

# Outdoor Education

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*Do you want to explore the outdoors?  
Is minimal impact camping something  
that interests you?*

Outdoor Education engages students in the study of the human connection to natural environments. Through outdoor activities and developing self-reliant expedition skills. In these environments, students develop knowledge, understanding and skills to move safely and competently, while promoting sustainability.

Outdoor Education provides a valid environment for developing movement competence, promoting a sense of wellbeing, enhancing personal and social skills, and developing an understanding of the concept of risk versus challenge. Outdoor Education equips students with lifelong time management, decision making and teamwork skills that translate to students' later studies and careers.

Students will complete the following topics during the theory component:

- Basic compass and navigation skills
- Orienteering and interpreting maps and coordinates
- Minimal impact camping
- Group dynamics
- Hazards in the outdoors

## **Assessment**

Practical

Theory

## **Subject Length**

1 semester

## **Additional Information**

Students attending this course will be required to attend all overnight camps and excursions