

Liverpool John Moores University

Title: Outdoor Pursuits 2
Status: Definitive
Code: **5021OUTDOR** (117690)
Version Start Date: 01-08-2017

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

Team	Leader
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Academic Level: FHEQ5 **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
Lecture	9
Off Site	38

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Ass 1	Essay	30	
Exam	Ass 2	Exam	20	1
Practice	Ass 3	Practice	50	

Aims

To enable students to plan and execute outdoor pursuits that will support a number of cross-module themes through practical experience, including; the environmental,

hydrological and geomorphologic processes that shape the outdoor landscape; the social and physical impacts of our outdoor activities; developing knowledge and responsibility within outdoor pursuits; coaching processes in outdoor pursuits.

Learning Outcomes

After completing the module the student should be able to:

- 1 Plan and demonstrate practical ability in a variety of outdoor pursuits.
- 2 Show an understanding of the environmental factors that shape, initiate and influence outdoor pursuits.
- 3 Display an appropriate understanding of human-impact of outdoor pursuits on other resource users, the environment and any associated issues.
- 4 Appreciate the differences between coaching, leading and instructing; showing an ability to transfer these ideas to outdoor coaching situations.

Learning Outcomes of Assessments

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

cw 2000 words	1	
exam 1 hour	2	3
practical assessment	4	

Outline Syllabus

The planning of canoeing/kayaking and rock climbing activities. Reviewing and improving personal performance and coaching. Preparation for appropriate national awards.

Investigating environmental issues and sustainability relating to a chosen outdoor activity.

Incident Management, including; recognition, assessment, needs analysis and decision making; psychological and physiological processes in action; responsibilities to self and others. Prepare for, and to take: the Rescue Emergency Care Level 2 First Aid Award (or similar). Comparison of coaching process models; justification for the styles and values of coaching; learning and representational styles: their influence on coaching in practical situations. Weathering processes in action including; slope development in valleys and mountains, toppling and slab failure, rockfall and scree development, rock and snow avalanches. Glacial processes evident in the landscape, including; erosion, debris entrainment and depositional processes. Evidence of Periglacial processes, including; freeze-thaw, gelifluction, ground ice formation, tor development and nivation. Hydrological systems including fluvial processes and landscape development.

Learning Activities

Lectures on the fundamental principles, theories and practices of outdoor pursuits. Planning for and completion of short journeys; (a) by kayak/canoe; (b) to suitable rock outcrops; and (c) in an optional activity. Written reports and plans in which students show their planning skills and demonstrate an ability to relate practice to underlying principles.

Directed practice and coaching of outdoor activities in a supervised and monitored environment. This will lead to the setting of tasks and problems requiring students to demonstrate, knowledge, self-sufficiency and responsibility towards others in outdoor environments. Individual goal setting linked to monitored independent practice and skill development. Discussion and formative assessment throughout the module will support summative practical assessments in rock climbing, canoeing and incident management (including first aid), and will provide opportunities for students to develop ideas for the written coursework on the physical and social considerations of a selected outdoor pursuit.

These activities will provide opportunities to develop 'World of Work' skills and awareness.

Notes

A combined module that aims to build on the experience gained by students in Year 1: developing communication, planning and problem solving skills, teamwork, technical competence and environmental awareness in more advanced outdoor situations. It also explores the importance of learning styles and the application of coaching models to practical coaching problems in outdoor environments. It will provide an insight into the immediate impacts of outdoor activities in relation to the environmental, hydrological and geomorphologic processes that shape and influence these activities.