



Course syllabus

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

1ID002 Avancerat friluftsliv/äventyrsidrott (vinter), 7,5
högskolepoäng

Advanced outdoor education / Adventure sports (winter), 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 have ability to present the importance of outdoor education and learning on a seasonal basis and specifically in terms of winter outdoor activities.

Content

- Practical problem oriented winter outdoor activities
- The didactics of winter outdoor education
- The development of skills needed for winter outdoor education
- Terrain-, weather-, ice- and snow theory

Type of Instruction

Teaching may consist of practical elements, lectures, discussions, seminars and field trips. The course is offered at half speed on weekends.

The extent of obligatory elements is presented further in the schedule or study guide.

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 as well as leadership assignments and advanced studies.

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

The number of retakes is limited to five (in accordance with the Higher Education Ordinance chapter 6, 21§).

Students at Linnaeus University are entitled to have the course grade translated into the 7-step ECTS scale. A request to have the grades translated must be made to the teacher at the start of the course.

Course Evaluation

When the course is completed it is evaluated through a written evaluation in accordance with the web based evaluation form of the school. The results are compiled and archived in accordance with the regulations of the school.

Required Reading and Additional Study Material

Barrick & Mount, (2005). *Yes, Personality matters*. Iowa: University of Iowa, (15 p).

Boverket, Rapport. (2007). *Landskapets upplevelsevärden* Stockholm: Boverket, (70 p).

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

Lindholm, L. (Red.) (2001). *Pedagogiska Grunder*. Stockholm: Försvarsmakten, (496 p).

Rosén, O. (Red.) (1997). *Vintersoldat*. Stockholm: Försvarsmakten, (135 p).

Sandell, K. (2004). *Friluftslivets värden*. Stockholm: FRISAM, (62 p).

Scientific 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.

Maltén, A. (1992). *Grupputveckling*. Lund: Studentlitteratur.