



## UNIVERSITI TEKNOLOGI MARA

### SRT451 : OUTDOOR RECREATIONAL SKILLS AND MANAGEMENT

<b>Course Name (English)</b>	OUTDOOR RECREATIONAL SKILLS AND MANAGEMENT <b>APPROVED</b>
<b>Course Code</b>	SRT451
<b>MQF Credit</b>	4
<b>Course Description</b>	This course is designed to develop knowledge, skill and interest on the outdoor recreation that will lead to lifelong physical exercise within the appreciation of the surrounding environment for both educational and recreational purpose. Students will learn activities include camping, orienteering, first aid, survival, abseiling, kayaking and rope course.
<b>Transferable Skills</b>	Reflective Learner Effective Communicator Responsive Ethically and Socially Sensitive Confident Expert in Field
<b>Teaching Methodologies</b>	Lectures, Field Trip, Practical Classes, Simulation Activity, Discussion
<b>CLO</b>	CLO1 Illustrate the fundamental procedural and technical knowledge in managing effective and safe outdoor recreation activities. CLO2 Demonstrate autonomous learning in conducting safe and effective management of outdoor recreation activities. CLO3 Organize safe and effective management of outdoor recreation activities.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. 1. Introduction to the basic concepts of recreational outdoor pursuit</b> 1.1) 1.1 Definition, concept, and terminology – outdoor recreation, leisure, park and tourism 1.2) 1.2 Significant and benefits of outdoor recreation 1.3) 1.3 Outdoor recreation resources	
<b>2. 2. Risk Management in Outdoor Recreation</b> 2.1) 2.1 Safety in Outdoor Environment 2.2) 2.2 Legal Responsibility for Recreational Safety 2.3) 2.3 Managing medical emergencies in the outdoors	
<b>3. 3.1 Outdoor skill and techniques - Knots</b> 3.1) 3.1.1 Types of knots 3.2) 3.1.2 Function of knots	
<b>4. 3.2 Outdoor skill and techniques - Camp Craft</b> 4.1) 3.2.1 Introduction to Camping Gear 4.2) 3.2.2 Tents Types 4.3) 3.2.3 Camping Ethics 4.4) 3.2.4 Clothing and pack 4.5) 3.2.5 Choosing a Campsite 4.6) 3.2.6 Arranging a campsite	
<b>5. 3.3 Outdoor skill and techniques - First Aid, EAR &amp; CPR</b> 5.1) 3.3.1 Introduction to First Aid 5.2) 3.3.2 Duties of a First Aider 5.3) 3.3.3 General Rules on First Aid Treatment 5.4) 3.3.4 Types of Sling 5.5) 3.3.5 Wounds and Bleeding 5.6) 3.3.6 ABC of Resuscitation 5.7) 3.3.7 Mouth to Mouth/ Nose Respiration and External Cardiac Resuscitation	

5.8) 3.3.8 Fractures
<b>6. 3.4 Outdoor skill and techniques - Orienteering</b> 6.1) 3.4.1 Introduction to orienteering? 6.2) 3.4.2 Orienteering Equipment 6.3) 3.4.3 Basic skill and technique 6.4) 3.4.4 Design a course 6.5) 3.4.5 Types of Orienteering discipline and Event 6.6) 3.4.6 Safety and rules
<b>7. 3.5 Outdoor skill and techniques - Kayaking</b> 7.1) 3.5.1 History & River morphology 7.2) 3.5.2 Equipment – kayak, paddle, PFD, spray cover 7.3) 3.5.3 Water Confidence 7.4) 3.5.4 Basic Strokes Techniques 7.5) 3.5.5 Capsize drill and rescue 7.6) 3.5.6 Signal
<b>8. 3.6 Outdoor skill and techniques - Trekking</b> 8.1) 3.6.1 Preparation 8.2) 3.6.2 Equipment and attires 8.3) 3.6.3 Formation and signal
<b>9. 3.7 Outdoor skill and techniques - Survival</b> 9.1) 3.7.1 Introduction to survival 9.2) 3.7.2 Survival kit 9.3) 3.7.3 Shelter, fire, water & rescue 9.4) 3.7.4 Dehydration and fatigue
<b>10. 3.8 Outdoor skill and techniques - Rope activities</b> 10.1) 3.8.1 Abseiling & Rappelling 10.2) 3.8.2 Flying Fox 10.3) 3.8.3 Rope course 10.4) 3.8.4 Wall Climbing

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Group Project	Introduction Camp	20%	CLO2
	Group Project	Final camp require students to conduct the safe and effective management of outdoor recreation activities.	20%	CLO3
	Portfolio/Log Book	Individual log book allows students to reflect from the activities performed in practical session and camp	10%	CLO2
	Practical	Practical session require students to conduct the safe and effective management of outdoor recreation activities	30%	CLO3
	Test	Test 1 will cover chapter 1 - 2	20%	CLO1

Reading List	Recommended Text	<ul style="list-style-type: none"> <li>• Baas, J., &amp; Burns, R. C. 2016, <i>Outdoor recreation planning</i>, Sagamore Publishing [ISBN: 978-1-57167-7]</li> <li>• Maurice, L. P., Stephanie, L. P., &amp; Chelsea, E. P. 2017, <i>Outdoor Instruction: Teaching and Learning Concepts for Outdoor Instructors</i>, Booklocker.com, Inc. [ISBN: 978-163492553]</li> <li>• Curtis, R. 2005, <i>The backpacker's field manual: A comprehensive guide to mastering backcountry skills</i>, Three Rivers Press [ISBN: 978-140005309]</li> <li>• Steffen, J., &amp; Stiehl, J. 2010, <i>Teaching lifetime outdoor pursuits</i>, 1st. ed. Ed., Human Kinetics [ISBN: 978-073607999]</li> <li>• Attariam, A. 2012, <i>Risk Management in Outdoor and Adventure Programs: Scenarios of Accidents, Incidents, and Misadventures</i> 1st ed. Ed., Human Kinetics [ISBN: 978-145040471]</li> <li>• Ewert, A. &amp; Sibthorp, J. 2014, <i>Outdoor adventure education: Foundations, theory, and research.</i>, 1st ed. Ed., Human Kinetics [ISBN: 978-145044251]</li> <li>• Budworth, G. 2010, <i>The Ultimate Encyclopedia of Knots and Ropework: Over 200 Tying Techniques with Step-by-Step Photographs</i>, Southwater [ISBN: 978-184476891]</li> <li>• Md Amin Md Taff 2010, <i>Manual pendidikan kanu kebangsaan</i>, 3rd. ed. Ed., Penerbit Universiti Pendidikan Sultan Idris [ISBN: 9789833759408]</li> </ul>
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	