

UNIT BREAKDOWN

CNATs Sport Studies: R187



Topic Area 1: Provision for Different Types of Outdoor & Adventurous Activities in the UK

- 1.1 The Provision Available for Outdoor & Adventurous Activities Both Locally & Nationally

Topic Area 2: Equipment, Clothing & Safety Aspects of Participating in Outdoor & Adventurous Activities

- 2.1 Types of Equipment to be Used for Participation
- 2.2 Types of Clothing to be Used for Participation
- 2.3 Types of Technology That can Enhance Participation or Safety
- 2.4 Types of Terrain & Environment

Topic Area 3: Plan for & be able to Participate in an Outdoor & Adventurous Activity

- 3.1 Key Considerations When Planning an Outdoor & Adventurous Activity
- 3.2 Outdoor Activity Risk Assessment
- 3.3 Emergency Procedures Plan
- 3.4 Demonstrate Appropriate Skills in Outdoor Activities

Topic Area 4: Evaluate Participation in an Outdoor & Adventurous Activity

- 4.1 Evaluate Participation of Outdoor Activity
- 4.2 Evaluate the Value of Participating in Outdoor Activities