool John Moores University

Title: OUTDOOR LEADERSHIP 1: PSYCHOLOGY & PRACTICE
Status: Definitive
Code: **4001OUTDOR** (104221)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
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Academic Level: FHEQ4 **Credit Value:** 36 **Total Delivered Hours:** 71

Total Learning Hours: 360 **Private Study:** 289

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	15
Practical	50
Tutorial	3
Workshop	2

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	examination	15	1
Report	AS2	report / review (2,500 w)	25	
Practice	AS3	practical assessment in mountaineering	49.6	
Practice	AS4	practical assessment in rock climbing/canoeing	35.4	

Aims

This module sets out to give students the basic theoretical and technical skills and understanding needed to lead parties in the following situations: summer hill walking

and rock climbing/canoeing. It builds on the work of Introduction to Outdoor Pursuits (ECLOE1101) and allows students to progress towards advanced performance and assessments in Year Two or Three.

Learning Outcomes

After completing the module the student should be able to:

- 1 Define, classify and evaluate skills in order to understand the most favourable conditions for skill acquisition
- 2 Recall the way in which perceptual information is processed and understand the factors that influence learning
- 3 Understand the fundamental principles of motor control
- 4 Evaluate factors that affect an individual involved in group processes
- 5 Understand the fundamentals of theory and practice in summer mountain leadership: navigation, emergency procedures, mountain hazards, expeditions, access and environmental issues
- 6 Demonstrate an understanding of practices, progressions and equipment appropriate to introductory rock climbing/ kayaking
- 7 Show an understanding of issues affecting group supervision and safety procedures at single pitch crags/un-graded inland water

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

EXAM	1	2	3	4	5
Report	4	5			
Practical	4	5			
Practical	4	5	6	7	

Outline Syllabus

Unit 1: Mountain Leader Training UK's Mountain Leadership Award Training Course or equivalent - navigation, route finding and planning; access and the environment; mountain hazards and emergency procedures; group management and leadership; expedition planning and execution; movement over mountainous terrain.

Unit 2: Suitable sections of Mountain Leader Training UK's Single Pitch Award Training

Course:

movement on rock - warm-up, boulder, support/spot, climb, warm down, avoid injury; appropriate equipment - correct usage, limitations, materials, manufacturer's guidelines, inspection; main principles of anchor selection and construction; suitable bottom and top rope systems; belaying/belay stances; use of guidebooks; seconding and leading; abseiling; group supervision - appropriate group size, activities and venues.

Suitable sections of The British Canoe Union's Coach Level 2 Training Course; Canoe Safety Test and suitable Star Awards: equipment, demonstration and analysis of basic kayak strokes; planning, safety and basic rescue; group supervision and coaching at suitable sites.

Unit 3: Applied Psychology: skill as a learned behaviour, cognitive content of physical skills, sensory awareness, information processing models, role of feedback in learning of skills, conditions favouring learning; group processes and leadership theory.

Learning Activities

Lectures on fundamental principles, combined with prescribed reading.
Directed practical coaching activities and practical workshops.
Practice of the activities in a supervised and monitored environment.
Preparation and presentation by students of small practical sessions in which they: (a) teach a set activity and (b) deal with set leadership scenarios. Collaboration with other students to prepare and present material to groups of fellow students.
Making assessments of other students and preparing practical action plans.
Written reports in which students show their practical learning and demonstrate an ability to relate practice to underlying principles.
These activities will provide opportunities to develop and use 'LJMU Plus Graduate Skills'.

Notes

This module provides a mix of theory and practical, with the emphasis on opportunities to develop and apply knowledge and skill during a variety of practical sessions. It involves three units.

Unit 1 is based upon the training course for MLTUK's Mountain Leadership Award. This will involve a maximum of six days in mountain areas learning the elements of navigation and supervision and leading of parties on steep terrain and on camping expeditions.

Unit 2 will include development of rock climbing skills and an introduction to organising and supervising rock climbing groups on single pitch crags / development of canoeing skills and training for supervising and teaching kayaking to groups on inland flat-water sites.

Unit 3 provides an introduction to important aspects of applied sport psychology and leadership theory.