Hedmark University College

International semester in Physical Education

Norway



OUT-DOOR ACTIVITIES IN WINTER AND SPRING

Høgskolen i Hedmark

International semester in Norway

Welcome to Hedmark University College

Spending time abroad as a student simply means taking part in the modern international world.

With this in mind, we would like to welcome you as a student to an international semester in Norway.

The course - *Out-door activities in winter and spring* - lasts one semester and gives 30 ECTS credits.



Who can apply?

If you study Teacher training in Physical education, sport, recreation and health or corresponding courses, you are welcome to apply.

When is the course offered?

The course is offered in the spring semester. Starting 2007.



Costs

As an Erasmus or Nordplus student you will have a grant from your University. In addition to accommodation and food you also have to pay for travel-costs, lift-cards and possible rent of skis/snowboard.

Goals

Students will learn about Norwegian culture, outdoor life, outdoor activities in winter and spring, the Norwegian school-system and sport-history.

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Study methods and assessment



Students are expected to take an active part in the courses. The foreign students will be in groups with Norwegian students in all activities.

In order to pass the full course, students must submit and pass all the required activities and papers for each module.

Student's work is assessed on a scale from A to F, where E represents the lowest pass grade.

The theoretical lessons will be given in English. The practical lessons will be in Norwegian/English, and Norwegian students will help foreign students with translation into English if necessary

Modules



Outdoor life in winter and spring (10 credits)

This module will be outdoor life in the forest and mountains in wintertime, canoeing in spring and outdoor life with children. In addition the students will take part in fly-fishing and climbing.

Skiing (10 credits)

This module will be cross-country skiing (2,5 credits), alpine skiing (5 credits), snowboard (2,5 credits) or telemark (2,5 credits). Students have to choose 10 credits among these activities.

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This lessons will be given in Trysilfjellet, the biggest down-hill ski-centre in Norway.



Adapted Physical education (5 credits)

This study will be given in collaboration with Beitostølen Helsesportsenter or other institutions. The students will stay 14 days at the centre and have lessons for children and youths with various handicaps.

Physical activity, culture and society (5 credits)

Students will learn about the Norwegian school system, sport-sociology, sport history and about sport in Norway today.



Practice in schools or sports clubs

Students will have 3 weeks of practice in primary/secondary school or in sports clubs

Information about International semester:

www.hihm.no

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