



Course syllabus

Faculty of Social Sciences
Department of Sport Science

1IV531 Havskajak - ledarskap och riskbedömning, 7,5
högskolepoäng

Outdoor leadership and risk management in sea kayak, 7.5 credits

Main field of study
Sport Science

Subject Group
Sport Science

Level of classification
First Level

Progression
GIN

Date of Ratification
Approved 2009-12-14
Revised 2013-12-12 by Department of Sport Science.
The course syllabus is valid from spring semester 2014

Prerequisites
Basic eligibility.

Objectives

After completing the course the student should be able to

- based on different theoretical perspectives to understand and reflect upon personal experience in the field as well as to understand and reflect upon the experience of others
- based on environmental, ethical and personal safety aspects to develop and plan in detail a tour and to be able to lead a group in the marine Environment
- to possess basic sea kayak techniques

Content

- safe and environmentally friendly sea kayak
- skill enhancement training, risk and safety assessment
- weather, sea and other factors of importance to seafaring
- leadership theory
- scandinavian outdoor experience

Type of Instruction

The language of instructions is English.

The teaching will be carried out in the form of fieldwork, lectures, seminars, group work and individual project work. Attendance is mandatory.

Examination

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

The assessment of student performances is based on the shown practical application abilities as well as written and oral examinations, and on active participation in seminars. 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. Despite different forms for examination an individual output is assessed and graded. 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 in a few weeks after the original examination (within the framework of the rolling semester)

Course Evaluation

To secure continuous quality improvement an on-going assessment process through oral/written communication with the students takes place throughout the course.

At the end of the course, a written evaluation is performed in accordance with the Linnaeus University 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

Ahlström, Ingemar (2008). All tom allemansrätten – ett svensk kulturarv. Solna: Hilmas Förlag, (112s.)

Barton, Bob (2006). Safety, Risk, and Adventure in Outdoor Activities. SAGE Publications Ltd., (200 pg.)

Ogilvie, Ken C. (2005). Leading and Managing Groups in the Outdoors. 2nd edition. Penrith, Cumbria UK: IOL-Institute for Outdoor Learning, (304 pg.)

Socialstyrelsen (2003). Hypothermi, kylskador drunkningstillbud i kallt vatten. Socialstyrelsen, (148 s.)

The obligatory literature is to be complimented by the up-to date articles and other relevant study material.

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

Reference literature

Bogren, Jörgen; Gustavsson, Torbjörn; Loman, Göran (2008). Klimat och väder. Studentlitteratur, (300s.)

British Canoe Union (2002). Canoe and Kayak Handbook, 3rd edition. Presda Press. (350 pg.)

Hutchinson, Derek C. (2003). The complete Book of Sea Kayaking. 5th edition. Guilford, Connecticut: Falcon Guides (209 pg.)

Jönsson, Stefan (2009). Kajak, allt du behöver veta om hanspaddling. Prisma (130s.)

Källman, Stefan; Jäger, Jan (2010). Första hjälpen i vildmarken. Forma books AB. (123s.)

Petersson, Staffan (2010). Kajakhandboken. Calazo. (150s.)