

SPRT 3022 OUTDOOR EDUCATION, SUSTAINABILITY AND HEALTH

Credit Points 10

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 in, through, and about a variety of outdoor recreation experiences available in community and school contexts. Through active participation, guided instruction, and independent exploration, students will learn how to supervise specific forms of outdoor recreation in activities such as bushwalking, canoeing, camping and the 'micro-adventure'. This subject applies an interdisciplinary approach to learning about people, the environment and health. Students will consider how these connections and interactions play an important role in promoting, supporting and sustaining the wellbeing of individuals, the community, and the environment, now and into the future.

School Health Sciences

Discipline Sport and Recreation, Not Elsewhere Classified.

Student Contribution Band HECS Band 4 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 3 subject

Restrictions

Students must be enrolled in 4742 Bachelor of Health and Physical Education (Pathway to Teaching), 4741 Bachelor of Sport Development or 6000/6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education), 4656 Bachelor of Health Science, 4791 Bachelor of Health and Physical Education (Pathway to Teaching Secondary) or 4792 Bachelor of Health and Physical Education

Learning Outcomes

1. Apply the theoretical and philosophical underpinnings of Outdoor Recreation/Education
2. Employ advanced skills to function effectively, autonomously, and safely in wilderness and other outdoor environments
3. Critically evaluate a variety of outdoor learning experiences and reflect upon their importance for developing knowledge of the issues, benefits and outcomes of outdoor recreation
4. Examine the symbiotic relationship between people and the environment, and the role of recreation in natural environments for health and sustainability.
5. Critique the experiences of outdoor recreation for diverse populations and provide a rationale for socially just and inclusive programming

Subject Content

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

1. Outdoor Recreation in Australia: History and Trends
2. The Outdoors as a Teaching and Learning Tool
3. Risk and Safety in the Outdoors
4. Planning and Preparation: Practicalities of Outdoor Field Trips

5. Meanings of Adventure
6. Human / Nature Connections
7. Gender, Culture, & Nature
8. Healthy People, Healthy Planet and Our Responsibilities
9. Field work requirements: All students will be required to participate in field work activities that span a range of outdoor recreation pursuits

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	1000 words	40	N	Individual
Portfolio	1500 words	60	N	Individual
Practical	Bushwalk - 5 hours	0	Y	Individual

Teaching Periods

Spring (2024) Penrith (Kingswood) Hybrid

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=SPRT3022_24-SPR_KW_3#subjects)