

Module specification

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

Module Code	SPC501
Module Title	Delivering Outdoor Pursuits
Level	5
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	6 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	24 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work-based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

For office use only	
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:

- Provide students with opportunities to develop delivery skills in a range of outdoor pursuits.
- Provide students with the opportunity to observe, participate and deliver 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	Synthesise theory and practical understanding of the activities undertaken
2	Assess and evaluate practices adopted within outdoor pursuit experiences
3	Evaluate the contribution of coaching science in understanding outdoor pursuits.
4	Critically 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 (approx. 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 universities 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
- 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

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.

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

Other indicative reading

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

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
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence

Adaptability

Practical Skillsets

Digital Fluency

Organisation

Leadership and Team working

Critical Thinking

Emotional Intelligence

Communication