

Psychological Approaches to Outdoor Adventure

BMSH4105

Mache Treviño

Croeso WELCOME

Grab some materials

Draw symbols/moments/elements to represent:
what does **outdoor** mean to you?
what does **adventure** mean to you?



Sharing MOMENT

When **speaking**... share what you feel comfortable with

When **listening**... gift your full attention, ask questions

Together... create your definitions of **adventure** and **outdoors**


Sharing
MEANINGS

MODULE INFO

Aim

To analyse the psychological approaches that contribute to understanding of human-nature interactions during outdoor and adventurous activities.

Learning Outcomes

Demonstrate understanding of the diverse psychological approaches that lay the foundation for interpreting the benefits and impacts of outdoor and adventure education

Analyse the influence of varied psychological perspectives on current approaches to programming in adventure and the outdoors

MODULE INFO

Format

Experiential
Collaborative
Independent Study

Assessment

Formative

Participation
Exploration
Co-creation
Creative Journaling Tasks
(to be amplified)

Summative

Creative Reflexive Journal
(final, 3 samples)

Creative REFLEXIVE Journal

We will explore a range of:
Writing
Poetry
Audio
Video
Digital art
Collage
Environmental Art

Reflect on experiences

Connect to theories

Find personal and professional applications

Showcase your journey throughout the module

Demonstrate your achievement of the Learning Outcomes


Group
CHALLENGE


Group
CHALLENGE
What worked well?
What could we have done differently?

Group CHALLENGE

What worked well?
What could we have done differently?

When working together...
what do I need to enjoy our module and grow? What do I offer to this group?

Group CHALLENGE

What worked well?
What could we have done differently?

When working together...
what do I need to enjoy our module and grow? What do I offer to this group?

What principles and actions do we agree on to work together?

Planting our Seeds

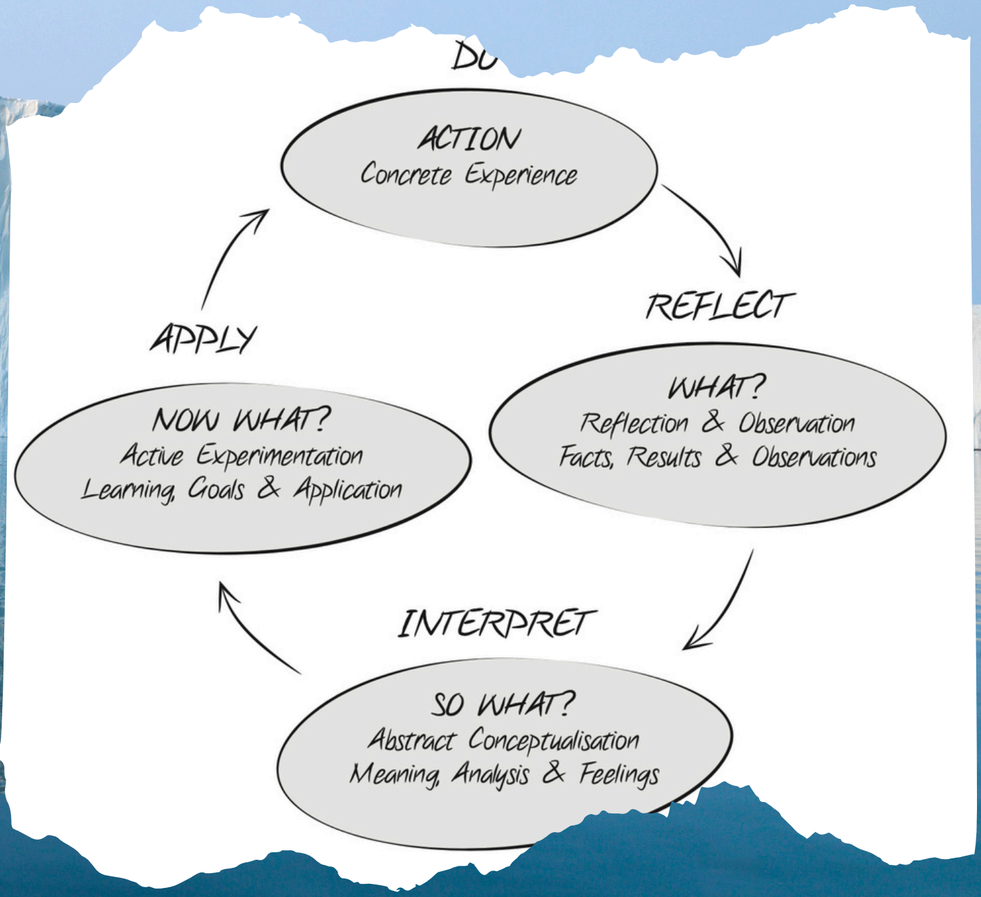
Full-Value Contract (Schoel, Prouty & Radcliffe, 1988)




Exploring
ADVENTURE
Form a
"Rock Band"
Ready for a discussion?

Short journaling trial

Reflect on today's group experiences... Which moments stand out for you?
Write down at least one



(Collard, 2024)

Short journaling trial

Reflect on today's group experiences... Which moments stand out for you?
Write down at least one

Share with the group something you discovered today with our learning experience

What do you think about how we worked together? What should we continue doing?

Next week

PSYCHOLOGICAL AND NEUROLOGICAL BENEFITS OF OUTDOOR /ADVENTURE

Children & youth

Adults

Older adults

Use Moodle + find 2 more sources.
Bring a creative way to share your findings