

Liverpool John Moores University

Title: Outdoor Pursuits 1
Status: Definitive
Code: **4011OUTDOR** (117685)
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:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	48

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Ass 3		50	
Practice	Ass 2		25	
Presentation	Ass 1		25	

Aims

To equip students with the basic skills and a background knowledge of canoeing, rock climbing and other alternative outdoor pursuits. To enable students to continue developing independently, and form the foundations to coaching and leadership

knowledge in subsequent modules. To introduce students to some of the relevant safety, access and conservation issues that affect and are affected by recreational use of the outdoors.

Learning Outcomes

After completing the module the student should be able to:

- 1 Select equipment appropriate to varying inland environments for paddlesports, climbing and alternative outdoor pursuits.
- 2 Demonstrate competence and understanding in a range of paddlesports and climbing techniques suited to these environments.
- 3 Show an understanding of the practice and organisation of selected outdoor activities in a range of environments. To include; assessing risk, guide book interpretation, implications of; the law, timetabling, access and conservation.

Learning Outcomes of Assessments

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

Report	3
Paddlesport	2
Climbing	1

Outline Syllabus

The published syllabus of the MLTUK and British Canoe Union/UKCC. Developing climbing skills using bouldering, top and bottom roping. Alternative outdoor pursuits; independent journeys, mountaineering, adventure activities, challenge and problem solving; John Muir Environmental Award; and orienteering. Risk and assessment of risk. These activities will provide opportunities to develop and use 'World of Work' related learning skills.

Learning Activities

Directed practical coaching activities:

Practicing the activities in a supervised and monitored environment. The setting of tasks and problems, requiring students to solve practical problems in the outdoor environment.

Individual goal setting linked to monitored independent practice and skill development.

Lectures on fundamental principles of paddlesports and climbing.

Written reports in which students display their ability to self-evaluate practical learning, and demonstrate an ability to relate practice to underlying principles.

Reflecting on and recording the practical activities and how they fit into professional practice.

Notes

This module is a practical one. It aims to give students the fundamentals of paddlesports and give an introduction to rock climbing on single pitch crags, allowing them to progress to National Governing Body Award Schemes.