Outdoor Education and Paddlesport

Time / Audience
This 3-hour module is aimed at Performance 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