

# SPORT STUDIES - R187

## Topic 1 - Increasing Awareness of Outdoor & Adventurous Activities

Water Sports, Trekking, Camping

Climbing, Caving, Cycling

Gliding, Snow Sports



## Topic 2 - Equipment, Clothing & Safety Aspects of Outdoor & Adventurous Activities

Safety Equipment

Technology

Terrain



## Topic 3 - Plan For & Be Able to Participate in an Outdoor & Adventurous Activity

Hazards

First Aid & Rescue

Demonstrating Skills



## Topic 5 - Evaluate Participation in an Outdoor & Adventurous Activity

Physical Benefits

Mental Benefits

Social Benefits

