



# Nordic Outdoor Education, 30 ECTS

Course dates: January 25th – June 10th, 2011



## THE COURSE

The course objective is to introduce students to the Nordic outdoor tradition combined with leadership and coaching 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.

## OUTDOOR TEACHING

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. 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.

## WHO CAN APPLY

The course is suitable for all kinds of teacher students but also for students with interest in outdoor activities, leadership and coaching. Erasmus students and students from universities that have exchange agreements with the University of Gävle will be accepted but free movers from other universities may also be admitted. Basic knowledge of spoken and written English is required. Register before Oct. 15<sup>th</sup> 2010

## The course consists of two modules

### Nordic Outdoor Education and leadership, 15 ECTS

#### Content:

History and philosophy of Nordic outdoor education, Outdoor activities from a health perspective, Typical Nordic winter outdoor activities such as skiing, skating and various winter sports, Teambuilding and group processes, Applied leadership in different environments and situations

### Nordic Outdoor Education and coaching, 15 ECTS

#### Content:

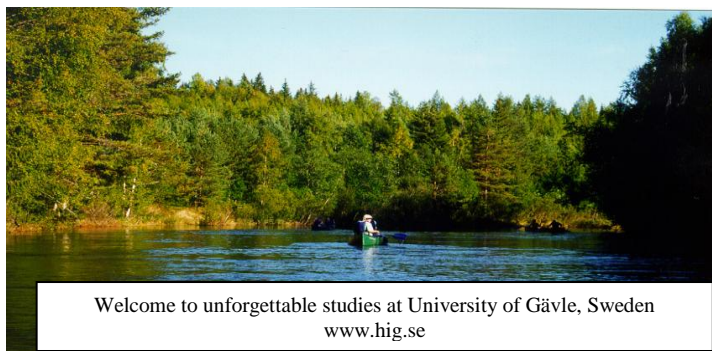
One week ski tour in Lapland focused on leadership training and outdoor life, One week winter camp focused on winter sports and outdoor life, Sami culture, Typical Nordic summer outdoor activities such as hiking, camping and canoeing, Coaching, Individual project in a self selected area

## Questions about registration

Please contact Therese Florentin at the Office of International Relations,

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