

# Outdoor & Environmental Studies T

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Outdoor & Environmental Studies provides students with skills and knowledge to understand the role of the environment in mental health and physical well-being. It provides skills allowing students to safely and respectfully participate in physical activity in diverse outdoor environments. It allows students to understand the concept of discriminating between risk and challenge and to develop social and leadership skills. Students develop insights into environmental sustainability, particularly in local contexts. This course prepares students for lifelong physical and recreational activity as well as employment pathways.



Students develop skills to improve their own and others' health, well-being and physical activity opportunities. Students develop analytical and critical thinking skills and learn to question and challenge assumptions about the environment and physical activity in the outdoors. They develop skills to communicate effectively and present logical and coherent arguments. Such knowledge has the potential for students to enhance their own and others' health and well-being in varied and changing contexts.

The study of Outdoor and Environmental Education provides pathways to further study in both tertiary and vocational areas as well as providing foundations for life-long enjoyment of the outdoors and respect for the environment.



### Content

#### Unit 1 Discovering Outdoors

Students investigate concepts, models, and principles of chosen outdoor environments used to inform and enhance outdoor experiences. They work with others to participate in planning and carrying out activities respectfully and safely in diverse outdoor environments, building knowledge, skills, self-efficacy, and appreciation of natural places.

#### Unit 2 Sustainable Outdoor Experiences

Students investigate the health of outdoor environments. They analyse sustainable practices for the use of outdoor recreation environments. Students examine methods and models of stewardship. Through participation in outdoor experiences, they develop their philosophy on adventure learning and connection to outdoor environments.

#### Unit 3 Connection to the Environment



Students investigate the relationships and connections between people and the environment, including First Nation Australians. They analyse theories and programs about the health and wellbeing benefits of outdoor experiences on individuals and society.



#### Unit 4 Innovation and Change in Outdoor Education

Students investigate innovations and change over time in outdoor pursuits. They research and experiment with a variety of technologies and techniques and consider their impact on safety and enjoyment of outdoor experiences. Students investigate outdoor provider practices, environmental management, models, philosophies, and leadership styles to assess best practice for the experience desired.

**Unit 5 Independent Study:** An independent study unit requires completion of THREE units from this course.