

# SPRT 1005 OUTDOOR RECREATION

**Credit Points** 10

**Legacy Code** 400808

**Coordinator** Nicki Taylor ([https://directory.westernsydney.edu.au/search/name/Nicki Taylor/](https://directory.westernsydney.edu.au/search/name/Nicki%20Taylor/))

**Description** Students will learn about the variety of outdoor recreation and educational pursuits available to individuals, in school or community settings. Through active participation and guided instruction, students will also learn how to supervise specific forms of outdoor recreation and education in activities such as hiking, canoeing and camping. Learning content will reinforce the rationale for the development, administration and delivery of school-based and community outdoor recreation and education programs within Australia.

**School** Health Sciences

**Discipline** Sport and Recreation, Not Elsewhere Classified.

**Student Contribution Band** HECS Band 4 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 1 subject

**Equivalent Subjects** SPRT 2005 - Outdoor Recreation 1 SPRT 1006 - Outdoor Recreation (WSTC) TEAC 1014 - Experience based Outdoor Education

## Restrictions

Students must be enrolled in 4549 Bachelor of Health Science (Personal Development, Health and Physical Education), 4659 Bachelor of Health Science (Personal Development, Health and Physical Education), 4742 Bachelor of Health Science (Health and Physical Education)-Pathway to Teaching (Secondary), 4747 Bachelor of Health Science (HPE), 4741 Bachelor of Sport Development or 6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education).

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Identify and apply the theoretical and philosophical underpinnings of Outdoor Recreation/Education.
2. Explain the relationship between people and the environment and the role that nature plays in human development, sustainability, and promoting lifelong physical activity.
3. Implement skills to function effectively, autonomously, and safely in wilderness and other outdoor environments.
4. Assess a variety of learning experiences and reflect upon their importance for developing movement competence and enhancing interpersonal skills in outdoor settings.
5. Differentiate between various leadership styles and justify the place of outdoor education for diverse populations.

## Subject Content

The theory of recreation and leisure, as well as active participation in numerous outdoor recreation pursuits will provide:

- Concepts and policy direction in Outdoor Education/Recreation;
- Environmental impacts, conflict resolution and risk analysis in outdoor education/recreation;
- National accreditation scheme in outdoor education/recreation;
- Implication of theories and practice of the conduct of outdoor educational activities in contemporary Australia;
- Risk assessment and legal responsibilities in outdoor recreational pursuits;
- Policies and procedures of Outdoor Education/Recreation Industry groups;
- Policies and procedures of the NPWS of NSW in relation to National Parks facilities, Aboriginal Cultures and Environmental impacts;
- Field work requirements: All students will be required to attend and complete field work activities that span a range of outdoor recreation pursuits, as described next;
- participation in common land-based Outdoor recreation pursuits such as camping, canoeing and hiking.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/Group Task
Essay	1,000 words	40	N	Individual
Portfolio	1,500 words	60	N	Individual
Practical	Bushwalk - 5 hours	S/U	Y	Individual

Teaching Periods

## Spring (2022) Penrith (Kingswood)

### Day

**Subject Contact** Nicki Taylor ([https://directory.westernsydney.edu.au/search/name/Nicki Taylor/](https://directory.westernsydney.edu.au/search/name/Nicki%20Taylor/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=SPRT1005\\_22-SPR\\_KW\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=SPRT1005_22-SPR_KW_D#subjects))