

**UNIVERSITY OF CUMBRIA
 COURSEWORK REASSESSMENT REQUIREMENT**

<p>Module Code: SNOL4205</p>
<p>Module Title: Outdoor Adventure Skills and Learning (Land)</p>
<p>Tutor: Mark Lawton</p>
<p>Title of the item of work:</p>
<p>Wordage:</p>
<p>Details and Criteria:</p> <p>This Reassessment requires you to demonstrate a range of land based outdoor skills. In order to demonstrate you will need to <u>record both audio and visual (use your phone?)</u> each of the skills listed below:</p> <p><u>Part 1: Basic technical climbing and rope skills</u></p> <p>You are required to select 5 of the below knots and demonstrate how to tie each knot and explain the situation you would use it in.</p> <ol style="list-style-type: none"> 1. Overhand, rewoven and on a 'bight' 2. Figure of eight, rewoven and on a 'bight' 3. Double figure of eight (bunny ears) 4. Bowline (with stopper knot) 5. Larks foot 6. Clove hitch 7. Italian hitch 8. Round turn and two half hitches 9. Double fisherman's Knot 10. Alpine butterfly <p>There are several useful resources available online that will provide you with clear videos and images for how to complete the above knots</p>

Part 2: Basic navigation skills

Underpinning a successful outdoor leader is their ability to navigate, make safe judgments about terrain and routes.

You are required to **produce a short video** which demonstrates to a novice navigator **how to take and follow a compass bearing**.

Your video should clearly show each stage, from using the map through to walking on the bearing. It is important that you offer clear verbal descriptions of what is happening and point out any potential errors that could be made.

There are lots of similar training videos available on YouTube for you to get ideas from.

If you cannot upload to Turnitin, please email the work directly to Mark Lawton with a link to the recordings.

SUBMISSION DATE AS PER STUDENT PORTAL AND ACADEMIC TRANSCRIPT

To be submitted by **4.00pm** on **12/08/2022** through Turnitin