

UNIVERSITY OF CUMBRIA
COURSEWORK REASSESSMENT REQUIREMENT

Module Code: 4206
Module Title: Physiology and Psychology for the Outdoor Leader
Tutor: Neal Anderson
Title of the item of work: Self-identity as an outdoor practitioner
Wordage: 1500 words equivalent
<p>Intended Learning Outcome Assessed: IOL4 - Demonstrate an informed understanding of the psychological theories that help explain behaviour and performance in the context of outdoor activities</p> <p>Task: To produce a portfolio of your self-identity as an outdoor practitioner</p> <p>A 'portfolio' by definition requires you to present a collection of relevant content that highlights who 'you' are. The portfolio you will be developing for this assessment is about you as an outdoor practitioner. The decision making process you will need to go through to choose what content to include, how to present it and what supporting literature to draw on are all integral aspects of the assessment.</p> <p>Details and Criteria: The aim of your portfolio is to demonstrate your understanding of your self-identity, in terms of your behaviour and performance in the outdoors.</p> <ul style="list-style-type: none"> - How you choose to present your portfolio is entirely your choice and could include artistic representations – but you must be able to submit it online by the submission deadline. - You are encouraged to produce a creative reflective portfolio. - Any tasks completed in the lectures and practicals can contribute to the portfolio. Some questions you might like to respond to are: <ul style="list-style-type: none"> - What Games of Adventure do you play - personal achievement, social bonding, deep play, nature life? - How would you describe or express your Current Self, your Ought Self and your Ideal Self?

- How do you feel about the future – what gives you optimism and hope?
- When, where and with whom do you get completely absorbed in an activity or experience, and everything just flows?
- How does stress, anxiety and arousal influence your performance in the outdoors?
- What are the external and intrinsic motivations that drive you as an outdoor practitioner?
- Who do you have positive and high-quality relationships with, and how do they influence your behaviour and performance in the outdoors?
- How do you tend to act and communicate when feeling stressed or stretched – authentic, blame, placate, compute, distract?
- How do you usually handle co-operation and conflict in groups?
- All aspects of the content should link to relevant psychological theory
- Use sources and citations to demonstrate your background reading, knowledge and understanding.

Your submission:

If you have previously submitted an assessment portfolio for this module you can make alterations to the original submission and resubmit that. **Please highlight all changes and additions though using a highlighter.**

Please submit this assignment to Turnitin

SUBMISSION DATE AS PER STUDENT PORTAL AND ACADEMIC TRANSCRIPT

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