

UNIVERSITY OF CUMBRIA
COURSEWORK REASSESSMENT REQUIREMENT

Module Code: 5204
Module Title: Psychological Applications in Outdoor Contexts
Tutor: Neal Anderson
Title of the item of work: Report on psychological theories and strategies relating to a planned and purposeful outdoor adventure experience.
Wordage: 1800 words equivalent
<p>Intended Learning Outcomes Assessed</p> <ol style="list-style-type: none"> 1. demonstrate an informed understanding of the psychological theories that help explain behaviour and attitudes in the context of outdoor activities; 2. apply this understanding in the planning and implementation of strategies that will optimise motivation, participation and performance of individuals and groups; <p>Task</p> <p>To produce report which outlines the specific underpinning psychological theories and strategies for motivation, participation and performance for a planned and purposeful outdoor adventure experience. (1800 words)</p> <p>Expected Content</p> <ul style="list-style-type: none"> • Introduction – context, scale (skills development/residential/expedition) • Experience – participants, places & spaces, activities, purpose • Approach – how chosen underpinning theories will influence activities and experiences • Strategies – discussion of planned approaches and alternative choices • References – quality, range, Harvard referencing <p>Notes</p> <p>Psychological theories and approaches are a key element underpinning the theory of change for a planned and purposeful outdoor adventure experience. Whether that is outdoor education, outdoor therapy, adventure tourism or any</p>

other form of outdoor learning, outdoor learning specialists are expected to be able to describe the theories, models, beliefs etc. that support the sequence of outdoor activities and experiences intended to achieve the required outcomes and impact.

You choose the context for your “planned and purposeful outdoor adventure experience.” It should be a large / significant enough experience to allow you to talk about a range of theories and strategies, but not so big it is hard to give examples of the theories and strategies in action.

Some reflection questions to help in planning:

- What specific smaller activities or experiences will make up the overall outdoor adventure experience?
- How will those outdoor activities and experiences blend with the theories and strategies you have chosen to shape behaviour and attitudes of the participants?
- What leads you to believe this will be successful or desirable?

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