



Studieplan 2013/2014

Nordic Outdoor Program

Studiepoeng: 15

Studiets varighet, omfang og nivå

The NOP, 15 ECTS, lasts three months; starting at the beginning of January and ending in the beginning of April. The successful completion of the NOP grants 15 ECTS at the undergraduate level.

Innledning

The Nordic Outdoor Program (NOP), 15 ECTS, aims to present the students with the necessary practical competences for safe outdoor life in winter, and the practical and pedagogical principals for teaching winter sports to children and beginners.

Through experimental learning, practical experiences and theoretical lectures, the students will develop knowledge, skills and competences related to the Nordic outdoor life in the forest and mountains through the winter season. They will gain competences in traditional winter sports and outdoor activities. The students will learn to use these competences within the role of a winter sport leader and teacher, to communicate the joy and benefits of outdoor activities. 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 winter sports.

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 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



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- Master the required fundamental skills for outdoor life in the winter season.
- 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 in forests and mountains, through the winter time, in a safe way.
- Has competences and experiences in traditional Nordic winter sports.
- Has competences in teaching in winter sports
- 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 practical competences in outdoor life in winter time, and with competence and principals for teaching children and beginners in winter sports.

Opptakskrav

Applicants ought to document the successful 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 winter sports through practical-oral examination.

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, 15 ECTS, contains of two courses; “Winter sports” of 10 ECTS and “Outdoor life in winter time” of 5 ECTS. Both courses are offered in English.

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 in winter time](#)
5 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



1NOP15-102 Outdoor life in winter time

Emnekode: 1NOP15-102

Studiepoeng: 5

Språk

English

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 winter time.
- Knows about the laws and ethics for staying and travelling in natural environments.
- Knows about the basic first aid relevant for outdoor life
- Knows about how to use the necessary tools for outdoor life in a practical and safe way.
- Knows about a various number of nature based activities and games.

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 winter time.
- Is able to harvest and cook proper food for outdoor life, using different kind of camp fires and stoves.
- Is able to navigate safely in nature, using a map, a compass and the GPS.
- Is able to create simple hand crafts to use in their outdoor life.

Competences

The candidate



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- Is capable to plan her/his individual trips, as well as trips as a member of a group
- Is capable to observe and evaluate the fundamental safety aspects related to outdoor life in winter time.
- Has gained the necessary knowledge and skills for taking care of her/himself in the outdoors in winter time.

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 skiing in forests and mountains.
- Nature based activities and games.
- Basic knowledge and experiences on the elements snow and ice.
- Safety and risk analyses.
- Avalanche theory.
- 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

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 written report, evaluated to passed or failed.

Ansvarlig avdeling

Avdeling for folkehelsefag