

Liverpool John Moores University

Title: Psychology and Physiology of Outdoor Adventure
Status: Definitive
Code: **4365SSLN** (123311)
Version Start Date: 01-08-2019

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:** 20 **Total Delivered Hours:** 41.5
Total Learning Hours: 200 **Private Study:** 158.5

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	30
Practical	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS 1	Essay (2500 words)	60	
Exam	AS 2	Exam	40	1.5

Aims

This module aims to examine psychological and physiological perspectives to practical outdoor adventure settings. It will introduce contemporary thinking behind the human condition as applied to the motivations, drivers and determinants of

effective psychological and physiological functioning as applied to outdoor environments. This will develop an understanding of the fundamental principles behind effective performance in outdoor adventure activities.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate knowledge of theoretical applications of psychological and physiological perspectives towards the human-condition.
- 2 Display knowledge of the fundamental principles behind psychological and physiological functioning in outdoor adventure activities.

Learning Outcomes of Assessments

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

Essay	1	2
Exam	1	2

Outline Syllabus

A predominately theoretical module supported by some applied psychological and physiological practical. Lecture components include, the fundamentals of psychology and physiology as relevant to outdoor adventure settings; for example, coaching processes and skill development; and physiological stressors and nutrition for effective functioning in outdoor environments.

Learning Activities

1. Directed practice and physiological demonstration in a supervised and monitored environment. This will lead to the setting of practical tasks in physiology where students demonstrate their knowledge and application towards understanding in the human condition.
2. Directed practice in key psychological areas in a supervised and monitored environment. This will lead to the setting of tasks requiring students to demonstrate their knowledge, application and understanding of psychological processes.
3. Preparation and presentation via collaboration with other students to prepare and present material to groups; in which the psychology and physiology applicable to outdoor activities is demonstrated via:
 - teaching and/or leading a set activity or scenario
 - prepare individual strategies for psychological and physiological functioning
4. Written essay in which students show their understanding of practical learning and demonstrate an ability to relate practice to underlying principles.

Notes

A predominately theoretical module supported by applied psychological and physiological practical. This module provides a foundation for modules in Outdoor Adventure Leadership (2) and Applied Psychological Perspectives in Outdoor Adventure.