

Liverpool John Moores University

Title: OUTDOOR PURSUITS: AN INTRODUCTION
Status: Definitive
Code: **4101OUTDOR** (104222)
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:** 50
Total Learning Hours: 240 **Private Study:** 190

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	4
Practical	45
Tutorial	1

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Coursework: Practical assessment and formative report.	50	
Portfolio	AS2	Coursework: Reflective report, 3000 words.	50	

Aims

To equip students with the basic skills and a background knowledge in a range of outdoor activities such as rock climbing kayaking orienteering, mountain biking and adventure activities in sheltered outdoor environments.

These introductions to outdoor pursuits will enable students to continue developing

independently and to then complete sections on coaching and leadership in subsequent modules.

To encourage a structured approach to reflecting and recording experience and goal setting

To introduce students to some of the relevant safety, access and conservation issues that effect and are affected by recreational use of the outdoors.

To introduce students to the requirements and implications of the educational and developmental use of the outdoor environment and activities

Learning Outcomes

After completing the module the student should be able to:

- 1 select and advise on the selection of equipment appropriate to a range of outdoor activities suitable for use in sheltered outdoor environments.
- 2 demonstrate competently an ability in the selected activities showing a knowledge and awareness of techniques appropriate to varying situations
- 3 set up safe systems for practicing outdoor activities showing an awareness of current safety procedures and standards.
- 4 Select venues for the activities showing awareness of planning selection and access issues ;
- 5 demonstrate an understanding of the practice and organisation of selected outdoor and adventurous activities in the urban environment;
- 6 describe some of the legal, insurance, timetabling, access and conservation implications of carrying out these activities;
- 7 describe some of the contemporary views of 'risk' within these activities and how risk assessments are made and implemented.

Learning Outcomes of Assessments

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

Report	2	3	4	5	6	7
Reflection	1	4	7			

Outline Syllabus

Choice and selection of equipment

Basic organisation for individual and group use of venues

Strategies for developing basic skills in simulated and natural environments

The application and limitations of safety procedures and use of equipment

The application of skills and procedures to a range of outdoor venues suitable for the development level of the group

Challenge, problem solving and team building activities; timetabling and organising outdoor and adventurous activities in schools. Risk and risk assessments.

Activities will include a selection from rock climbing, kayaking orienteering, mountain biking conservation and leadership development adventure activities.

Learning Activities

Directed practical coaching activities in the outdoors:

Group and individual work practicing the activities in a supervised and monitored environment;

Problem solving approaches requiring students to employ practical skills planning and reviewing

Individual goal setting linked to monitored independent practice and skill development; Lectures of fundamental principles

Completion of a report employing report writing skills including ICT and showing learning gained through practice and relating this practice to underlying principles.

Notes

This module is a practical one.

Unit 1 and 2 encourage students to develop the specialist skills in two separate areas of outdoor pursuits (e.g kayaking and rock climbing) in which students are taught and assessed. Unit 3 introduces students to developing ideas in the educational and developmental of outdoor pursuits and their use as an educational strategy