

Subject	Outdoor Activities		
Type	Type	Semester	ECTS
	ELECTIVE (E)	3	3
Lecturer	Dr. Agron Thaqi		
Aims and Objectives	The aim of the course is to enable students to study ways of creating positive, safe and effective learning, to develop learning and programming objectives, to explore and make preparations to enter the outdoor job market and to gain experience in teaching and/or leading outdoor activities.		
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> • Demonstrate advanced knowledge and skills in two or more outdoor activities; • Identify the wellness benefits of outdoor recreational activities. • Participate in outdoor activities while conserving and protecting the environment; • Demonstrate outdoor skills and techniques and apply them in different settings; • List the safety equipment required for participation in outdoor pursuits and adventures; describe and demonstrate the use of such equipment; • Demonstrate independent learning of movement skills in outdoor activities. 		
Content	Week	Topics	
	1	Syllabus presentation	
	2	Introduction to Outdoor Activities and Skills <ul style="list-style-type: none"> • Overview of outdoor activities and types • Basics of outdoor movement and skill acquisition 	
	3	Wellness Benefits of Outdoor Recreation <ul style="list-style-type: none"> • Physical, mental, and social benefits of outdoor activities • Linking outdoor activity to holistic wellness and health promotion • Research on outdoor activity and well-being 	
	4	Outdoor Skills: Hiking and Orienteering <ul style="list-style-type: none"> • Core skills for hiking and navigation • Map reading, compass use, and trail safety • Environmental awareness and conservation practices 	
	5	Safety and Essential Equipment in Outdoor Pursuits <ul style="list-style-type: none"> • Overview of essential safety gear for various outdoor activities • Demonstrating proper use of safety equipment • Preparing for emergency situations in remote environments 	
	6	Advanced Outdoor Activity I – Rock Climbing <ul style="list-style-type: none"> • Rock climbing techniques and progression • Understanding different climbing environments. 	
	7	Advanced Outdoor Activity II – Kayaking <ul style="list-style-type: none"> • Kayaking techniques, paddling skills, and water navigation • Safety protocols specific to water sports 	
	8	Mid-term exam – 1	
	9	Camping and Wilderness Survival Skills <ul style="list-style-type: none"> • Setting up a campsite and essential camping gear • Basics of wilderness survival (e.g., fire building, shelter) • Practicing Leave No Trace principles 	
	10	Group Dynamics and Leadership in Outdoor Activities <ul style="list-style-type: none"> • Principles of teamwork and leadership in outdoor settings • Roles and responsibilities in group outdoor activities • Communication and conflict resolution in challenging environments 	
	11	Conservation and Environmental Stewardship in Outdoor Recreation <ul style="list-style-type: none"> • Sustainable practices in outdoor settings 	

		<ul style="list-style-type: none"> • Impact of human activity on natural landscapes • Ways to minimize environmental impact during activities 	
	12	Independent Learning and Skill Development in Outdoor Activities <ul style="list-style-type: none"> • Techniques for self-directed learning in outdoor skill acquisition • Setting goals and tracking progress in skill improvement • Encouraging lifelong learning in outdoor recreation 	
	13	First Aid and Emergency Response for Outdoor Settings <ul style="list-style-type: none"> • Basic first aid skills for outdoor incidents • Managing injuries and illness in outdoor settings • Emergency action planning and response 	
	14	Integrating Outdoor Activities into Lifestyle <ul style="list-style-type: none"> • Designing personal outdoor activity routines for wellness • Planning seasonal and skill-appropriate activities 	
	15	Mid-term exam – 2	
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		30%
	Lab		40%
	Research		20%
	Independent learning		10%
Assessment Methods	Methods of assessment:		%
	Participation and engagement in lectures and practical sessions		10%
	a) Mid-term exam -1		30%
	b) Mid-term exam - 2		30%
	Course project , work Group		30%
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	29
	Examination preparation	n/a	10
Literature	1. Nilsson, Kjell; Sangster, Marcus; Gallis, Christos; Hartig, Terry; de Vries, Sjerp; Seeland, Klaus; Schipperijn, Jasper (2011). Forests, Trees and Human Health Outdoor Education, Life Long Learning and Skills Development in Woodlands and Green Spaces. 2. Hunter, J., Syversen, K., Graves, CH., Bodensteiner, A. (2019). Balancing Outdoor Learning and Play: Adult Perspectives of Teacher Roles and Practice in an Outdoor Classroom. The International Journal of Early Childhood Environmental Education, 7(2), p. 34.		
	Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the Moodle platform.		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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