

Liverpool John Moores University

Title: Outdoor Leadership 2:Extreme Environments
Status: Definitive but changes made
Code: **5024OUTDOR** (117693)
Version Start Date: 01-08-2016

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

Team	Leader
David Larkin	Y
Barry Forrester	
Timothy Stott	

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	12
Practical	36

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	ASS3		40	
Presentation	ASS2		40	
Exam	ASS1		20	

Aims

To enable students to develop skills, plan and execute journeys appropriate for; winter mountaineering, skiing, sea-kayaking and expeditions to remote areas. To develop an understanding of the physiological and psychological stressors to leadership and decision making, in extreme environments.

Learning Outcomes

After completing the module the student should be able to:

- 1 Plan outdoor programmes for groups showing an understanding of; venue selection, group management, and environment awareness, with regards to activities in extreme environments.
- 2 Have an understanding of the physiological and psychological aspects of leading groups in extreme environments.
- 3 Develop practical experience of the physical factors that will influence the safety and success of activities in extreme environments.

Learning Outcomes of Assessments

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

Leadership in Extreme Env	1
Physio and Psychological Stres	2
safety & success Extreme Env	3

Outline Syllabus

Planning and preparation for outdoor activity programmes in extreme environments, typically; mountaineering, skiing, sea-kayaking, expedition journeys and other similar activities affected by extremities of environment, isolation and decision making. Safe planning and procedures for journeys in extreme environments. Knowledge and leadership: considerations for journeys in extreme environments.

Learning Activities

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, individual goal setting and independent practical skills in extreme environments. Lectures on fundamental, principles, theories and practices of outdoor activities in extreme environments. Practical workshops; seminars, prescribed reading and group discussions. Written reports in which students show their practical learning and demonstrate an ability to relate practice to underlying principles. Information gathering on expected conditions in extreme environments from published sources and field investigation: relating these physical conditions to the physiological and psychological effects on leadership and decision-making. These activities will provide opportunities to develop and use 'World of Work' skills and awareness.

Notes

A module that logically follows on from Level four: Outdoor Leadership 1, and Level four / Level five: Outdoor Pursuits. The module will focus on planning and preparation for outdoor activities in extreme environments: environments that have significant influence on the; leadership, decision-making, physiology and psychology of individuals and groups. It will build on the student's existing expertise by developing skills, attempting to provide the experience and ability to cope with the variety of conditions found in extreme environments.