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| **Minor Award Name** | **Adventure Activities** |
| **Minor Award Code** | **5N4646** |
| **Level** | **5** |

**Suggested resources to support delivery:**

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| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Outdoor Learning | Web | Definition, benefits and scopes of outdoor learning | Institute for Outdoor Learning | <https://www.outdoor-learning.org/Good-Practice/Research-Publications/About-Outdoor-Learning> |
| Benefits of physical activities | Web | Good starting platform for research, articles and promotions of the benefits of regular participation in sports for all age groups | Get Ireland Active | <http://www.getirelandactive.ie> |
| Web | Values and benefits of outdoor education, training and recreation | English outdoor council | <http://www.englishoutdoorcouncil.org/Values_and_benefits.htm> |
| Personal and group growth and development | Video podcast series  8’ | “Expedition Leadership: Communication and feedback”, growing from the experience | National Outdoor Leadership School (USA) | <https://www.youtube.com/watch?v=ZdbHuMLwTE0> |
| Video podcast series  10’ | “Why Wilderness is the Best Classroom”. Theory Vs practice. Start watching from 2’12 | National Outdoor Leadership School (USA) | <https://www.youtube.com/watch?v=XMj03LXgD0o> |
| Book | Experiential Learning: Experience as the Source of Learning and Development  Experience and learning, structure of learning and knowledge, learning and development | David Kolb | <https://www.amazon.co.uk/Experiential-Learning-Experience-Source-Development-x/dp/0133892409/ref=sr_1_1?ie=UTF8&qid=1496874993&sr=8-1&keywords=KOLB%2C+A.+%281984%29+Experiential+Learning.+Prentice+Hall>. |
| Group development & group dynamic | PDF file | Group Development and Group Dynamics in Outdoor Education.  Research in Outdoor Education: Group process and structure, group functions and tasks, leadership and power, environmental influences, and the impact of group on the individual | Mc Avoy et Al. | <http://files.eric.ed.gov/fulltext/ED413126.pdf> |
| Web | Group dynamics, processes and development | James Neil | <http://www.wilderdom.com/Group.html> |
| Risk | Video  TEDx  15’ | “The Merits of Risk”, understanding the benefits of risk to reach potentials | Christopher Barnes | <https://www.youtube.com/watch?v=yBFworyeeWk> |
| PDF file | “Nothing Ventured… balancing risks and benefits in the outdoors”, A contemporary essay on the benefits of risk and learning outside the classroom. | Tim Gill | <http://www.englishoutdoorcouncil.org/wp-content/uploads/Nothing-Ventured.pdf> |
| Risk, risk assessment and management | Video  TEDx Talk  12’ | “Risk – The anatomy of chance and uncertainty”. Key components of risk (probability, consequence, vulnerability, exposure) | Graham Statham | <https://www.youtube.com/watch?v=WGZu5Lzgv1A> |
| Book | Safety, Risk and Adventure in Outdoor Activities  An excellent foundation about the different aspects of risk and adventures, risk assessments and management | Bob Barton | <https://www.amazon.co.uk/Safety-Risk-Adventure-Outdoor-Activities/dp/1412920787/ref=sr_1_1?ie=UTF8&qid=1496875061&sr=8-1&keywords=Safety%2C+Risk+%26+Adventure+in+Outdoor+Activities.+Sage>. |
| Book | Philosophy, Risk and Adventure Sports  A collection of essays offering philosophical perspectives on adventure participation and its inherent risk. | Edited by Mike McNamee | <https://www.amazon.co.uk/Philosophy-Risk-Adventure-Sports-McNamee-ebook/dp/B001QN8I6I/ref=sr_1_1?ie=UTF8&qid=1496875093&sr=8-1&keywords=Philosophy%2C+Risk+and+Adventure+Sports.+Routledge> |
| Book | Adventure Education  Risk Management - philosophy and practice | Chris Hodgson and Marcus Baillie | <https://www.amazon.co.uk/Adventure-Education-Chris-Hodgson/dp/0415571855/ref=sr_1_1?ie=UTF8&qid=1496875133&sr=8-1&keywords=Adventure+Education+–+An+introduction.+Routledge>. |
| Video  25’ | Risk Assessment and Safety Management Model (RASM) | Rick Curtis | <https://www.youtube.com/watch?v=DHP1JhSMjmU> |
| Power point presentation | Comprehensive presentation on the Risk “Assessment and Safety Management Model” (RASM) | Rick Curtis | <https://www.outdoored.com/documents/risk-assessment-safety-management-rasm-powerpoint> |
| Video  TEDx Talks  13’ | Three simple, fun and effective Tools to help manage risk | Will Gadd | <https://www.youtube.com/results?search_query=Three+Simple%2C+Fun+and+Effective+Tools+to+Help+Manage+Risk> |
| PDF file | “Risk Assessment, A Practical Guide”. This document offers a template for carrying risk assessments. | Irish Sailing Association (ISA) | <https://www.sailing.ie/wp-content/uploads/2015/12/Risk-Assessment-Presentation-2016.pdf> |
| Book | Outdoor Leadership Theory and Practice  “Safety and Risk Management” – scenario, theories of risk, management strategies and processes, emergency management, decision making, legal aspect. Chapter 16. | Martin et Al. | <http://www.humankinetics.com/products/all-products/outdoor-leadership> |
| Debriefing | Video  NOLS faculty summit  1H38’ | Effective debriefing methods, benefits, Kolb: Doing, so what and now what, learning from experience | National Outdoor Learning School faculty summit | <https://www.youtube.com/watch?v=PHHDHs3zJK0> |
| Web | Structuring a learning experience, framing-activity-closure, understanding the process, | Paul Nicolazzo | <https://www.outdoored.com/articles/structuring-learning-experience> |
| Reflection | Web Article | What makes the process of reflection so important - “Can the mountains speak for themselves” | Thomas James | <http://www.wilderdom.com/facilitation/Mountains.html> |
| Web | Resources to facilitate debate on Thomas James classic article “Can the mountains speak for themselves”. Download workshop material and power-point presentation | James Neil | <http://www.wilderdom.com/facilitation/mountainsmaterial.html> |
| Web | 20 years on… “Are the mountains still speaking for themselves”, article and useful workshop notes. | James Neil | <http://www.wilderdom.com/abstracts/Neill2002AreMountainsStillSpeakingThemselvesDefiningTension.htm> |
| Group facilitation and processing | Web | A good starting point for articles, essays | James Neil | <http://www.wilderdom.com/facilitation.html#Facilitation> |
| Active reviewing | Web | A wealth of resources and interactive methods: articles, workshops, videos and podcasts on active reviewing for teachers, educators, outdoor practitioners and students. | Roger Greenaway | <http://reviewing.co.uk> |
| Planning | Book | Outdoor Leadership Theory and Practice  Lesson planning, setting goals and objectives (SMART method), time management, equipment and material considerations, risk management, assessment | Martin et Al. | <http://www.humankinetics.com/products/all-products/outdoor-leadership> |
| Conflict management | Book extract | Outdoor Leadership: Technique, Common Sense, and Self Confidence  Resolving conflicts – management and strategies. Chapter 12 | John Graham | <https://www.amazon.co.uk/Outdoor-Leadership-Technique-Confidence-Self-confidence-ebook/dp/B001GMAUWY/ref=sr_1_1?ie=UTF8&qid=1496875391&sr=8-1&keywords=Outdoor+Leadership+–+Technique%2C+Common+sense+%26+Self+confidence.+The+mountaineers> |
| Web | Australian resource on different aspects of leadership. Chapter 54 deals with options and considerations for conflict management | Outdoor Leader online | <http://outdoorleaderonline.org/content/olo/pagerend.php?chapID=54> |
| Games, team building activities and exercises | Book | Therapeutic Adventure: 64 activities for therapy outdoors  Resource of tested activities for outdoor therapy | Roger and Christine Day | <https://www.amazon.com/Therapeutic-Adventure-activities-therapy-outdoors/dp/1511501006> |
| Book | Youth Leadership in Action: A Guide to Cooperative Games and Group Activities  Games and activities for young people | Project adventure | <https://he.kendallhunt.com/product/youth-leadership-action-guide-cooperative-games-and-group-activities> |
| Book | Cowstails and Cobras 2: Guide to Games, Initiatives, Ropes Courses and Adventure Curriculum  Classic resource book of games, team building exercises and many more | Karl Rohnke | <https://www.amazon.co.uk/Cowstails-Cobras-Initiatives-Adventure-Curriculum/dp/0840354347/ref=sr_1_1?ie=UTF8&qid=1496875570&sr=8-1&keywords=Cowstails+and+Cobras+II.+Kendall> |
| Book | Silver Bullets: Adventure Games, Stunts and Trust Activities  Team building games that are practical and accessible for the outdoor practitioner. | Karl Rohnke | <https://www.amazon.co.uk/d/Books/Silver-Bullets-Adventure-Games-Stunts-Trust-Activities/084035682X/ref=pd_sim_14_1?_encoding=UTF8&psc=1&refRID=YTRJG7EAWAD94E7FQMH3> |
| Book | The Bottomless Bag Revival!  Classic resource book of games, team building exercises and many more | Karl Rohnke | <https://www.amazon.co.uk/Bottomless-Revival-ROHNKE-KARL-Paperback/dp/B01182S4P6/ref=sr_1_fkmr0_1?s=books&ie=UTF8&qid=1496875628&sr=1-1-fkmr0&keywords=The+Bottomless+Bag+Revival%21+2nd+Ed.+Kendall%2FHunt+Publishing>. |
| Web | An excellent online resource of games, icebreakers, warmups, team building activities and more | Wilderdom | <http://www.wilderdom.com/games/> |
| Adventure Activities – most of the module content | Text Book | Covers leadership skills required for the delivery of outdoor activities and games | John Graham – Outdoor Leadership – Theory and Practice | <https://www.amazon.co.uk/Outdoor-Leadership-Technique-Confidence-Self-confidence-ebook/dp/B001GMAUWY/ref=sr_1_1?ie=UTF8&qid=1496875391&sr=8-1&keywords=Outdoor+Leadership+–+Technique%2C+Common+sense+%26+Self+confidence.+The+mountaineers> |
| Text Book | A good foundation of Adventure Education (AE) that covers most of the outcomes.  From historical steps of AE, planning, risk management, learning and teaching, evaluating, values of AE. Recommended reading for learners. | Matt Berry and Chris Hodgson – Adventure Education – An introduction | <https://www.amazon.co.uk/Adventure-Education-Chris-Hodgson/dp/0415571855/ref=sr_1_1?ie=UTF8&qid=1496914704&sr=8-1&keywords=adventure+education> |
| Text Book | Covers all aspects of risk and managing risks in the outdoors. Provides interesting case studies and examples. Looks at a variety of adventure activities | Bob Barton – Safety, Risk & Adventure in outdoor Activities | <https://www.amazon.co.uk/Safety-Risk-Adventure-Outdoor-Activities/dp/1412920787/ref=sr_1_1?ie=UTF8&qid=1496875061&sr=8-1&keywords=Safety%2C+Risk+%26+Adventure+in+Outdoor+Activities.+Sage>. |
| Text Book | Effective Leadership in Adventure Programming  “Aimed at students in recreation, outdoor education and physical education courses, as well as guides and instructors working in outdoor settings. Examines the historical and philosophical foundations of adventure programmes, reviews technical competencies that leaders should possess and provides safety and environmental guidelines they should follow. Provides a detailed look at the organisational and instructional skills an outdoor adventure leader should develop. Covers problem solving, decision making and the professional ethics associated with the role. Discusses the key future trends and issues associated with outdoor adventure programmes.” | Simon Priest and Michael Gass | <https://www.amazon.co.uk/Effective-Leadership-Adventure-Programming-Priest/dp/073605250X/ref=sr_1_1?ie=UTF8&qid=1496916514&sr=8-1&keywords=effective+leadership+in+adventure+programming> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| OutdoorEd.com (USA) | <https://www.outdoored.com> |
| Institute for Outdoor Learning (UK) | <https://www.outdoor-learning.org> |
| Irish Sailing Association | [www.sailing.ie](http://www.sailing.ie) |
| Irish Sport Council | [www.sportireland.ie](http://www.sportireland.ie) |
| Mountaineering Ireland | [www.mountaineering.ie](http://www.mountaineering.ie) |
| Canoeing Ireland | [www.canoe.ie](http://www.canoe.ie) |
| Outdoor council of Australia | [www.outdoorcouncil.asn.au](http://www.outdoorcouncil.asn.au) |
| Association for experiential education (USA) | [www.aee.org](http://www.aee.org) |
| English Outdoor Council | [www.englishoutdoorcouncil.org](http://www.englishoutdoorcouncil.org) |
| Academia.edu (social networking website for academics to share papers and follow research in various field) | [www.academia.edu](http://www.academia.edu) |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |