

## leisure studies

### Australian Outdoor Recreation

*There is growing interest and attention being given to the use of outdoor environments for personal development, stress management, leadership training, and issues of health and lifestyle. Investigate the nature and significance of the outdoor environment for recreation, education and general health concerns.*



# Short Term Program

## "Outdoor Recreation"

### Sample program:

#### HUMA216 - Australian Outdoor Recreation

With the increasing complexity of contemporary society, problems such as stress, alienation and lack of autonomy are becoming more prominent issues of health and lifestyle. Traditionally, primary use of the outdoor environment was for recreational purposes with services and facilities orientated towards this end. Current political and commercial interests generally still maintain this view. However, there is growing interest and attention being given to the use of outdoor environments for other purposes, such as personal development, stress management, leadership training, and issues of health and lifestyle. This unit addresses these concepts and issues by investigating the nature and significance of the outdoor environment for recreation, education and general health concerns.

<b>Objectives</b>	<p>On completion of this unit, students will be expected to:</p> <ul style="list-style-type: none"> <li>• Demonstrate a knowledge of the historical development of outdoor pursuits and programs</li> <li>• Understand the nature, use and significance of outdoor recreation</li> <li>• Assess the political and commercial influences on Australian outdoor facilities and services</li> <li>• Critically examine current Australian outdoor programs concerned with personal development, stress management and leadership training</li> <li>• Demonstrate effective knowledge of safety and survival in specified Australian outdoor and wilderness areas</li> </ul>
<b>Content</b>	<ul style="list-style-type: none"> <li>• Outdoor Recreation in Australia             <ul style="list-style-type: none"> <li>- Nature, usage, significance</li> <li>- Historical development of organised camping in Australia and selected overseas countries</li> </ul> </li> <li>• Outdoor adventure concepts             <ul style="list-style-type: none"> <li>- Personal development and outdoor programs</li> <li>- Adaptive and therapeutic outdoor programs</li> </ul> </li> <li>• Government organisation and management of outdoor facilities and services             <ul style="list-style-type: none"> <li>- Organisation and policies of outdoor programs - private, welfare, educational and church agencies</li> </ul> </li> <li>• Safety Awareness, accident prevention and First Aid management in outdoor conditions             <ul style="list-style-type: none"> <li>- Survival in outdoor environments.</li> </ul> </li> </ul>
<b>Teaching organization:</b>	<ul style="list-style-type: none"> <li>• Three day lectures and practical workshops on campus and off campus (leadership training ropes facilities, abseiling)</li> <li>• Two day outdoor experience off campus (aquatic environment camp)</li> <li>• Two day campus based lectures/tutorials and practical workshops</li> <li>• Four day outdoor experience off campus (national park camping/walking wilderness experience)</li> </ul>
<b>Assessment procedures:</b>	<ul style="list-style-type: none"> <li>• Reading Journal/Self evaluation diary</li> <li>• Practical workshops / camps inventory</li> <li>• Major Written assignment</li> </ul>
<b>Field Trip Options:</b>	<p>Outdoor recreation 3/5/7 day experiences can be customised to suit trips to surf/reef/boat locations, as well as national park/wilderness experiences</p>
<b>Optional Extension Activities:</b>	<p>Options for further outdoor experiences of interest</p>

**Alternative: customise a study program** A customised study program can be coordinated to meet your individual request.