

Module Code	BMSH4101
Title	Adventure Sport Training
Date	09/10/2024
Level	4
Credits	10
Pre-Requisites	N/A
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To develop an appreciation of the fitness and nutritional demands of adventurous activities.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- plan and participate in a programme of physical conditioning appropriate to their own needs as participants in adventurous activities;
- demonstrate understanding of the nutritional demands of adventurous activities and how they can best be met within the limitations of operating in outdoor environments.

INDICATIVE CONTENT

- Fundamental systems of the human body and adventure sports.
- Training fundamentals.
- Analysis of the various physical demands of selected adventurous activities.
- Practical participation in adventure sports.
- Fitness assessment and testing.
- Creating progressive and engaging training programmes.
- Nutrition for health and performance in adventure sport.
- Planning and preparing food for adventurous activities.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	22	22%
Independent learning	78	78%
Placement learning	0	0
TOTAL	100	100%

ASSESSMENT

Assessment Component 1 (Tick one)

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio	2 elements	100%

Assessment Summary

Activity type	Percentage
Written exam	0
Coursework	100%
Practical	0
TOTAL	100%

INDICATIVE READING LIST

Module Code	BMSH4101	
Module Title	Adventure Sport Training	
Classification	Reading List entry	Electronic*
Essential	Bayles, M.P. and Swank, A.M. (eds) (2018) <i>ACSM's exercise testing and prescription</i> . First edition. Philadelphia: Wolters Kluwer.	☒
Essential	Draper, N., & Hodgson, C. (2008). <i>Adventure sport physiology</i> . John Wiley & Sons.	☐
Essential	Hargens, T.A. et al. (2022) <i>ACSM's resources for the personal trainer</i> . Philadelphia: Wolters Kluwer.	☒
Further	House, S., & Johnston, S. (2014). <i>Training for the new alpinism: a manual for the climber as athlete</i> (1st ed.). Patagonia Books	☒
Further	Haff, G. and Triplett, N.T. (eds) (2016) <i>Essentials of strength training and conditioning</i> . Fourth edition. Champaign, IL: Human Kinetics.	☐
Further	Ratamess, N. A. (2022). <i>ACSM's foundations of strength training and conditioning</i> (2nd ed.). Wolters Kluwer.	☒
Further	<i>Strength and conditioning journal</i> . (1999). Colorado Springs, CO: National Strength and Conditioning Association.	☒