



University of
Stavanger



Norwegian Outdoor Life

Study Abroad program

The program will provide students with insight into Norwegian outdoor life. There will be an emphasis on the acquisition of outdoor life skills, experiences and educational challenges in a professional and social environment that will be gained through various activities. Students will gain knowledge of and skills in communicating and providing guidance in outdoor education, which takes place in different natural environments, ranging from the coast to high mountains in the district.

This program is approved by Brockport's Kinesiology, Sport Studies and Physical Education Department

KSSPE students can earn the following Brockport credits:

Physical Education Majors

PEP 399 3 Credits

PEP 499 3 Credits

PEP 202 2 Credits

PEP 203 1 Credit

PES 356 3 credits- Advance Skiing

Kinesiology Majors

PES 3XX Advanced Performance 3 Credits

PES 3/4XX Upper Division Electives 6 Credits

Sports Management Majors

Fulfil the second program of study requirement

Additional credits earned from this program will count towards upper division credits, OAP 404.



Duration: Spring 2016 semester

Admission: Overall GPA 2.75, two references and a study statement.

**This program requires that you are in good physical shape that will enable you to carry out training programs in rough terrain with lighter and heavier packs. On these trips the students live in tents, Sami tents (lavvo), and snow caves.*

Deadline: **October 1st** Students must apply online at www.brockport.edu/studyabroad

Costs: Visit www.brockport.edu/studyabroad to access the program budget sheet. Financial aid can apply to eligible students.



Learning outcomes: Based on the experiences, knowledge and skills in outdoor activities, after completing the program the students will qualify for the following types of activities:

- Use basic skills in simple traditional outdoor activities in natural environments in the winter and spring.
- reflect on the position of outdoor life in the Norwegian society and why it is important to engage in outdoor activities for children and young people.
- making methodological evaluation in outdoor life.
- plan, implement and evaluate walks in different environments that provide nature experience.
- plan, implement and evaluate instruction in outdoor life for children and young people.



Teaching: Instruction will vary between theoretical, experience- and experience-based teaching. Student-led tuition is a main part of the course. The teaching methods alternate between lectures, seminars, self-study, field trips, guidance and teaching practices

Module I	Module II	Module III	Module IV
Outdoor life; Forest, high mountains, lake and river, springtime	Outdoors in the Wintertime	Outdoor life: Coast	Outdoor life in the local environment.
3 Credits	8 Credits	3 Credits	Guidance and Management
	Basic ski lessons 3 credits		5 Credits
	Outdoor life winter mountains 5 credits		



The Outdoor life winter module has two excursions that together last for 11 days. The basic ski course stretches over 9 days. The excursion in Module I has a duration of 4 days, while the excursion in Module III lasts for 3 days. All field trips and courses are compulsory. The same applies to instruction and assignments related to shorter courses and excursions.

Practical activities:

- Canoeing - Paddling Techniques
- Orienteering: Maps, compass and GPS
- First Aid and Life Support
- Fishing
- Outdoors activities in different natural environments
- Skiing techniques associated with cross-country, classic and skating
- Alpine and telemark skiing
- Backcountry skiing
- Climbing
- Surfing



Welcome as a student in Norwegian Outdoor Life at The University of Stavanger!

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www.brockport.edu/studyabroad



The College at
BROCKPORT
STATE UNIVERSITY OF NEW YORK