

Liverpool John Moores University

Title: Practical Skills in Adventure 1
Status: Definitive
Code: **4363SSLN** (123309)
Version Start Date: 01-08-2019

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

Team	Leader
David Larkin	Y
Adam Harmer	
Barry Forrester	
Kaye Richards	
Timothy Stott	

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Practical	40

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS 1	Practical (2500 word equivalent)	50	
Report	AS 2	Report (2000 words)	50	

Aims

A module designed to introduce students to Outdoor Adventure; to develop their skills and knowledge in a number of core outdoor pursuit areas. It includes: an introduction to mountain training, climbing and paddlesport; journeying and expeditions. This module introduces students to some of the relevant safety, access

and conservation issues that affect and are affected by adventurous activity use of the outdoors.

Learning Outcomes

After completing the module the student should be able to:

- 1 Select the appropriate equipment and demonstrate the technical skills for Outdoor Adventure; considering the various environments of paddlesport, climbing, walking and other outdoor pursuits.
- 2 Show knowledge of the practice and organisation necessary for selected outdoor adventures in a range of environments. To include: planning and preparation; assessing and managing risk; knowledge and interpretation of information resources; regulatory issues with regards to access and conservation.

Learning Outcomes of Assessments

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

Practical	1	2
Report	1	2

Outline Syllabus

A practical module of Outdoor Adventure conducted off-site via field work and supported by key theoretical lectures.

Field Days (residential/non-residential): Introductory days in Outdoor Adventure; Paddlesport skills-camp; Climbing skills-camp; Mountaineering; Expedition and Journeying.

Lecture Structure: Skill acquisition – fundamental principles; United Kingdom provision of land and water based Adventurous Activities:

- British Canoe Union; organisation and support structures.*
- Mountain Training; organisation and support structures.*

Learning Activities

1. Developing practical and theoretical knowledge in Outdoor Adventures via requiring students to solve skill-based problems in a supervised and monitored environment.
2. Lectures on the practice and organisation of paddlesport, climbing and mountain walking.
3. Written reports in which students display their ability to self-evaluate practical learning, and demonstrate an ability to relate practice to underlying principles of Outdoor Adventure.
4. Reflection and recording of the practical activities linking into; individual goal setting, independent practice and skill development.

Notes

A practical module of Outdoor Adventure conducted off-site via field work and supported by key theoretical lectures. It supports modules in Outdoor Adventure Leadership (1), Outdoor Adventure Leadership (2), Practical Skills in Adventure (2).