

NAME OF THE COURSE		Outdoor activities				
Code		Year of study	1st graduate			
Course teacher	Assoc. prof. Goran Gabrilo, PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			8	0	37	0
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	Getting knowledge and skills for conducting outdoor activities, with special knowledge regarding age, gender and experience of the exercisers					
Course enrolment requirements and entry competences required for the course	Important notice: <ul style="list-style-type: none"> <li>- Several outdoor activities (exercises) are financed by students (5 to 30 € per activity)</li> <li>- Students will pick from above mentioned exercises with cumulative account of 37 hours</li> </ul>					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	Students will be able to: <ul style="list-style-type: none"> <li>- Integrate the fundamental theoretical knowledge and apply it in practice;</li> <li>- Apply methods of management concept of offer based on needs (tourism, leisure time);</li> <li>- Assess the differences between various outdoor activities;</li> <li>- Analyse and recognize criteria for implementation of different outdoor programmes in practice;</li> <li>- Plan and implement various outdoor activities based on needs;</li> <li>- Recognize and assess outlook of the various outdoor activities;</li> <li>- Follow dynamics of changes in this professional sector and adapt to the requests of the market;</li> <li>- Apply modern technology in practice</li> </ul>					
Course content broken down in detail by weekly class schedule (syllabus)	Course content (lectures)		Number of hours	Classes held by		
	Introduction to outdoor activities, with principles and classification of different outdoor activities		1	Assoc Prof. G. Gabrilo		
	Analysis of current situation and offer in outdoor activities market, with development perspectives of outdoor activities programs		2	Assoc Prof. G. Gabrilo		
	Outdoor activities and health		2	Assoc Prof. G. Gabrilo		
	Age and gender adapted outdoor activities		1	Assoc Prof. G. Gabrilo		
	Negative effects of modern lifestyle with positive perspective through being active		1	Assoc Prof. G. Gabrilo		
	Influence of outdoor activities and sport on tourism		1	Assoc Prof. G. Gabrilo		

	Course content (exercises)		Number of hours	Classes held by		
	Hiking		5	Assoc Prof. G. Gabrilo		
	Nordic walking		4	Assoc Prof. G. Gabrilo		
	Mounting climbing		5	Assoc Prof. G. Gabrilo		
	Trail running		4	Assoc Prof. G. Gabrilo		
	Sea kayak		5	Assoc Prof. G. Gabrilo		
	Rapid rafting		4	Assoc Prof. G. Gabrilo		
	Canyoning		5	Assoc Prof. G. Gabrilo		
	Canoe safari		5	Assoc Prof. G. Gabrilo		
Format of instruction	<input checked="" type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input checked="" type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities						
Screening student work ( <i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i> )	Class attendance	2	Research		Practical training	
	Experimental work		Report		(Other)	
	Essay		Seminar essay		(Other)	
	Tests		Oral exam	1	(Other)	
	Written exam		Project		(Other)	
Grading and evaluating student work in class and at the final exam	Final grade on the course Outdoor activities is determined based on the achieved result from:  - oral exam - carries 100% of the final grade					
Required literature (available in the library and via other media)	<b>Title</b>		<b>Number of copies in the library</b>	<b>Availability via other media</b>		
	Rossman, J. R., & Schlatter, B. E. (2015). Recreation programming: Designing and staging leisure experiences. Sagamore Publishing.		2			
	Human Kinetics (Organization). (2013). Introduction to recreation and leisure. Human Kinetics.		2			
	Lecture presentations available on Moodle page of the course			Moodle		
Optional literature (at the time of submission of study programme proposal)	<ul style="list-style-type: none"> <li>Corbin, C., Welk, G. J., Corbin, W., &amp; Welk, K. (2008). Concepts of physical fitness: Active lifestyles for wellness. McGraw-Hill Humanities/Social Sciences/Languages.</li> <li>Godbey, G. (2009). Outdoor recreation, health, and wellness: Understanding and enhancing the relationship.</li> <li>Neuman, J. (2012). Outdoor activities and health. In Abstracts of the 5th International Mountain and Outdoor Sports Conference (pp. 5-14).</li> </ul>					

	<ul style="list-style-type: none"> <li>• Coventry, P. A., Brown, J. E., Pervin, J., Brabyn, S., Pateman, R., Breedvelt, J., ... &amp; White, P. L. (2021). Nature-based outdoor activities for mental and physical health: Systematic review and meta-analysis. <i>SSM-population health</i>, 16, 100934.</li> <li>• American College of Sports Medicine (Ed.). (2013). <i>ACSM's health-related physical fitness assessment manual</i>. Lippincott Williams &amp; Wilkins.</li> <li>• Harrison, G., &amp; Erpelding, M. (2012). <i>Outdoor program administration: Principles and practices</i>. Human Kinetics.</li> </ul>
Quality assurance methods that ensure the acquisition of exit competences	Individual work with teacher, conversation, participation in class, class attendance registering, final questionnaire on the subject and teacher efficiency.
Other (as the proposer wishes to add)	