



UNIVERSITY OF CUMBRIA
COURSEWORK REASSESSMENT REQUIREMENT

Module Code: SNOL4206

Module Title:
Physiology and Psychology for the Outdoor Leader

Tutor: Lucy Spain

Title of the item of work: Physiological Demands of Outdoor Activities

Wordage:
1750 +/- 10%

Details and Criteria: (Please attach additional sheets if necessary)

THIS ASSIGNMENT IS WEIGHTED AT 60% OF THE MODULE.

SCENARIO:

You will be leading a group in an outdoor activity. Before they take part, it is important that the clients have an understanding of the physical demands of the activities and know what to expect. It is your role as the outdoor leader to understand these demands and be able to communicate these to groups.

You need to produce an information booklet which outlines the physiological demands of completing a specific outdoor activity, targeted at a group you are going to lead in that activity.

Your booklet should include the following sections (highlighted in **bold**):

Introduction: Outline the specific context of your chosen outdoor activity (**LO1, LO2, LO3**). You might want to consider the following (amongst other elements) within the introduction:

- Where does the activity take place?
- Over what duration?
- What environmental challenges may be experienced?

Ensure the introduction is relevant and links to the other sections in your booklet. (suggest ~250-300 words)

Physiological demands of chosen activity:

Outline the dominant physiological and energy systems involved in allowing the body to meet the demands of the activity (**LO2**). This should include physiological systems such as cardiovascular/ respiratory systems and energy systems such as glycolysis as appropriate. (suggest ~480-500 words)

Movement demands of chosen activity:

Describe how the skeletal, muscular and nervous system work together to produce the main movement patterns involved in the activity (**LO1**). Consider the involvement of specific types of muscle fibre and how this may link to your section outlining energy systems. (suggest ~480-500 words)

Nutritional demands of chosen activity:

Apply your knowledge of nutrition and specific demands for this based on the physiology and movements involved in your activity to describe how to tailor nutrition to optimise performance of your chosen outdoor activity (**LO3**). Explain your rationale behind your nutritional choices. (suggest ~480-500 words)

Throughout the booklet, consider who your group are (Young adults? Scout group? Experienced Mountaineers?) and pitch the work accordingly.

You are also required to present a reference section within your booklet to demonstrate evidence to support your work, this should contain approximately **ten sources**.

SUBMISSION DATE AS PER STUDENT PORTAL

To be submitted by **4 PM** on **12/08/2022** via Turnitin on the Module Blackboard site.