

Liverpool John Moores University

Title: ADVANCED OUTDOOR PURSUITS 1
Status: Definitive
Code: **5101OUTDOR** (104230)
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

Academic Level: FHEQ5
Credit Value: 12
Total Delivered Hours: 54
Total Learning Hours: 120
Private Study: 66

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	4
Practical	40
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	practical assessment in rock climbing / canoeing	60	
Portfolio	AS2	written report (1000 w)	30	
Portfolio	AS3	Designated Item: Completion of First Aid Course, including practical peer assessment	10	

Aims

To enable students to plan and execute sustainable outdoor adventure trips in wild areas in summer conditions, and to prepare for and successfully complete a suitable First Aid Award.

Learning Outcomes

After completing the module the student should be able to:

- 1 Plan a variety of activities in a range of adventurous outdoor settings
- 2 Demonstrate an appropriate level of practical ability in rock climbing and canoeing
- 3 Discuss the environment and associated issues where selected activities take place
- 4 Complete successfully a suitable first aid course and act with confidence in an emergency situation, taking appropriate first aid action

Learning Outcomes of Assessments

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

Report	1	2	3
Report	3		
Practice	4		

Outline Syllabus

Planning of rock climbing activities. Reviewing and improving personal performance. Preparation for appropriate national awards in rock climbing.

Planning of canoeing/kayaking activities. Reviewing and improving personal performance. Preparation for appropriate national awards in canoeing/kayaking.

Investigating environmental issues relating to a chosen outdoor activity.

Emergency procedures. Prepare for and take the Rescue Emergency Care Level 2 First Aid Award (or similar).

Learning Activities

Lectures on fundamental principles.

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 practical coaching activities and practice of the activities in a supervised and monitored environment, leading to the setting of tasks and problems requiring students to solve practical problems in the outdoor environment combining practical skills with underpinning knowledge. 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 first aid, and will provide opportunities for students to develop ideas for the written coursework on environmental aspects of a selected activity.

These activities will provide opportunities to develop and use 'LJMU Plus Graduate Skills'

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. A First Aid award is included to provide students with the knowledge to cope with accidents and emergencies in a variety of outdoor situations.