

HUMAK[®]

New Study Module
in Open UAS

HUMAK UNIVERSITY OF APPLIED SCIENCES

Adventure

Education

- Theory meets

practice

22 ECTS

kauppa.humak.fi/en



Unique Concept of Learning by Doing

Humak has created unique concept to teach adventure education theories together with learning by doing. The theory studies are filtered through practical training, during activities, daytrips and longer expeditions. At the same time the participants are learning to be adventure education specialist and they can experience the major elements of adventure education, like group process or the excitement during adventure exercises. The studying follows the adventure education methodological principals: safe learning environment, technical-, social-, environmental and safety skills, reflecting. The knowledge will be filtered through practice and combined with experience. Learning by doing and reflecting is always present during contact periods.

The lectures have a long-time experience on adventure educational programming and teaching, as well as leading groups outdoors.

Adventure Education – Theory meets practice -studies start with the basics of adventure education. The aim is to provide participants with practical skills to plan, produce and implement goal-oriented processes while utilizing adventure education methods. The training is intended for people who wish to develop their skills in activity-based methods and in experiential learning. The studies will be conducted in outdoor environments and adventurous activities (games and plays, hiking and camping, kayaking and biking), but the knowledge and skills will be broadly applicable to a wide range of activity-based methods.

Studies put into practice the principles of experiential learning, where learning takes place in a triangle: individual – group – environment. Students play a key role in taking their studies forward. Students take on practical responsibilities during their studies according to their skills and abilities, with lecturers acting as facilitators. The outcome of the studies is that students will be prepared to independently implement adventure education processes.

Curriculum courses:

- 2 ECTS Introduction to Adventure Education
- 5 ECTS Instructor Skills and Activity Based Methods
- 5 ECTS Experiential Learning
- 10 ECTS Outdoor Skills in Adventure Education



Curriculum courses in detail

Introduction to Adventure Education 2 ECTS

Objective

Students

- have a basic understanding of the theoretical concepts and history of adventure education
- are familiar with the foundation and applications of adventure education
- are familiar with the professional field of adventure education and the different career paths within it

Content

Students learn the basics of adventure education and are introduced to its possible applications in preventive work, in supporting the growth and development of individuals and groups, in promoting personal engagement, in community building, and in promoting well-being. Students acquire an understanding of adventure education as part of their professional field.

Instruction and Activity-based Methods 5 ECTS

Objective

Students

- Understand the central theories of group formation, group roles and group dynamics and can apply them to instructional situations.
- Manage the basic of instruction, are aware of different instructional styles and can perform in different situations with different groups
- Can apply the profession's conceptual framework in the planning of instructional situations and to validate their choices.
- Can plan and carry out goal-oriented and activity-based instructional situations.

Content

Students gain knowledge of group formation and importance of goal setting. Students learn to consider physical, social and psychological safety as part of instruction. Students familiarize themselves with planning, implementing and assessing a goal oriented instructional situation with a chosen target group.

Experiential Learning 5 ECTS

Objective

Students

- are familiar with the theoretical framework of experiential and activity-based pedagogy in adventure education
- recognize nature and environmental education as part of experiential learning and adventure education
- are familiar with and gain basic experience of planning and implementing adventure-based activities
- are aware of the importance of safe learning environments as well as psychological, social and physical safety in learning

Content

Students understand the basic theoretical framework of experiential learning. The course focuses on the foundation, essential concepts and practical applications of activity-based learning, experiential pedagogy and adventure education. Students acquire basic understanding of educational processes and reflection in experiential learning.

Outdoor Skills in Adventure Education 10 ECTS

Objective

Students:

- learn basic outdoor skills and acquire knowledge of camping, hiking, mountain biking, paddling and navigation
- know how to use and maintain outdoor equipment
- recognize safety and risk factors related to adventure and outdoor activities
- gain experience of instructing adventure and outdoor activities
- learn basic wilderness first aid skills
- know how to promote sustainability in adventure education activities

Content

Students familiarize themselves with a range of activities in adventure and outdoor education. Students acquire basic technical knowledge and skills in a variety of activities and gain experience of instructing outdoor activities. Students learn about essential safety procedures and basic risk assessment. Students familiarize themselves with equipment used in different outdoor activities. Students learn to promote sustainability in outdoor activities.



Implementation

1. Section one

Mode of delivery: Online course

Timing: April-May 2024

Location: Online

Curriculum courses: 2 ECTS Introduction to Adventure Education

Teaching methods:

- Online course as a pre assignment to familiarizing students with adventure education history and theory

2. Section two

Mode of delivery: Contact teaching, intensive studies, field trips

Timing: 29.5.-6.6.2024 (9 days)

Location: Southern Finland: Kiljava, Sääksjärvi Lake, Baltic Sea archipelago

Curriculum courses: 5 ECTS Experiential Learning and 5 ECTS Outdoor Skills in Adventure Education

Teaching methods:

- 5 days of adventure education theories, combined with practical workshops, basic kayaking skills and preparations for kayaking field trip

- 3 days of applying skills and knowledge during a kayaking field trip in Baltic Sea archipelago

- 1 day of course reflection and preparing for the second contact period



3. Section three

Mode of delivery: Independent studying

Timing: June-August 2024

Location: Online and independent

Teaching methods:

Mid course assignments, independent studying and skills training

4. Section four

Mode of delivery: Contact teaching, intensive studies, field trips

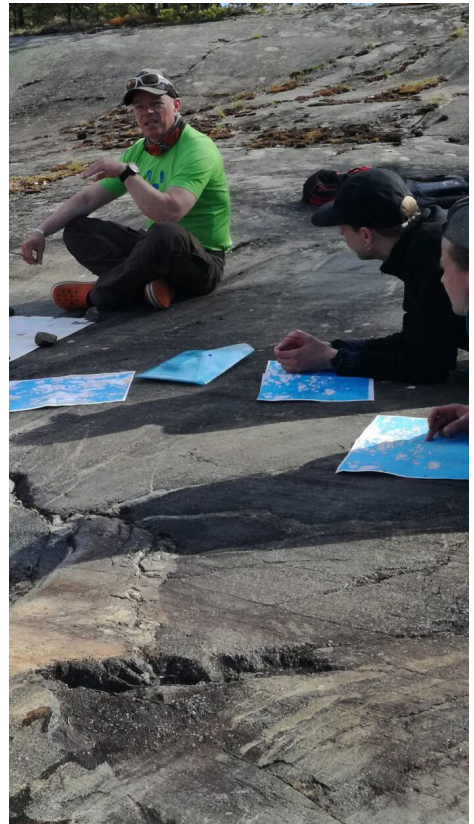
Timing: 4.-12.9.2024 (9 days)

Location: Northern Finland:
Äkäslompolo, Pallas-Ylläs National Park,
Pöyrisjärvi Wilderness Area

Curriculum courses: 5 ECTS Instructor Skills and Activity Based Methods and 5 ECTS Outdoor Skills in Adventure Education

Teaching methods:

- 4 days of adventure education basic theories, practical workshops, basic mountain biking skills and preparations for wilderness field trip
- 4 days of applying skills and knowledge during a wilderness field trip to Pöyrisjärvi area: mountain biking, hiking
- 1 day of course reflection and completion



For whom

These Open University of Applied Sciences studies are designed for a broad range of outdoor enthusiasts who are interested in learning more about adventure education. Studies are suitable as further education and training for people working in the field of education, youth work and teaching, and for those working in the field of adventure tourism and nature guiding.

These studies suit well for example for foreigners who work in Finland in the fields mentioned above and who would like to educate themselves further. Studies are implemented such that it is also possible to participate from abroad and travel to Finland for the duration of contact learning and field trips. Teaching and studying language is English.

Prerequisites

To participate successfully in the studies, students must be in good physical and mental health and have the necessary functional capacity to carry out the studies in practice. The student must be able to work in a variety of groups and social situations and act responsibly in a way that promotes safety. Students must be able to participate in field trips of several days' duration, in wilderness setting, where sleeping takes place in tents and food is cooked with camping stoves. The form of travelling on these field trips is kayaking, biking and hiking. Ability to swim and ride a bicycle is required to be able to take part on the studies.

Students are expected to have suitable personal outdoor clothing for Finnish Spring/Autumn conditions. Students need also personal sleeping bag and sleeping mattress. More detailed equipment list will be provided later. Group equipment needed in the studies, such as tents, stoves, kayaks, bikes, will be provided by Humak.

Registration

Registration period:

08.01.2024-31.03.2024 at 23:59:00 (EET)

Registration:

<https://kauppa.humak.fi/en/tuote/adventure-education-theory-meets-practice/>

Cost of studies

The cost of the course is €300, which is payable upon registration.

In addition:

- Students are responsible for their own personal outdoor clothing and equipment
- Humak will provide group equipment such as tents, stoves, kayaks, bikes
- Students will be responsible for their travel to learning environments as well as lodging and meals during the studies
- There is variety of lodging options available in Röykkä and around Äkäslompola
- There are restaurants/cafeterias at Röykkä and around Äkäslompola
- Humak has an insurance for the activities during the studies

Teaching staff

Humak adventure education lecturers are highly trained and experienced outdoor professionals. Lecturers have broad pedagogical knowledge and good command in technical, safety and environmental skills.

- Kai Lehtonen: MEd, Special Education teacher, kayaking guide and instructor, hiking guide, ski instructor, avalanche instructor
- Eeva Mäkelä: Soc.Sc, ACMG Ski Guide, kayaking guide, hiking guide, rock climbing instructor, avalanche instructor

Contact

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The logo for Humak University of Applied Sciences, featuring the word "HUMAK" in a bold, black, hand-drawn style font with a registered trademark symbol (®) to the upper right.