



Studieplan 2013/2014

Nordic Outdoor Program

Studiepoeng: 30

Studiets varighet, omfang og nivå

The NOP lasts one semester; starting at the beginning of January and ending in the middle of June. The successful completion of the NOP grants 30 ECTS at the undergraduate level.

Innledning

Through experimental learning, practical experiences and theoretical lectures, the students will develop knowledge, skills and competences related to the Nordic outdoor life in the forests, mountains, lakes and rivers throughout the different seasons. They will gain competences in traditional winter sports and outdoor activities. The students will learn to use these competences within the role of an outdoor leader and teacher, to communicate the joy and benefits of outdoor life and -activities with different groups of people. The NOP aims to empower the students with knowledge and skills on how to facilitate different learning outcomes, how to promote health, and how to facilitate optimal experiences through outdoor programs.

The NOP introduces the pedagogic and teaching principles for outdoor leadership, using the traditional Nordic outdoor life and winter sports as the foundation of the practical examples. Still, an important goal of the NOP is for international students to reflect on how they will transfer these competences back to their home countries to their future professional and outdoor arenas.

Læringsutbytte

Through the NOP the students will gain the following learning outcomes:

Knowledge

The candidate

- Has knowledge of central issues related to outdoor life in society.
- Has knowledge of the pedagogical principals and necessary competences required for teaching and leading groups in various environments under different conditions.
- Has knowledge of central issues related to sport, physical activity and health in society.
- Has knowledge of the history and traditions of winter sports in Norway and in the Nordic countries in general.
- Has knowledge of sedentary and unhealthy lifestyle issues and challenges in our modern society.
- Has knowledge of how physical activity can reduce and prevent issues and challenges related to unhealthy lifestyle.
- Has knowledge of the benefits of and the possibilities for outdoor activities and outdoor life for motivating people into an active lifestyle.



Skills

The candidate

- Master the required fundamental skills for outdoor life in the different seasons.
- Can demonstrate the proper technique of execution for various traditional Nordic winter sports.

General competences

The candidate

- Has basic competences in outdoor life, adequate to plan and conduct trips through the different seasons, in forests, mountains, lakes and rivers in a safe way.
- Has competences and experiences in traditional Nordic winter sports.
- Has competences in teaching and leading groups outdoors, in winter sports and outdoor life.
- Has the ability to use general pedagogical principals for teaching activities at different outdoor arenas.
- Has the ability of using theory for reflecting critically on central questions regarding sports, physical activity and health in society.
- Has the capacity to work with people from different cultures in partnership on a project -, and to master communication across cultures.

Målgruppe

The NOP can suit a large number of students who want to use the possibilities of outdoor activities and programs in their future professions. The NOP can fit into a large number of Bachelor degree programs related to topics such as physical education, outdoor life, physical activity and health, nature based tourism and sports. Examples of professions for which NOP is suitable are: physical educators and school teachers, health promotion instructors and coaches, trainers and leaders in various settings. The NOP can also suit students who want to work in schools, in health institutions, in tourism or in other businesses where physical activity has a central role.

Kompetanse

The NOP provides students with competences in outdoor leadership for various outdoor arenas and contexts. The principals of the NOP's pedagogical work can be transferred to different activities, outdoor arenas and environments relevant to the profession and home country of each student.

Opptakskrav

Completion of at least one year of studies at the under-graduate level (60 ECTS), at a subject area relevant to the NOP, like physical education, outdoor life, physical activity and health, tourism and sports. Students from partner institutions of Hedmark University College will be given priority.

Undervisnings- og læringsformer

The methods of study vary between practical and theoretical lectures, outside and inside the classroom, - as well as between individual guidance and cooperation in groups. Information technology is



integrated in most parts of the NOP. “Fronter”, a digital learning platform, is used as a tool of communication and teaching between the university and the students.

Vurderingsformer

This NOP uses various assessment methods. Students are challenged to demonstrate academic qualifications and knowledge through the completion of a variety of tasks. They are asked to produce written reports and to demonstrate leadership and teaching skills for different activities through practical-oral examinations.

Internasjonalisering

The NOP serves student- internationalisation, through the mean of intercultural exchange between students from different countries and societies. Students from different cultures interact with each other both during class- and free-time. To achieve the intercultural exchange goal, a large number of NOP lectures are organized concurrently with other student groups at Hedmark University College, who are also studying physical education, outdoor life, physical activity for pupil health or the role of a sport trainer. The NOP also provides the opportunities for students to exchange experiences and competences, aiming to help them become active partners in a multicultural world and to build relations across national and ethnic boundaries.

Studiets innhold, oppbygging og organisering

The NOP contains three courses; “Outdoor life” of 10 ECTS, “Winter sports” of 10 ECTS and “Outdoor leadership” of 10 ECTS. All courses are offered in English.

It is a mandatory requirement to participate in the course “Outdoor life” to be able to complete the course “Outdoor leadership”. Students are expected to have an active role in the program throughout the semester.

Emnetabell

Emner

Studiepoeng År 1

- [Winter Sports](#)

10 studiepoeng S1(V)

- [Outdoor life](#)

10 studiepoeng S1(V)

- [Outdoor leadership](#)

10 studiepoeng S1(V)



Emneoversikt

1NOP101 Winter Sports

Emnekode: 1NOP101

Studiepoeng: 10

Språk

English

Forkunnskaper

None

Læringsutbytte

Upon completion of the course, the students should have gained the following competences:

Knowledge

The candidate

- Knows the basic teaching principals and essential activities for planning and delivering winter sports lessons, by teaching proper technique in a various number of activities and sports.
- Knows about important issues and controversies within the society that involve sports, physical activity, lifestyle, and health.
- Knows about the history and traditions of winter sports in Norway.
- Knows about the role of winter sports and activities in the Nordic countries.
- Knows about how winter activities can stimulate interest and joy for an active lifestyle and how winter physical activity can prevent and reduce unhealthy lifestyle issues and challenges.

Skills

The candidate

- Master proper techniques in the various winter sports taught throughout the semester at such level that they can handle and instruct a group of beginners and children.

Competences

The candidate

- Is able to teach the technique of traditional Nordic winter sports, to beginners and children.
- Is able to analyze a beginner`s technique in the different winter sports, and to give proper



feedback.

- Is able to plan and lead winter sports programs with the main goal to stimulate joy and interest for an active and satisfying lifestyle through winter activities.

Innhold

- Winter sports and activities in the traditional Nordic context.
- Methods for teaching winter sports to children and beginners.
- The role of a coach; her/his philosophy, methods, and ethics.
- History and traditions of winter sports.

Organisering og arbeidsformer

- Practical and theoretical lessons, outdoors and in class-rooms
- Problem-based learning
- Instruction and supervision
- Individual and group work
- Video analysis and case studies
- Use of the digital program Fronter for learning and communication

Obligatoriske krav som må være godkjent før man kan avlegge eksamen

For a successful completion of the course, students must attend actively no less than 80 % of the lectures. Details are available in the syllabus for each of the activities.

Vurderingsordning

The final grade is based on the sum of a student`s execution skills on the four winter sports and her/his teaching skills as an instructor on these sport skills.

40% of the grade is based on a sum of the practical tests in the four different winter sport activities, where the students demonstrate their skills. 60% of the grade is based on a practical-oral examination in a drawn activity, where the main focus is on the student`s teaching skills.

Grades are awarded according to a letter-grade scale from A to F with E being the lowest passing grade.

Ansvarlig avdeling

Avdeling for folkehelsefag



1NOP102 Outdoor life

Emnekode: 1NOP102

Studiepoeng: 10

Språk

Norsk

Forkunnskaper

None

Læringsutbytte

Upon completion of the course, the students should have gained the following competences:

Knowledge

The candidate

Knows about central issues related to outdoor life and society.

- Knows about the outdoor life in Norway from a historical perspective.
- Knows about values and potential health benefits of outdoor life.
- Knows the necessary procedures for planning and accomplishing outdoor life programs in a safe way, during the winter, spring and summer seasons.
- Knows about the laws and ethics for staying and travelling in natural environments.

Skills

The candidate

- Is able to pack and transport a backpack and a sled properly by skiing in the backcountry.
- Is able to handle basic equipment and follow routines for effective and safe camp life in the outdoors.
- Is able to harvest and cook proper food for outdoor life, using different kind of camp fires and stoves.
- Is able to paddle a canoe in lakes and Grade 1 rivers in a safe way.
- Master the basic first aid relevant for outdoor life.
- Is able to navigate safely in nature, using a map, a compass and the GPS.
- Master the necessary tools for outdoor life in a practical and safe way.
- Master various nature based activities and games.
- Is able to create simple hand crafts to use in their outdoor life.

Innhold



- Planning of trips.
- Clothes and equipment for outdoor life.
- Basic skills for outdoor life; backpacking, sleeping in the outdoors, cooking in the outdoors, navigation, and first aid.
- Techniques for traditional hiking in forests, mountains, through waters and rivers.
- Nature based activities and games.
- Basic knowledge and experiences on the elements snow, ice, ground and water.
- Safety and risk analyses.
- Buddy rescue procedures, - in avalanche, in lakes, and in rivers.
- Harvesting and processing of food from nature
- Nutrition and physiology.
- Outdoor life handcrafts.
- Lectures: - central issues and topics related to outdoor life and society.

Organisering og arbeidsformer

- Practical training in the outdoors, including sleeping outdoors.
- Practical and theoretical lessons, in classrooms and outdoors.
- Problem-based learning.
- Instruction and supervision.
- Individual and group work.
- Case studies, workshops and seminars.
- Use of the digital program Fronter for learning and communication

Obligatoriske krav som må være godkjent før man kan avlegge eksamen

The students are expected to have an active and participating role throughout this semester-long course. All practical lectures and trips are mandatory, including the pre-trip planning and the post-trip evaluation phases. Details are available in the course syllabus.

Vurderingsordning

The students will be evaluated on the basis of an individual practical-oral examination.

Grades are awarded according to a letter-grade scale from A (highest) to F (lowest), with E being the lowest passing grade.

Ansvarlig avdeling

Avdeling for folkehelsefag



1NOP103 Outdoor leadership

Emnekode: 1NOP103

Studiepoeng: 10

Språk

Norsk

Forkunnskaper

None

Læringsutbytte

Learning outcome:

Upon completion of the course, the students should have gained the following competences:

Knowledge

The candidate

- Knows about the fundamentals of different pedagogical philosophies and teaching methods for learning in outdoor programs.
- Knows the basics for group development through adventure programs.
- Knows the basics of experiential learning-, and the potential of learning through experiences.
- Master how to plan and deliver outdoor programs, adjusted to their own and group`s competences.
- Has an understanding for the necessary competences for an outdoor leader, related to different kinds of outdoor programs and groups.

Skills

The candidate

- Is able to communicate properly; -- through a clear and confident use of voice and body language manage a group in the outdoors.

Competence

The candidate

- Is able to use didactic thinking in planning, conducting and evaluating a basic outdoor life program.
- Has gained the skill of facilitating proper outdoor programmes for different groups, well-adjusted to the competences of the leader and the group.



- Has gained awareness on the strengths and weaknesses of different teaching methods and leadership styles.
- Is able to transfer and adjust the principals of outdoor teaching and leadership to fit different relevant outdoor arenas and activities.
- Has developed a professional attitude and knowledge on the ethics related to the profession of an outdoor leader, working with people in outdoor programs.
- Master the way of problem solving as a leader, searching for solutions when encountering unexpected challenges and situations in the outdoors.

Innhold

- The role of the outdoor leader at an outdoor program.
- The necessary competences and attitude of an outdoor leader.
- Pedagogical theory related to outdoor teaching
- Didactic methods for planning and conducting outdoor programs
- Practical activities on different methods and styles of outdoor leadership.
- Outdoor life as a profession, related to concerns on health, environment and safety.
- Evaluation of own leadership, groups and outdoor programs.
- The psychology of group development.
- Communication.
- The potential of interdisciplinary learning in outdoor programs.
- Adaption of outdoor programs to different kind of groups and individuals.
- Own practice of outdoor leadership.
- Facilitation of optimal experiences for a group and its individuals.

Organisering og arbeidsformer

- Practical and theoretical lessons.
- Lectures and leadership activities in the outdoors, integrated in the course “Outdoor Life”.
- Problem solving in small groups and individually.
- Case studies.
- Use of the digital program Fronter for learning and communication.
- Practice through the parallel course “Outdoor life” offered by the NOP

Obligatoriske krav som må være godkjent før man kan avlegge eksamen

- For a successful completion of the course, the students must attend actively no less than 80 % of the classes.
- The students must be evaluated to approved at a practical activity, where the students plans out and leads a group outdoors.

Vurderingsordning

1. 40 % of the grade is based on a written report, based on own practice as a leader outdoors
2. 60 % of the grade is based on a practical-oral examination where the students functions as a leader and teacher for a group for a drawn topic.

Grades are awarded according to a grade scale from A to F with E being the lowest passing grade.



Ansvarlig avdeling

Avdeling for folkehelsefag