



## Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences  
School of Education, Psychology and Sports Science

1ID001 Avancerat friluftsliv/ äventyrsidrott (vår), 7,5 högskolepoäng  
Advanced outdoor education, spring, 7.5 credits

### **Subject Group**

Sport Science

### **Level of classification**

First Level

### **Progression**

GIN

### **Date of Ratification**

Approved by Organisational Committee 2009-06-11

The course syllabus is valid from spring semester 2010

### **Prerequisites**

General entry requirements.

## Expected learning outcomes

Having completed the course the student is to be able to identify the importance of outdoor education for learning in relation to seasonal changes.

## Content

- Personal skill development concerning advanced outdoor education
- Experience based learning
- Outdoor education as a platform for subject integration
- Group dynamics

## Type of Instruction

Teaching may be in the form of practical elements, lectures, discussions, seminars, participant project work and field studies. The course is conducted at half speed during weekends.

The extent of the obligatory presence that is required is presented further in the study guide or schedule.

The language of instruction is Swedish.

## Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Continuous assessment that focuses on personal skills and active participation.  
Advanced study assignments.

In order to pass the course the student needs to meet the expected learning outcomes.

A retake is offered within six weeks (within the time frame of the regular semester) and the number of retakes for each assignments is limited to five (in accordance with the Higher Education Ordinance chapter 6, 21§).

### Course Evaluation

When the course has finished, an evaluation is compiled. The results are reported to the students and then archived according to the rules of the school.

### Required Reading and Additional Study Material

Brugge, B., Glantz, M. & Sandell, K. (1999). *Friluftslivets pedagogik*. Stockholm: Liber (250 p).

Fredman, P. (2008). *Friluftslivets ekonomiska värden*. Östersund: Friluftsliv i förändring, (89 p).

Larsson, G. (2003). *Direkt ledarskap*. Stockholm: Försvarsmakten, (164 p).

Nilsson, B. (2005). *Friluftsliv – folkhälsa – framtid*. Stockholm: Kungliga skogs- och lantbrukakademien, (25 p).

Schyllander, (2007). *Friluftssäkerhet*. Stockholm: Räddningsverket, (58 p).

Literature of choice selected from a field of presentation.

Academic articles and compendium.

Danielsson, T. (2004). *Upplevelsebaserat lärande*. Magisteruppsats. Linköping: Linköpings Universitet, (64 p).

Furumark, S-G. (1997). *Upplevelsebaserat lärande – Äventyrsmetodik*. Luleå: Luleå tekniska universitet.