



Nordic Outdoor Education and Leadership

30 ECTS

Course duration:

The course comprises one semester of full time studies. It starts January 18th and ends June 4th, 2010.

Course description:

The course objective is to introduce students to the Nordic outdoor tradition combined with leadership education. The idea of the Nordic outdoor tradition is material simplicity and nature experience and includes activities such as skiing, skating, mountain hiking, canoeing, nature studies and orienteering. Except for physical activity and health it is used as a pedagogical method for different purposes and as a counterpoise to the urban welfare state. Students will be given the opportunity to explore and develop knowledge and consciousness about the nature as an arena for health and different kinds of outdoor activities. Students will be presented experiences that bring people closer to nature. There is a great demand for leadership and coaching knowledge within different occupations. Studying Nordic outdoor education and leadership might broaden student's attraction on the job market.

A considerable part of teaching time will be performed outdoors. Field studies and outdoor lectures will be combined with indoor lectures, seminars and group discussions. Planning and implementing outdoor activities in the wilderness will be performed. Besides one downhill ski camp and one canoe trip the course also includes a one week long ski tour in Lapland where students will have the possibility to apply their leadership knowledge.

Content:

- Outdoor education history and method
- The outdoor environment as a learning environment
- Scandinavian friluftsliv
- Sami culture
- The right of public access
- Outdoor activities from a health perspective
- Leadership styles
- Learning theories and teaching methods
- Teambuilding and group processes
- Applied leadership in different environments and situations
- Coaching

Prerequisites:

General eligibility for university studies

The course is given in English. Basic knowledge of spoken and written English is required.

Registration:

Please contact Anna Hansson at the Office of International Relations, anehao@hig.se