

Global Learning Semesters

Course Syllabus

Course: SPSC-402 Outdoor Activities Teaching

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-402	Outdoor Activities Teaching	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-140, SPSC-230, SPSC-320
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

Course Description

This course is designed to provide knowledge, skills, and processes for teaching contemporary outdoor (e.g. camping, hiking, walking, orienteering and the tenets of cooperative living, backpacking) and leisure activities suitable for life-long participation.

Prerequisites

SPSC-140, SPSC-230, SPSC-320

Topic Areas

1. Introduction to Course/Foundations of outdoor recreation.
2. Nature and the spiritual life.
3. Psychology and the Natural Environment
4. The Social Aspects of Outdoor Experience
5. The Economics of Outdoor Pursuits
6. National Resources and Recreation
7. Other Outdoor Recreation Resources
8. Outdoor Recreation in other Countries
9. Management Policies in Outdoor Recreation
10. Management Procedures in Outdoor Recreation
11. Education and the Outdoors
12. Two-day trip-visiting camping areas.
13. Practical exercise: Seven-day project in an organized camp.

Learning Outcomes

By the end of this course the students should be able to demonstrate knowledge and understanding in order to:

1. Prepare for and undertake a journey safely in an unfamiliar environment.
2. Develop their own ideas by creating challenges for others.
3. Use increasingly complex techniques and the safety procedures appropriate to the activity undertaken.
4. Appreciate the effects of nutrition and climatic conditions on the body, through the activity undertaken and be aware of and respond to changing environment conditions.
5. Extend their knowledge, understanding and ability of leading outdoor activities.

6. Plan, undertake and evaluate a safe health-promoting exercise program in a natural environment.

Assessment

Midterm Examination:	(Theory 25%)
Final Practical Examination:	(40%)
Practical Demonstration:	(25%)
Attendance and Participation:	(10%)

Readings and Resources

Required Textbooks

1. Mood, D. P., Musker, F. F., & Rink, J. E. (2003). Sports and Recreational Activities. (13th Edition). McGrawHill.
2. Ibrahim, H. and Cordes, K. A. (1992). Outdoor Recreation, Madison: Wm. C. Brown and Benchmark Publishers.