

Friluftsliv and Outdoor Education

Friluftsliv och utomhuspedagogik
7.5 credits

Single subject course

917G42

Valid from: 2026 Autumn semester

Determined by	Main field of study	
Course Syllabus Board at the Faculty of Educational Sciences	No main field of study	
Date determined	Course level	Progressive specialisation
2025-10-13	First cycle	G1N
Revised by	Disciplinary domain	
	Natural sciences, Education	
Revision date	Subject group	
	Sport Science	
Offered first time	Offered for the last time	
Autumn semester 2026		
Department	Replaced by	
Institutionen för beteendevetenskap och lärande		

Specific information

There will be extra costs for you as a student regarding the fieldtrips. You will have to plan the transport for these field trips as well.

Entry requirements

General entry requirements for undergraduate studies and English corresponding to the level of English in Swedish upper secondary education (Engelska 6 or Engelska nivå 2).

Exemption from Swedish.

Intended learning outcomes

On completion of the course, the student shall be able to

- explain and discuss outdoor educational perspectives on Friluftsliv across different seasons and natural environments
- discuss and reflect upon different values of Friluftsliv
- demonstrate, evaluate, and reflect upon practical skills in Friluftsliv across different seasons and natural environments
- plan, organize, implement, and critically evaluate an independent multiple-day journey in the outdoors
- apply a scholarly approach to the course content.

Course content

The course provides practical and theoretical studies in Friluftsliv and outdoor life within various Swedish natural environments. The aim is that students develop knowledge, experience, and skills in Friluftsliv and outdoor life so that they can plan, carry out, and evaluate different kinds of outdoor activities safely both individually and in groups. The course is taught in English and includes practical exercises and excursions as well as an independent project. The course is organized in three different modules and includes two different field trips which incur an additional cost for students. The first fieldtrip is located in the water environments of southern Sweden and the second fieldtrip in the Swedish mountains. The third module is online in combination with the students' independent projects.

Teaching and working methods

The teaching methods consist of excursions, practical exercises, independent projects, lectures, interactive seminars and individual studies. A substantial part of the course is conducted outside the traditional classroom setting, within the Swedish natural and cultural landscape.

Examination

Students are assessed through oral presentations in digital form and active participation in practical exercises and seminars.

Applies to all courses regardless of grading scale.

- Students failing an exam covering either the entire course or part of the course two times are entitled to have a new examiner appointed for the reexamination.

If the course has a three-graded grading scale (U - VG), following applies:

- Students who have passed an examination may not retake it in order to improve their grades.

The following applies to courses that include a compulsory component:

- If special circumstances prevail, and if it is possible with consideration of the nature of the compulsory component, the examiner may decide to replace the compulsory component with another equivalent component.

If the LiU coordinator for students with disabilities has granted a student the right to an adapted examination for a written examination in an examination hall, the student has the right to it.

If the coordinator has recommended for the student an adapted examination or alternative form of examination, the examiner may grant this if the examiner assesses that it is possible, based on consideration of the course objectives.

An examiner may also decide that an adapted examination or alternative form of examination if the examiner assessed that special circumstances prevail, and the examiner assesses that it is possible while maintaining the objectives of the course.

Grades

Two-grade scale, U, G

Other information

Planning and implementation of a course must take its starting point in the wording of the syllabus. The course evaluation included in each course must therefore take up the question how well the course agrees with the syllabus.

The course is conducted in such a way that there are equal opportunities with regard to sex, transgender identity or expression, ethnicity, religion or other belief, disability, sexual orientation and age.

If special circumstances prevail, the vice-chancellor may in a special decision specify the preconditions for temporary deviations from this course syllabus, and delegate the right to take such decisions.

About teaching and examination language

The teaching language is presented in the Overview tab for each course. The examination language relates to the teaching language as follows:

- If teaching language is Swedish, the course as a whole or in large parts, is taught in Swedish. Please note that although teaching language is Swedish, parts of the course could be given in English. Examination language is Swedish.
- If teaching language is Swedish/English, the course as a whole will be taught in English if students without prior knowledge of the Swedish language participate. Examination language is Swedish or English (depending on teaching language).
- If teaching language is English, the course as a whole is taught in English. Examination language is English.