

## Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: **Module directory**

*Refer to guidance notes for completion of each section of the specification.*

Module Code	SPC401
Module Title	Outdoor Pursuits
Level	4
Credit value	20
Faculty	SLS
HECoS Code	100095
Cost Code	GASP

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme
FdSc: Coaching, Sport and Fitness	Core

## Pre-requisites

N/A

## Breakdown of module hours

Learning and teaching hours	8 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	28 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work-based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	30/05/22
With effect from date	01/09/22
Date and details of revision	
Version number	1

## Module aims

---

This module aims to:

- 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 and understanding 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.

### Assessment 1: **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	Weighting (%)
1	1, 2, 3 & 4	Portfolio	100

## 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.

## Indicative Syllabus Outline

The syllabus will include the following:

- 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.

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

## Other indicative reading

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.

## Employability skills – the Glyndŵr Graduate

---

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### Core Attributes

Engaged  
Enterprising  
Ethical

### Key Attitudes

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

**Practical Skillsets**

Digital Fluency

Organisation

Leadership and Team working

Emotional Intelligence

Communication