

BPHY209 Outdoor Education

ECTS Value: 4 ECTS
Self-Study Hours: 48

Contact Hours: 20
Assessment Hours: 32

Overall Objectives and Outcomes

This module aims to expose the course participants to outdoor activities and team building games. Moreover, it aims at giving the participants skills to manage a class outdoors while keeping the learning outcomes of the lesson and safety in focus

By the end of this module, the learner will be able to:

Competences

- a. Devise an outdoor education lesson using the exploratory approach;
- b. Conduct an outdoor education lesson using the appropriate safety rules and equipment;
- c. Critically engage with outdoor education literature, keeping abreast with current trends and practices.

Knowledge

- a. Outline a range of outdoor activities according to the learning outcomes framework for physical education;
- b. Develop knowledge on the principles of different activities and games related to Outdoor Education such as archery, trekking and backwoods cooking.
- c. Determine activities where team effort and team work are required to solve tasks.

Skills

- a. Reflect and assess group and personal experiences in outdoor activities;
- b. Confidently lead a group of young adults or children into the outdoors, showing appropriate leadership skills, assertiveness and decision-making skills.
- c. Structure and implement an outdoor education lesson catering for a mixed ability class

Assessment Methods

This module will be assessed through: Practical, Assignment

Suggested Readings

Core Reading List:

1. Stremba B. & Bisson C. (2009) *Teaching Adventure Education- Best Practices*. Human Kinetics.

2. Prouty D. ,Panicucci J. & Collinson, R. (Eds) (2007) *Adventure Education- Theory and Applications*. Human Kinetics.
3. Gilbertson K. , Bates T. , McLaughlin T. & Ewart A. (2006) *Outdoor Education – Methods and Strategies*. Human Kinetics.

Supplementary Reading List:

1. Harrison G. & Erpelding M. (Eds) (2012) *Outdoor Program Administration – Principles and Practices*. Human Kinetics.
2. Hellison D. (2011) *Teaching Personal and Social Responsibility Through Physical Activity*. Human Kinetics.