

## Module specification

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Module Code	SPC401
Module Title	Outdoor Pursuits
Level	4
Credit value	20
Faculty	FSLS
HECoS Code	100095
Cost Code	GASP
Pre-requisite module	N/A

### Programmes in which module to be offered

Programme title	Core/Optional/Standalone
FdSc Sports Coaching and Fitness	Core

### Breakdown of module hours

Learning and teaching hours	8hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	28 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>36 hrs</b>
Placement hours	0hrs
Guided independent study hours	164 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

- Introduce students to a range of outdoor pursuits.
- Provide students with the opportunity to observe and participate in a range of outdoor pursuits.
- Develop an appreciation of how theory can be applied to specific activities.
- Develop self - knowledge and personal skills in practical situations.

## Module Learning Outcomes

At the end of this module, students will be able to:

1	Articulate knowledge of the practical activity undertaken
2	Demonstrate an understanding of how theory can be used to make sense of outdoor pursuit experiences
3	Demonstrate personal skills in outdoor pursuits
4	Reflect on personal skills in outdoor pursuits

## Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

**Portfolio** - Students will create a portfolio (equivalent to 4,000 words) illustrating their understanding and knowledge of outdoor pursuits. The portfolio will include reflective accounts of participation or observation within selected environments and draw on theoretical underpinnings used in other disciplines such as coaching, fitness and conditioning, performance analysis.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 - 4	Portfolio	4000	100	N/A

## Derogations

N/A

## Learning and Teaching Strategies

The module will be delivered using blended learning techniques and the university's Active Learning Framework (ALF). Practical activity and experiential learning are supported with introductory theoretical sessions, in-person lectures and seminars, online video conferencing (synchronous content) and student directed online resources (asynchronous content).

Students will be engaged in active participation / observation from field-based involvement.

Formative assessment will be incorporated within this module to support the students learning journey, providing a framework and direction for the summative assessments.

### Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

### Indicative Syllabus Outline

- An introduction to the skills of a range of outdoor pursuits
- A practical introduction to the issues of adventure activity fieldwork: equipment safety and dynamic risk assessment and management
- Experiential learning theory
- Models of reflection and reflective practice
- Sport Coaching Sciences and outdoor pursuits
- An introduction to the contribution outdoor pursuits make to a holistic wellbeing
- Introduction to National Governing Bodies and role in outdoor adventure education for employability in UK

### Indicative Bibliography

Please note the essential reads and other indicative reading are subject to annual review and update.

#### Essential Reads

Burns, S. (2015). *The resiliency skills handbook*. Loggerhead publishing.

#### Other indicative reading

Dickson, T., & Gray, T. (2012). *Risk management in the outdoors: A whole organisation approach for education, sport and recreation*. Port Melbourne

Ewert, A. W., & Sibthorp, J. (2014). *Outdoor adventure education: Foundations, theory and research*. Human Kinetics.

Kolb, D. A. (1984). *Experiential learning: Experience as the source of learning and development*. Prentice Hall.

McMorris, T. (2014). *Acquisition and performance of sports skills* (2nd ed.). John Wiley & Sons.

McNeill, C. (2010). *Orienteering: Skills, techniques, training*. Crowood Press

Mortlock, C. (2009). *The Spirit of adventure. Towards a better world: Lessons learned from a life of challenge and discovery*. Outdoor Integrity.

White, J. (2013). *The indoor climbing manual*. Bloomsbury Sport.

### Administrative Information

<b>For office use only</b>	
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With effect from date	01/09/22
Date and details of revision	18/07/2025 – Programme title updated in the revalidation for Sept 2025
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