

# Unit Outline (Higher Education)

**Institute / School:** Institute of Education, Arts & Community

**Unit Title:** Adventure and Outdoor Recreation

**Unit ID:** OEEDU2500

**Credit Points:** 15.00

**Prerequisite(s):** Nil

**Co-requisite(s):** Nil

**Exclusion(s):** (OEEDU2200)

**ASCED:** 079999

**Description of the Unit:**

In this unit students critically engage in theories of outdoor and adventure recreation. They plan for, participate in and critically reflect upon a range of outdoor experiences whilst adopting and analysing various perspectives. Students analyse various outdoor environments and understand the influence of these places on outdoor experiences. They consider the relevant legislative and policy frameworks that govern outdoor and adventure activities and use these frameworks to create plans for safe and sustainable participation in outdoor activities. Students also consider the ramifications of outdoor experiences on personal and participant wellbeing and develop skills to support selves and others.

**Grade Scheme:** Graded (HD, D, C, P, MF, F, XF)

**Work Experience:**

No work experience

**Placement Component:** No

**Supplementary Assessment:** Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

**Course Level:**

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	✓	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	■	■

### Learning Outcomes:

#### Knowledge:

- K1.** Outline a range of theoretical models that enable participation in outdoor and adventure recreation and explain their use in shaping outdoor experiences.
- K2.** Analyse and adopt various perspectives and motivations for seeking adventure and outdoor recreation activities.
- K3.** Analyse the different types of environments used when undertaking outdoor experiences and the influences that environments have on outdoor experiences.
- K4.** Cite and interpret legislative and policy frameworks that enable safe and sustainable participation in outdoor experiences.
- K5.** Discuss ways to support wellbeing of participants during outdoor experiences.

#### Skills:

- S1.** Critically reflect on practical experience drawing on outdoor and adventure recreation theories.
- S2.** Adopt different perspectives during field work to understand motivations and perceptions of outdoor experiences in adventure and outdoor recreation.
- S3.** Devise and deploy strategies for safe and sustainable outdoor experiences based on legislative and policy frameworks.
- S4.** Recognise and respond to different types of environments and analyse the influence of environments on outdoor experiences.
- S5.** Recognise and respond to self and peer wellbeing during outdoor experiences.

#### Application of knowledge and skills:

- A1.** Demonstrate a range of practical outdoor skills that follow legislative and policy frameworks for safe and sustainable participation in a range of outdoor environments
- A2.** Apply the safe use, handling and storage of equipment to enable outdoor experiences.
- A3.** Critically reflect on a range of outdoor experiences from different perspectives in a range of outdoor environments.
- A4.** Articulate development of appropriate strategies to enable self and peer participation in a range of outdoor activities.

#### Unit Content:

Topics may include:

1. Theories of outdoor and adventure recreation including peak adventure, competency, risk, flow, etc.
2. Strategies for safe and sustainable participation in outdoor experiences including the use of various equipment.
3. Outdoor environments and their characteristics that enable various experiences.
4. Strategies for personal preparation, participation and reflection in a variety of outdoor experiences.
5. Personal and participant wellbeing in outdoor experiences.

**Learning Task and Assessment:**

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, K4, S1, S4, A3	Students partake in a rapid assessment task that enables them to demonstrate their preparation for outdoor experiences using a thinking tool such as a concept map.	Rapid Assessment	10-30%
K1, K3, S4, A1, A3, A4	Students complete a professional logbook of outdoor activities. They analyse and reflect upon outdoor experiences using theoretical models.	Logbook and reflection.	30-50%
K1, K2, K3, K4, K5, S1, S3, S4, A1, A4	In a pair or small group, students develop the planning documentation for a led outdoor experience that they could undertake with a group of peers.	Group/Pair Project	30-50%
K1, K2, K3, K4, K5, S1, S2, S3, S4, S5, A1, A2, A3, A4	Active participation in 4-5 days of outdoor fieldwork.	Participation	S/N

**Adopted Reference Style:**

APA ()

 Refer to the [library website](#) for more information

 Fed Cite - [referencing tool](#)