



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV012 Friluftsliv och äventyrsidrott - vinter, 7,5 högskolepoäng

Outdoor Education and Adventure Sports - Winter, 7.5 credits

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2010-03-15

Revised 2014-10-27 by Faculty of Social Sciences.

The course syllabus is valid from spring semester 2015

Prerequisites

NO VALUE DEFINED

Objectives

On completion of the course, students should be able to:

- Reflect over the importance of experience for learning within the field of outdoor winter education.
- Account for human physiological abilities during changing climates/weather.
- Utilise different natural environments as an arenas for different outdoor practices.
- Analyse and evaluate man's place in nature.
- Reflect over theories on group-dynamic processes
- account for the different strategies of plant and animal life during winter.
- On the basis of different theoretical perspectives, analyse personal, and other people's, experiences during trips and practical activities

Content

- Outdoor winter techniques
- Practical problem oriented winter outdoor activities
- Outdoor education from an interdisciplinary epistemological perspective
- Winter biology, human physiology as well as terrain, weather, ice and snow theory
- Theories of experienced-based learning and group dynamics

Type of Instruction

Teaching may consist of practical elements, lectures, discussions, seminars and field

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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.

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, Murray R. & Mount, Michael K. (2005). *Yes, Personality matters*. Iowa: University of Iowa, (15 p). PDF, tillgänglig på Internet.

Boverket, Rapport (2007). *Landskapets upplevelsevärden*. Stockholm: Boverket, (70 p). PDF, tillgänglig på Internet.

Danielsson, Tom (2004). *Upplevelsebaserat lärande*. Magisteruppsats. Linköping: Linköpings Universitet, (64 p). PDF, tillgänglig på Internet.

Lindholm, Mikael (Red.) (2001). *Pedagogiska Grunder*. Stockholm: Försvarsmakten, (496 p). PDF, tillgänglig på Internet.

Rosén, Olle (Red.) (1997). *Vintersoldat*. Stockholm: Försvarsmakten, (135 p). PDF, tillgänglig på Internet.

Sandell, Klas (2004). *Friluftslivets värden*. Stockholm: FRISAM, (62 p). PDF, tillgänglig på Internet.

Vetenskapliga artiklar samt kompendiematerial
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.