

Outdoor Education and Paddlesport

Level / Time

This 3-hour module is aimed at Level 1 and 2 coaches.

Introduction

What is coaching in the outdoors? Many definitions exist but general agreement within research and literature suggests that outdoor education is:

- Education in the outdoors
- Education for the outdoors
- The use of resources outdoors to meet educational goals
- This module is designed to introduce Paddlesport coaches to the key concepts of coaching in the outdoors.

Learning Outcomes

By the end of this workshop participants should be able to:

- Consider the role of paddlesport in outdoor education
- Appreciate the importance of current research to support our work as coaches
- Raise the importance of setting clear outcomes to meet our goals in outdoor education
- Identify how we might categorise goals so that we can develop better strategies to meet them
- Develop your own ways forward to incorporate the key ideas from this presentation into paddlesport coaching relating to the individual, group or environment