

Introduction to Outdoor Adventure

In this course, you will gain valuable experience in a range of outdoor adventure activities by learning personal skills from experienced tutors while learning about risk and how to manage safety in the outdoors. Areas covered may include:

- Indoor rock climbing
- Kayaking
- Land navigation
- Mountain biking
- Hill walking
- Basic First Aid
- Team building/ problem solving
- Personal fitness
- Conservation

Awards may include:

- National Indoor Climbing Award Scheme (NICAS) level 1
- Scottish Canoe Association (SCA) One Star Award
- National Navigation Award Scheme (NNAS) Bronze Award
- Cycle Scotland- Go Mountain Bike Awards Level 1
- First Aid (Basic 1 Day) aimed at the outdoor environment
- John Muir Award - Discovery Award



How will I be assessed?

This course is internally assessed. All units involve a practical assessment to gain governing body awards.

Moving on

You could consider our full time Certificate in Outdoor Adventure.

How and where will I study?

One day a week. Locations to be confirmed.

Entry requirements

We welcome students with a particular interest in gaining skills and certification within the outdoor adventure field at introductory level.

How to apply

You will need to fill in an application form which you can get from your school guidance teacher.