

## Liverpool John Moores University

Title: Leadership in Outdoor Adventure 2: Extreme Environments  
Status: Definitive  
Code: **5363SSLN** (123315)  
Version Start Date: 01-08-2019

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

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**Academic Level:** FHEQ5      **Credit Value:** 20      **Total Delivered Hours:** 40

**Total Learning Hours:** 200      **Private Study:** 160

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	10
Practical	30

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS 1	Presentation (15 mins)	40	
Report	AS 2	Report (2500 words)	60	

### Aims

*To enable students to develop the knowledge and skills to be able to plan and execute journeys appropriate for environments that present extreme conditions. Outdoor Adventures in extreme environments requires an understanding of how they*

*may exert physiological and psychological conflict to normative functioning. It will consider the effects of extreme environments on the human condition, and how this might impact on leadership skills in conditions of ecological stress; such as mountaineering in winter conditions (including skiing).*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Demonstrate knowledge of the fundamentals of the theory and practice of leadership, for Outdoor Adventure in extreme environments.
- 2 Demonstrate knowledge of the physiological and psychological aspects of the human condition in extreme environments.
- 3 Develop practical experience of planning and preparation for the safety and success of Outdoor Leadership in extreme environments.

## **Learning Outcomes of Assessments**

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

Presentation	1	2	3
Report	1	2	3

## **Outline Syllabus**

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

*Field Days Structure: Winter Mountaineering (including Skiing).*

*Lecture Structure: The physiology and psychology of the human condition in extreme environments; Ecological determinants that define extreme environments; Leadership theory applied to Outdoor Adventure in extreme environments.*

## **Learning Activities**

1. Directed practice and coaching of outdoor activities in a supervised and monitored learning climate. This will require the students to demonstrate their knowledge and practical skills of leadership in extreme environments.
2. Lectures, seminars, prescribed-reading and group-discussions on the fundamental principles, theories and practices of Outdoor Adventure in extreme environments.
3. Written reports in which students show their learning, and demonstrate an ability in relating the effects of physiological and psychological aspects of operating in extreme conditions, on leadership and decision-making.
4. Information gathering on expected conditions and safe practice in extreme environments from published sources and field investigation.
5. These activities will provide opportunities to develop and use professional skills and awareness.

## **Notes**

A practical module of Outdoor Leadership conducted off-site via field work and supported by key theoretical lectures. This module support Leadership in Outdoor Adventure (3).