



Course Outline

OEEDU2003 ORIENTEERING

Title:	ORIENTEERING
Code:	OEEDU2003
Formerly:	PE808
School / Division:	School of Health Sciences
Level:	Advanced
Pre-requisites:	Nil
Co-requisites:	Nil
Exclusions:	(PE808)
Progress Units:	5
ASCED Code:	70105

Objectives:

After successfully completing this course, students should be able to:

Knowledge:

- Describe, explain and apply orienteering navigational skills and techniques
- Describe safety concerns for foot and mountain bike orienteering
- Identify resources and technological aids available for orienteering
- Outline appropriate skill learning progressions and activities for the development of orienteering skills
- Adapt orienteering activities for beginners and/or people with disabilities

Skills:

- Demonstrate individual map reading and other navigational skills in a variety of environmental settings
- Recognise the international language of orienteering—map and control description symbols
- Work effectively in groups to plan and organise basic orienteering skill practices and competitive activities
- Critically analyse navigational skill development

Values:

- Promote orienteering as an enjoyable outdoor activity for those who share a love and concern for parks, forests and bushland
- Appreciate the historical and technological development of the sport of orienteering in Australia.



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Content:

Topics may include:

- History and promotion of orienteering
- Development and organisation of orienteering in Australia
- School, recreational, and competitive orienteering
- Mountain bike orienteering
- Etiquette and rules of the sport
- Clothing and equipment for orienteering
- Orienteering and the environment
- Orienteering maps: map symbols & scales
- Orienteering skills; control procedure; map reading; compass skills, systematic method of navigation
- Planning orienteering programs: basic course planning and setting
- Skill progressions & practical exercises
- Safety guidelines
- Forest access and minimising environmental impact
- Resources for orienteering

Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Attendance at practical classes (90%attendance required)	Participation in practical activities in a safe and cooperative manner	S/U
Timed orienteering run/bike	Written analysis	30 - 60%
Course planning	Written submission of course plan	40 - 70%

Adopted Reference Style:

APA

Handbook Summary:

Orienteering is a navigation sport using specially drawn and detailed maps of parklands or forest areas. Students will experience a variety of exercises aimed at developing skills in map reading and navigation, with emphasis on practical application to the secondary school setting. A variety of nearby parks and forest venues will be used for training and assessment.