



Course syllabus

Faculty of Social Sciences

Department of Sport Science

1ID006 Internationellt friluftsliv / Äventyrsidrott, 7,5 högskolepoäng

International outdoor education / Adventure sports, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2009-06-11

Revised 2013-12-12 by Faculty of Social Sciences.

The course syllabus is valid from spring semester 2014

Prerequisites

NO VALUE DEFINED

Objectives

After completing the course the student should be able to

- based on interdisciplinary theoretical perspectives to describe and to analyse the outdoor environment and the possibilities for physical activity, adventure sports and outdoor life
- to understand and reflect critically on the existing outdoor activities and their impact on Environment
- to be able to apply when necessary required prevention measures
- to ensure safety while practicing outdoor and adventure sports.
- to apply various outdoor techniques while performing excursions and adventure sports
- to analyse and to reflect upon application of growing interest in outdoor and adventure sports to sustainable environmental management

Content

The course deals with:

- Interdisciplinary approach, ex. flora/fauna, geology, sports and culture
- Various kinds of adventurous sports
- Responsible management and safety routines of outdoor activity
- Experimental learning
- Personal skills development
- The Swedish right of public access

Type of Instruction

The language of instructions is English.

The teaching will be carried out in the form of field study, lectures, discussions, seminars, group work and individual project work.

Attendance is mandatory.

Examination

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

Results are graded using one of the terms Fail (U), Pass (G) or Pass with Distinction (VG).

The assessment of student performances is based on the shown practical application skills as well on active participation. Examinations are conducted both - in groups and individually. The detail presentation of examination tasks along with the assessment criteria are provided through the academic supervising. In-depth study assignments. To pass the course the student has to demonstrate the knowledge and the skills attained in accordance with the pre-set learning outcomes.

A re-examination opportunity will be offered within 6 weeks after the original examination (within the framework of the rolling semester).

Course Evaluation

At the end of the course, a written evaluation is performed in accordance with the departmental guidelines. The evaluation results are compiled in a course report, which is filed at the department. The results and any measures taken, if necessary, are communicated to the responsible teacher and presented to the students participating the next time the course is offered.

Required Reading and Additional Study Material

Obligatory literature

Arnegård, J. (2006) *Experiences and Learning in adventure Sport and School*. Stockholm: Stockholms Universitet, (23 pg.)

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

Optional course material in English is to be advised by the course director.

Research articles along with compendia selection.

Reference literature

Danielsson, T. (2004). *Upplevelsebaserad lärande*. Magisteruppsats: Linköpings Universitet (64s)

Sandell, K. (2000). *Friluftslivshistoria – från härdande friluftsliv till ekoturism och miljöpedagogik*. Stockholm: Carlssons bokförlag (285 s.)