

# SPRT 3022 OUTDOOR EDUCATION, SUSTAINABILITY AND HEALTH

**Credit Points** 10

**Coordinator** Andrew Bennie ([https://directory.westernsydney.edu.au/search/name/Andrew Bennie/](https://directory.westernsydney.edu.au/search/name/Andrew+Bennie/))

**Description** Students will learn in, through, and about a variety of outdoor education and 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 education and recreation, in activities such as micro-adventures, bushwalking, canoeing, and camping. 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/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

**Incompatible Subjects** SPRT 1005 - Outdoor Recreation  
TEAC 1014 - Experience-based Outdoor Education

## 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), 4792 Bachelor of Health and Physical Education or 1939 Bachelor of Education (Secondary).

## Learning Outcomes

After successful completion of this subject, students will be able to:

1. Apply the theoretical and philosophical underpinnings of outdoor education and recreation.
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 education and recreation.
4. Examine the symbiotic relationship between people and the environment, and the role of education and recreation in natural environments for health and sustainability.
5. Critique the experiences of outdoor education and recreation for diverse populations and provide a rationale for socially just and inclusive outdoor 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: History and Trends
2. Outdoor Education: The Outdoors as a Teaching and Learning Tool
3. Risk and Safety Management in the Outdoors
4. Planning and Preparation: Practicalities of Outdoor Field Trips
5. Meanings of Adventure
6. Human / Nature Connections
7. Diversity & Inclusion in the Outdoors
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 education and 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	Mandatory
Essay	1000 words	30	N	Individual	N
Portfolio	1500 words	30	N	Individual	N
Practical	Outdoor experiences and a 1500 word reflection	40	N	Individual	N

Teaching Periods

## Spring (2025) Penrith (Kingswood)

### On-site

**Subject Contact** Andrew Bennie ([https://directory.westernsydney.edu.au/search/name/Andrew Bennie/](https://directory.westernsydney.edu.au/search/name/Andrew+Bennie/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=SPRT3022\\_25-SPR\\_KW\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=SPRT3022_25-SPR_KW_1#subjects))