

## **Outdoor Education and Paddlesport**

### **Time / Audience**

This 3-hour module is aimed at Paddlesport Instructors and 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.