

Outdoor Recreation C

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SIS20419 - Certificate II in Outdoor Recreation and Pathways to SIS30619 - Certificate III in Outdoor Leadership.

This qualification provides the skills and knowledge for an individual to be competent in performing core skills in outdoor recreation environments and assisting with the conduct of a range of outdoor activities.

“There are identified benefits from participating in outdoor and adventure based activities that highlight the valuable contribution these activities make to personal health and wellbeing”

Research into the benefits of outdoor adventure activities highlights the valuable contribution they make to personal health and wellbeing. As the empirical and anecdotal evidence in the outdoor adventure field begins to unfold, the proliferation of evidenced-based research grows exponentially. The unique opportunities within the natural and social environments offered by outdoor adventure activities provide varying contexts in which these positive connections are self, others and the environment. Outdoor adventure activities provide opportunities for the connection of individuals with nature (the natural environment), direct connection with other people (interpersonal), and importantly, with themselves (personal). Specifically, the benefits of these connections are shown to lie in the strength and placement of these connections.

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Course description

An extremely popular action packed course that leads the way in Outdoor Recreation.

Content includes discipline skills, knowledge of the natural environment (marine, alpine, bush, caves etc.), personal and interpersonal skills.

Students can participate in a wide range of outdoor experiences including snorkelling, surfing, scuba diving, bushwalking, rock climbing, canoeing, snowboarding and skiing. Students develop industry-specific skills such as navigation, first aid, survival, and general employment skills like leadership and teamwork.

The regular trips include:

- SCUBA Diving and Snorkeling- Jervis Bay and Kioloa
- Climbing- Nowra, Mittagong and Pt Perpendicular
- Backcountry Skiing, Snowcamping—Kosciuszko N.P.
- Snowboarding , Skiing- Perisher
- Hiking—Snowy Mtns, Budawangs
- Caving -Bungonia and Wee Jasper
- Canoeing and Kayaking—Murrumbidgee and Clyde River
- Mountain Biking –Australian Alps, Jindabyne

