

Outdoor education at Linköping University

Focus on an international master programme, courses for exchange students and physical education and friluftsliv

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This is Linköping University

- 36,000 students and 4,300 employees
- Four faculties:
 - Educational Sciences**
 - Medicine and Health Sciences
 - Science and Engineering
 - Arts and Sciences



Faculty of Educational Sciences



4500
students



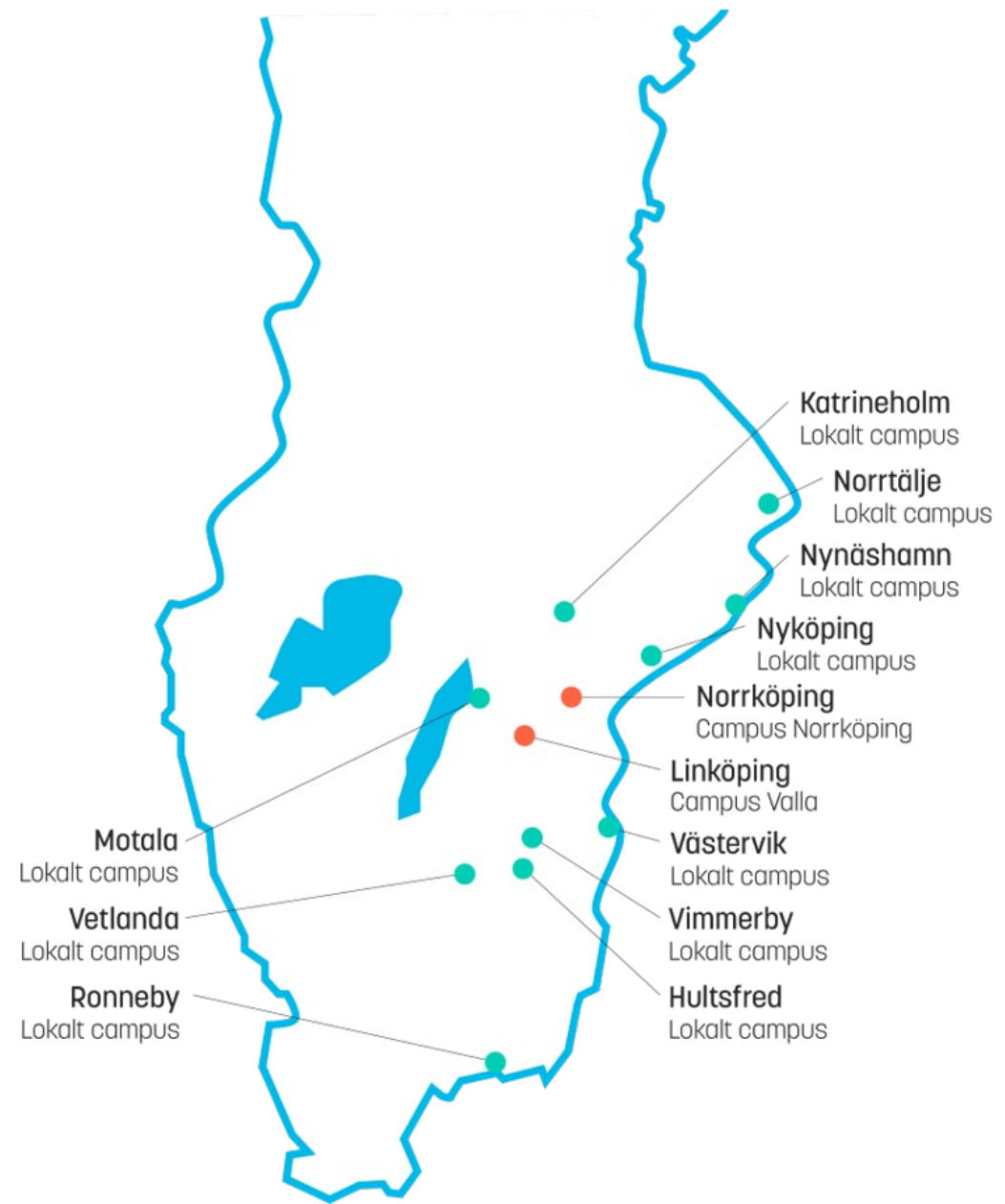
18
education
programs



12
cities

Places of education

- Campus Valla
- Campus Norrköping
- Local learning campus (10)



A comprehensive teacher education!

- **We offer degree programmes:**
 - Pre-school Teacher (Early Childhood Education),
 - Primary School Teacher grades K-3, 4-6 and Extended School
 - Secondary- and Upper Secondary School Teacher
 - Programme for Vocational Teacher Education, Special Needs Training and Special Educational Needs
 - Folk High School Teacher Programme – as the only university in Sweden
- *Professional Qualification Course for Teachers*
- *Foreign teacher training (Erasmus exchange students)*
- *We also offer Single subject courses (many with outdoor focus)*



Master's programmes

- Master's programme in Pedagogical Practices/Special Education
- **Master's programme in Outdoor and Sustainability Education (international)**
- Master's programme in Adult Learning and Global Change (international)

Master programme in Outdoor and Sustainability Education

Requirement: Bachelor degree in education or equivalent

A 60-credit master: four 15-credit courses

- Outdoor learning in theory and practice
- Environmental and sustainability education in the natural and cultural landscape
- Theories of research and methods of inquiry
- Thesis in outdoor education

20-25 students each year

- The majority have a background in primary teacher education

but also students from:

- Early childhood education
- Secondary school
- Other educational settings

Focus on ”uteskola” – school-based teaching and learning outside the classroom

Intended learning outcomes

After completion of the course, the students should be able to:

- account for knowledge about the historical development, theoretical frameworks, and contemporary research field of outdoor education
- describe and analyse how outdoor education, interdisciplinary as well as disciplinary, can be implemented with regards to educational theory and research
- plan for, perform and evaluate teaching and learning in outdoor environments, with respect for leadership, safety and equal opportunities for learning
- describe and critically examine the connection between outdoor play and learning, health and well-being

Some of the literature

Bærenhold, J., & Hald, M. (2022). *Udeskole In Theory and Practice – A Danish approach to learning outside the classroom*. Dafalo.

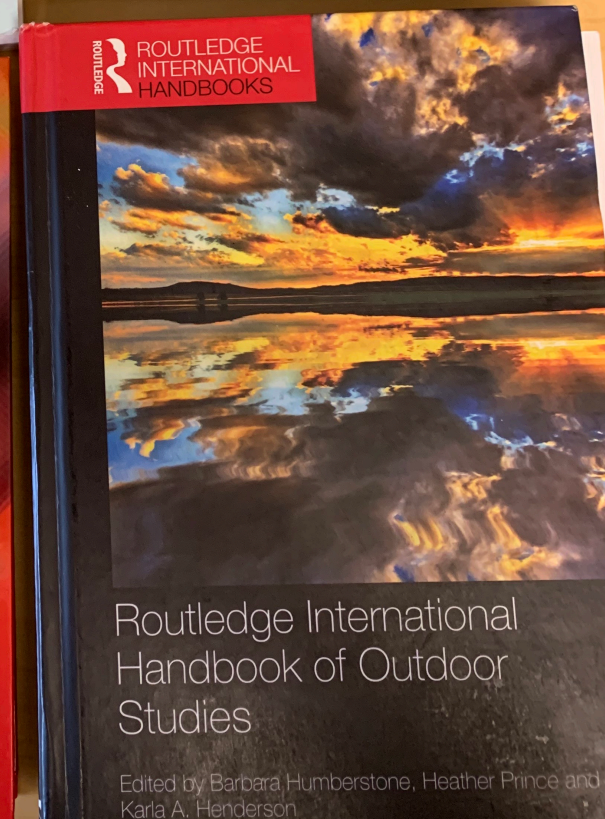
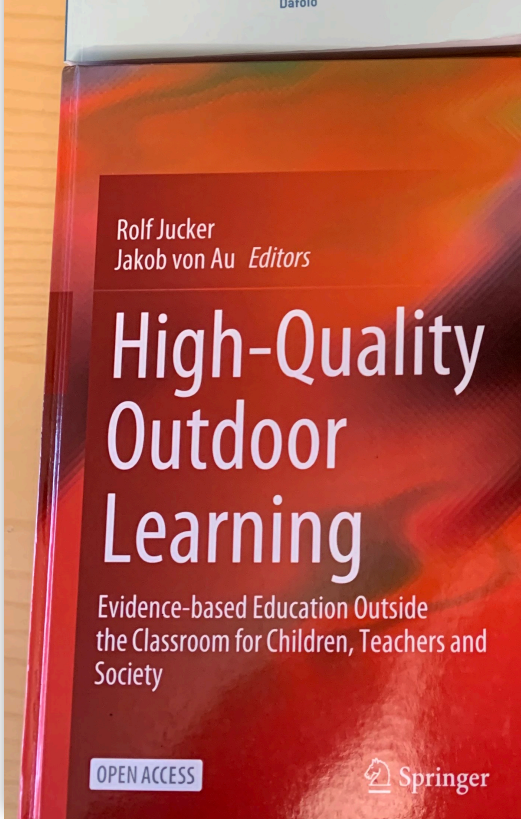
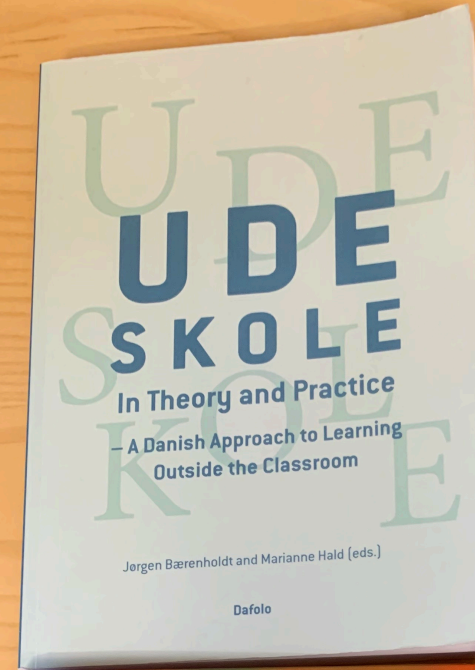
Rockström, J., & Klum, M. (2016). *Big world, small planet. Abundance within planetary boundaries*. Max Ström

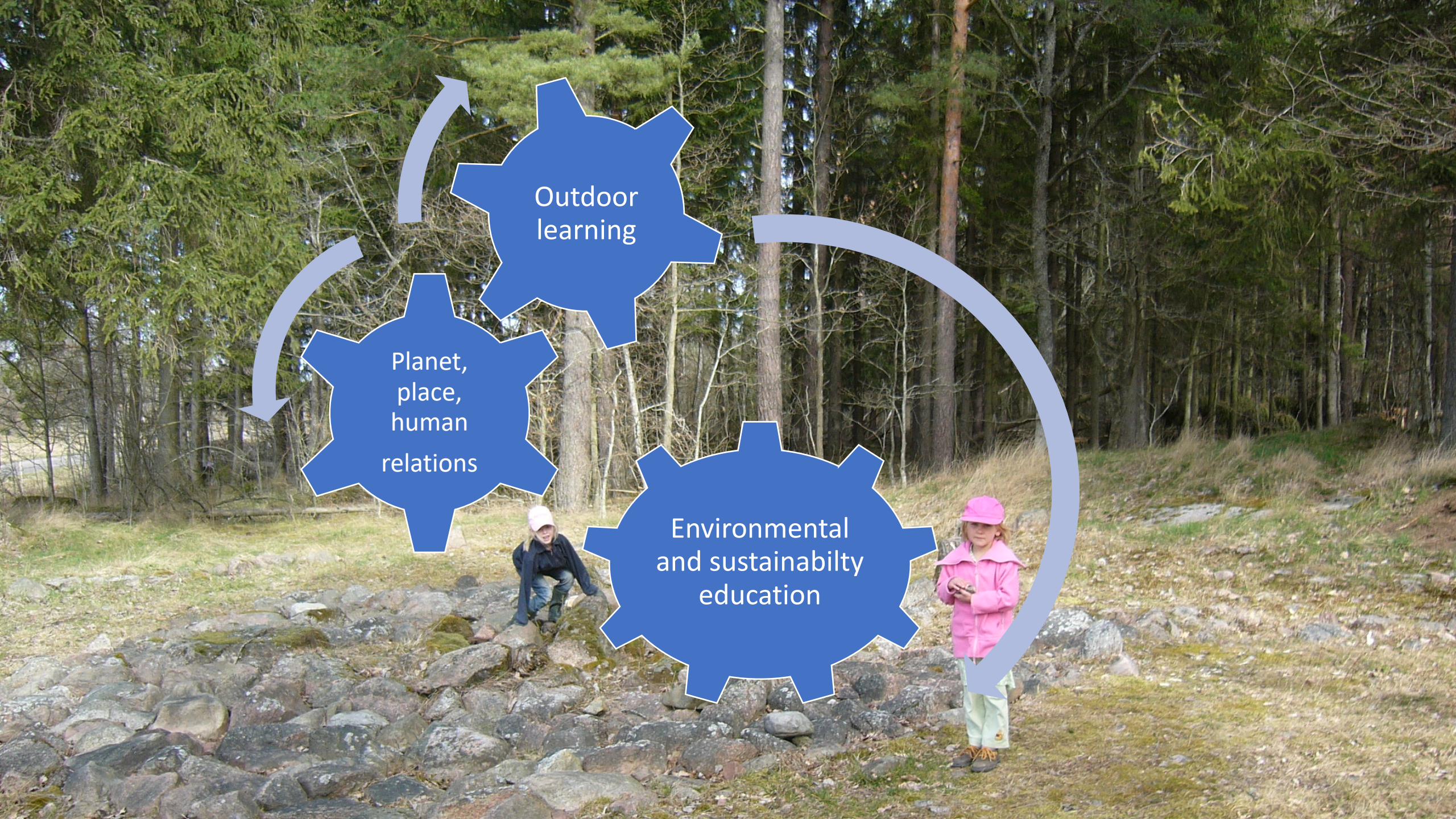
Jucker, J. & J. von Au. (Eds.). (2022). *High-quality outdoor learning. Evidence-based education outside the classroom for children, teachers and society*. Springer (open access).

Humberstone, B., Prince, H., & Henderson, K. (2016). (Eds.) *Routledge International Handbook of Outdoor Studies*. Routledge.

Leicht, A., Heiss, J., & Byun, W. J. (2018). *Issues and trends in Education for Sustainable Development* (Vol. 5). UNESCO Publishing. [Open online source](#)

Vare, P., et al (2022). (Eds) *Competences in Education for Sustainable Development*. Sustainable Development Goals Series. Springer, Cham (Open access)





Outdoor
learning

Planet,
place,
human
relations

Environmental
and sustainability
education

Theoretical base (some exmples)

- Outdoor education as a discipline and a method
 - History of the research field
 - Theories of learning in relation to out-of-classroom learning and teaching
 - Place-based education
 - Cognitive science/child development
 - Psychology (social and environmental psychology, motivation)
- Research and practice field of Environmental and Sustainability Education

Course for exchange students

Outdoor school with a focus on biology and Swedish nature

7,5 ECTS credits (5 week course)

Each semester

Outdoor Courses in the physical education and adult education departments

Courses in the Physical Education Department

(Outdoor education focus accenuated in red);

- Courses for becoming a teacher for PE in primary schools;
 - 2 full time courses covering the subject of Physical education. 923G16, 923G17
Baked in are variours aspect of outdoor education both in summer and winter
 - 4 freestanding courses covering the content above
"Motor skills and Play" 923G13, "Lifestyle and Health" 23G12, "Dance and Ball activities" 923G14, "Outdoor education and Safety" 923G15
- Courses for becoming teachers of Physical education for the Upper school ages
 - 4 newly developed courses starting between 2023 – 2026 in Physical education sector (teaching 13-18 year old children/youth)
baked in here are Wintersports and Outdoor education in depth
 - There will be freestanding courses covering similar topics, two already starting in 2024;
"Motivation and Sport Psychology" and "Identity and inclusion"
- Courses mainly aimed at International students;
 - Nordic Culture 921G11/754G52
 - Outdoor Education, oriented towards leisure time and outdoor activities in children and youth 917G11

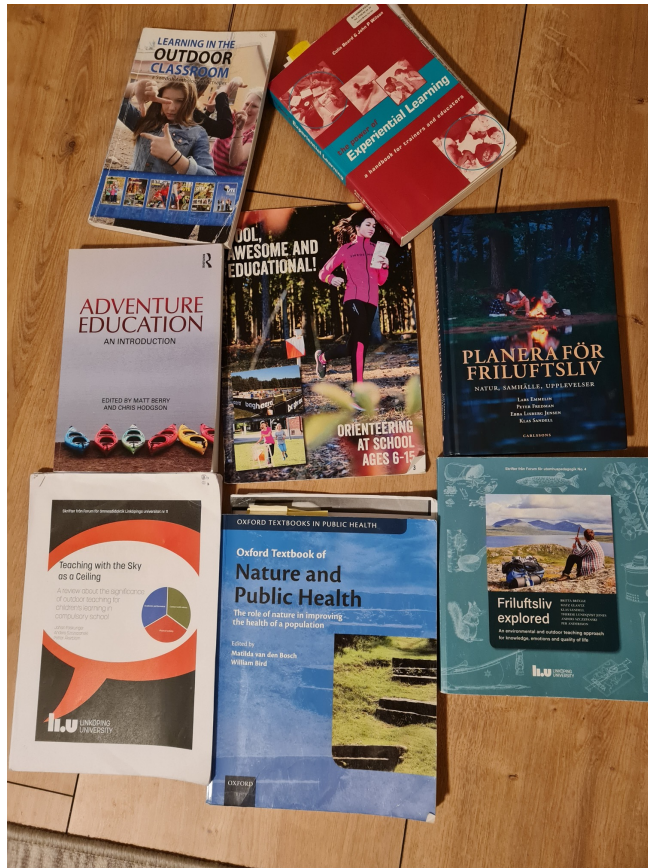
Nordic Culture 921G11/754G52

- 15 credit course running each term – 40-45 international students (1/3 teacher students)
- topics such as; Culture and Identity, Culture history, Immaterial culture, Architecture, Literature, Same culture, Food culture, Music and media, Fine art/folk art, Sustainability, Folk High schools etc
- Lots of experiential learning and outdoors involved in all the topics
- Two residential seminars based around the topics "Living in the countryside" and "living in the Archipelago",



Outdoor Education,

oriented towards leisure time and outdoor activities in children and youth 917G11



7.5 credit course, running every term –
30 international and Swedish students

Three blocks with activities based on the seasons;

- Winter "Comfortable in the environment"
skiing, skating, snowshoe, clothing, first aid
- Spring "Leadership in the outdoors"
maps and compass, risk and safety, leadership, canoeing
- Summer "Physiology and Health in the outdoors"
shelter, campcraft, sea kayaking, cooking



Learning outcome: ability to plan, safely lead and evaluate trips in the outdoors

Practical progression - learning what to do and why
(know, understand)

Theoretical progression – learning to think, reflect and motivate
(apply and discuss)



Examinations:

Practical activities in the outdoors

Portfolio reflection

Two assignments (Leadership, Health in outdoors)



Outdoor Education for adults

- 1 year course, 15 credits
- A course for people involved in outdoor education for adults
- Develop understanding for outdoor pedagogy and ability to design and lead outdoor activities with educational intentions
- Distance learning with 2 days on campus and 4 days outdoors
- Language: Swedish





- Course content
 - The concept Friluftsliv, history, current state and organisations
 - What is it to "know" Friluftsliv?
 - Experiential learning
 - Adults in the context of outdoor education
 - Groupdynamics, leadership and safety
 - Sustainable development and Friluftsliv
 - Planning, implementing and evaluating outdoor education
- Course activities
 - Lectures, Student-presentations, literature, text-seminars
 - Experiential elements where theory and activities are linked
 - Doing teambuilding activities + learning about leadership and group development
 - Building anchors and abseiling down a cliff + exploring the knowledge domains involved
 - Canoetrip + developing risk assessment and safety strategies
- Assessments
 - Oral presentation, Written presentations, Seminars, Lead an activity

If interested in more information please contact: Jonas.forsmark@liu.se

Exempel på litteratur kopplat till utomhuspedagogik i kurser

Andersson G (2017) *Cool Awesome and Educational! Orienteering in simple English* ISBN 978-91-983852-0-5

Beard, C & Wilson, J. 2006. *The power of experiential learning*. Chapter 2 - Exploring Experiential Learning, (available as e-book -2013)

Berry & Hodgson (2011) *Adventure Education an introduction* chapter 3; Risk management pps 46-62. Routledge

Brügge B et al. (2021). *Friluftslivets explored - an environmental and outdoor teaching approach for knowledge, emotions and quality of life*. Linköping University Electronic Press.
<https://doi.org/10.3384/9789179290665>

Faskunger et al. (2018) *Teaching with the sky as a ceiling* A review about the significance of outdoor teaching for children's learning in compulsory school. Linköping University Electronic Press.

Fredman, A et al. (2015) *Learning in the Outdoor classroom – a Swedish anthology of Activities Outdoor* Teaching förlag AB, Vimmerby

In Van den Bosch, Matilda and Bird, William red. *Nature and public health*. Oxford: Oxford University Press

Questions?