SS1107 Outdoor Recreation
[Lectures & Tutorials: 12 hours; 5-day Residential Camp at the Outward Bound School, Singapore; Pre-requisites: None; Academic Unit: 3.0]

Learning Objective
This course introduces students to the outdoors as a recreational pursuit and explores its affordances for personal growth and team building, the development of confidence, problem solving skills, and leadership. Risks are inherent in the outdoors and an understanding and application of a risk assessment and management system will also be introduced. Through experiential learning at the Outward Bound School Singapore, students will be facilitated to experience and understand the outdoors and at the end, will be well-placed to organise, lead, and manage outdoor activities.

Content
- Definition of outdoor and outdoor recreation
- Risk assessment and management
- Outdoors as a tool for personal growth, team building, developing confidence and problem solving skills
- Outdoors as a tool for developing leadership
- Experiential learning and facilitation skills

Course Outline
There are two components in this course.

A. 12 hours of Lecture & Tutorial

<table>
<thead>
<tr>
<th>S/N</th>
<th>Topic</th>
<th>Lecture Hours</th>
<th>Tutorial Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Outdoor &amp; Outdoor Pursuits – Introduction &amp; definitions</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Risks in the Outdoors</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Risk Assessment &amp; Management System</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>Outdoors as a tool for personal growth, team building, developing confidence and problem solving skills, leadership</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Experiential Learning &amp; Facilitation</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

B. Outdoor Residential Camp
During the 5-day OBS residential course, students will be introduced to outdoor recreation by way of experiential learning through activities such as ropes courses (low and high elements), land and sea-based expeditions. Facilitation by experienced OBS instructors and student reflections/journaling will equip them with the knowledge and skills to organise, lead, facilitate and manage outdoor activities.

Learning Outcome
Students will acquire a sound understanding of the outdoors and outdoor recreation and be able to organise, lead, facilitate and manage outdoor activities for groups of individuals.
Student Assessment
Students will be assessed by:
   a. Final 2.5-hour written examination (50%)
   b. Continuous assessment (50%)
      i) Participation in the OBS camp. (30%)
      ii) Reflection Journal (20%)

Textbooks/References