

## Liverpool John Moores University

Title: ADVENTURE THERAPY  
Status: Definitive  
Code: **6203OUTDOR** (104243)  
Version Start Date: 01-08-2016

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

Team	Leader
Kaye Richards	Y

**Academic Level:** FHEQ6  
**Credit Value:** 12  
**Total Delivered Hours:** 30  
**Total Learning Hours:** 120  
**Private Study:** 90

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	15
Practical	5
Seminar	5
Workshop	5

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Coursework: 17% Written Evaluation 1000 words	17	
Portfolio	AS2	Coursework: 17 % Practical Assessment	17	
Portfolio	AS3	Coursework: 66% Essay 2000 words	66	

### Aims

*To develop an understanding of the principles and practices of outdoor/adventure therapy.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the therapeutic value of adventure/outdoor wilderness experiences
- 2 Critically evaluate the process of psychological change created in these settings
- 3 Synthesize knowledge and understanding of the different approaches to therapy
- 4 Evaluate the historical and philosophical perspectives of adventure therapy
- 5 Critically analyse the ethical issues surrounding adventure therapy
- 6 Critically evaluate adventure therapy provisions in comparison to other provisions of adventure programming, for example recreation, education, developmental
- 7 Evaluate and apply basic counselling skills
- 8 Develop the practical use of rope courses in supporting therapeutic change
- 9 Design and implement an adventure therapy exercise suitable for a specific client group
- 10 Synthesise environmental perspectives into the design of adventure therapy programme
- 11 Develop self-awareness and identify its values for adventure therapy facilitators

## Learning Outcomes of Assessments

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

Evaluation	3	4	7	8	9	10	11	
Practical	1	2	3	4	5	6		
Essay	1	2	3	5	7	9	10	11

## Outline Syllabus

*A variety of approaches to outdoor/adventure therapy will be examined and evaluated. Students will identify the therapeutic benefits, limitations and dangers of working therapeutically in outdoor adventurous settings. The ethical and environmental issues and dilemmas, which arise in the context of outdoor/adventure therapy, will be explored. An opportunity to design and facilitate an element of a therapeutic programme will be given. This will be achieved with the practical use of a ropes course and provide an assessment opportunity. Students will be encouraged to reflect on their own experiences in the outdoors and will be given the opportunity to develop a self-awareness that will deepen their understanding of the process of psychosocial change. The key concepts and skill needed to facilitate change will be identified. Students will develop counselling and interpersonal skills.*

## Learning Activities

Lectures, and practical workshop sessions will be the main form of student learning activities. These will be supported by seminars to aid the development process. Activities will be student-centred, and experiential and will facilitate both group and

individual work. Students will be encouraged to use the World Wide Web as a resource to support their learning.

## **Notes**

This module provides students with an overview of the components of providing, developing and managing the outdoor/ adventure therapy. This approach to treatment is examined in comparison to a variety of different adventure/outdoor programmes.