

DAS304 Nature Sports and Camping

Faculty of Sport Sciences – Compulsory course

Credit: 5 ECTS: 6



Course Description: DAS304 is a comprehensive course focused on providing foundational knowledge and practical skills in nature sports and camping. Participants will explore various aspects of outdoor activities, emphasizing essential equipment, fire discipline, site selection, and the art of nature walking and camping.

Course Outcomes:

- Gain a comprehensive overview of nature sports and camping, exploring the fundamental principles and values associated with outdoor activities.
- Identify and demonstrate proficiency in using the necessary tools and equipment required for a successful camping experience.
- Acquire the skills needed to maintain a disciplined approach to fire management and master various techniques for building and maintaining a campfire.
- the significance of strategic site selection in the camping experience and learn how to make informed decisions for a safe and enjoyable outdoor stay.
- Learn the art of nature walking, understanding the techniques and practices that contribute to a fulfilling and sustainable outdoor walking experience.
- Explore pre-camp, in-camp, and post-camp procedures, understanding the necessary preparations and reflections to enhance the overall camping experience.
- Develop a sense of responsibility towards the environment by adopting effective waste management practices during camping, minimising the ecological impact.
- Apply theoretical knowledge to practical situations by participating in nature walks and hands-on camping experiences, focusing on setup and organization.
- Demonstrate a comprehensive understanding of nature walking and camping through practical application during the final exam week, integrating all learned concepts and skills.
- Engage in an immersive, hands-on camping experience, integrating nature walking and camp setup skills acquired throughout the course.