

INTRODUCTION

This course is primarily focused on taking on the challenges of the Outdoors. It offers an excellent opportunity for students to learn and develop a wide range of knowledge and technical skills. It requires students to be determined, resilient and mentally tough. Students will be required to work constructively with other students and solve problems associated with performance and survival in the outdoors. Students are expected to be well organized in preparation for the outdoor activities. This course offers NZQA credits at Level 1 and 2 under the Domain of Outdoor Recreation in the National Qualification Framework.

AIMS

- Develop technical skills in a range of outdoor pursuits (Tramping, Camping and Outdoor Survival, White Water Kayaking, Rock Climbing, Mountain Biking, Skiing and/or Snowboarding, Moving on Snow, Using Crampons and Ice Axes, Building Emergency Snow Shelter, Adventure Based Learning, Surfing)
- Provide the opportunity for personal and social growth, developing confidence and working constructively in a team.
- Develop time management and organisational skills
- Develop an understanding and appreciation of the natural environment

- Have fun and enjoyment through regular physical activity.

Note: this course requires a time and financial commitment. Students will be out of school on Outdoor Activities for approximately 12 school days. Students will be expected to catch up on work missed in other subjects and time will be provided in class to do this.

FUTURE PATHWAYS

The course provides students with initial career pathways as Teachers, Outdoor Instructors, in Kayaking, Sea Kayaking, Alpine/Mountain and Glacier Guide, Ski Industry Careers (Ski Patrol, Ski/SNB Instructor, Lift Operators), Canyoning Guide, High Ropes Instructor and Outdoor Adventure Instructor. Outdoor recreation guides and instructors may work for: tourism businesses, ski fields, polytechnics, schools, outdoor education centres and outdoor pursuits centres. Each year a number of CBHS students work for the National Outdoor Leadership School (NOLS) in their programmes around the world. Others have gone onto further study available at CPIT, Tai Poutini Polytech, Aoraki Polytech.

COSTS

Approximate course costs \$750+gst. It is possible that STAR funding may be available to subsidise this cost.

NCEA STANDARDS – 12OED

Not all standards will necessarily be assessed.

	Level	Credits	UE Rdg.	UE Wrtg.	
Internal					
425 v6	2	3	no	no	Experience day tramps
426 v6	2	3	no	no	Experience camping
457 v6	2	2	no	no	Mountain bike on intermediate to expert terrain
467 v5	2	3	no	no	Demonstrate personal and social development through participation in adventure based learning
476 v6	2	2	no	no	Roll a kayak
4596 v5	2	4	no	no	Snowboard on beginner terrain
17468 v3	2	4	no	no	Alpine ski downhill on beginner terrain
20121 v1	2	4	no	no	Demonstrate kayaking skills on Grade II whitewater
20137 v1	1	1	no	no	Mountain bike on easy to intermediate terrain
20138 v1	2	3	no	no	Select, set up and maintain a mountain or cycle touring bike
20157 v2	2	3	no	no	Demonstrate the use of basic rope systems for top rope rock climbing and abseiling
20818 v1	1	2	no	no	Demonstrate kayaking skills on sheltered or slow-moving water
91333 v2	2	3	no	no	Physical Education 2.7 - Analyse the application of risk management strategies to a challenging outdoor activity

INTRODUCTION

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AIMS

- Develop skills in a range of outdoor pursuits: (White Water Kayaking, Sea Kayaking, Rock Climbing, Skiing, Snowboarding, Snow Caving, Mountain Biking and Surfing)
- Provide the opportunity for personal growth and social development.
- Develop time management and organisational skills.
- Develop an understanding and appreciation of the natural environment
- Have fun and enjoyment through regular physical activity.

Note: This course has a time commitment and financial obligation. Students will be out of school on practicals for around 14 days during the year. Students will be expected to catch up on work missed in other subjects and time in class will be set aside for this.

FUTURE PATHWAYS

The course provides students with initial career pathways as Teachers, Outdoor Instructors, in Kayaking, Sea Kayaking, Alpine/Mountain and Glacier Guide, Ski Industry Careers (Ski Patrol, Ski/SNB Instructor, Lift Operators), Canyoning Guide, High Ropes Instructor and Outdoor Adventure Instructor. Outdoor recreation guides and instructors may work for: tourism businesses, ski fields, polytechnics, schools, outdoor education centres and outdoor pursuits centres. Each year a number of CBHS students work for the National Outdoor Leadership School (NOLS) in their programmes around the world. Others have gone onto further study is available at CPIT, Tai Poutini Polytech, Aoraki Polytech.

COSTS

Approximate course costs \$750+gst. It is possible that STAR funding may be available to subsidise this cost.

NCEA STANDARDS – 13OED

Not all standards will necessarily be assessed.

	Level	Credits	UE Rdg.	UE Wrtg.	
Internal					
438 v6	2	2	no	no	Participate in building, and camping overnight in, a snow shelter
476 v6	2	2	no	no	Roll a kayak
4591 v5	3	8	no	no	Alpine ski downhill on intermediate terrain
4596 v5	2	4	no	no	Snowboard on beginner terrain
4597 v5	3	8	no	no	Snowboard on intermediate terrain
17468 v3	2	4	no	no	Alpine ski downhill on beginner terrain
18132 v2	2	3	no	no	Demonstrate basic movement skills and the use of ice axe and crampons
19428 v2	3	10	no	no	Prepare for sea kayaking and demonstrate sea kayaking skills in sheltered sea conditions
20121 v1	2	4	no	no	Demonstrate kayaking skills on Grade II whitewater
20128 v2	2	2	no	no	Roll a sea kayak
20149 v3	3	3	no	no	Demonstrate lead climbing on bolted rock climbs
20150 v3	3	5	no	no	Demonstrate rock climbing skills on natural rock
20157 v2	2	3	no	no	Demonstrate the use of basic rope systems for top rope rock climbing and abseiling
20160 v3	3	2	no	no	Demonstrate knowledge of weather processes and their effects in New Zealand
20817 v2	3	3	no	no	Plan for, participate in, and evaluate mountain bike rides on intermediate to expert terrain
20818 v1	1	2	no	no	Demonstrate kayaking skills on sheltered or slow-moving water
21740 v1	2	1	no	no	Demonstrate use of avalanche transceivers, shovels and probes
24663 v1	3	3	no	no	Demonstrate leadership while participating in an adventure based learning programme
26237 v1	3	5	no	no	Demonstrate kayaking knowledge and skills
26240 v1	3	5	no	no	Demonstrate single-pitch top-rope rock climbing knowledge and skills
91504 v2	3	3	no	no	Physical Education 3.7 - Analyse issues in safety management for outdoor activity to devise safety management strategies