

SEA-EU micro credential course sheet

Course offers for the SEA-EU micro-credential Programmes on Future Skills or Sustainability Studies

General Information

Course Title		Code
Experiences of Nature Adventure		SUM1007
Course teacher		
NORD University, Dagmar Gerda Martha Dahl dagmar.g.dahl@nord.no		
Organiser/Contact person		
NORD University		
Credits (ECTS)	Workload	
3	1 ECTS = 25 to 30 h Workload	
Language of instruction		
English		
Mode of provision		
Physical attendance of students: 100% (June 30 to July 4 2025) The course includes an online session <i>before and after</i> the Summer School-week in Bodø.		
Percentage of e-learning (0-100%)		
The course includes an online session <i>before and after</i> the Summer School-week in Bodø.		
Short course description (for dissemination to students)		
Swimming in the arctic ocean. Mountain hiking. What happens to the body when you train in extreme environments? How does the body react? What happens with the mind? How do we interact with the surrounding nature? Come to Arctic Norway to learn and explore. This course is for you who are interested in the more extreme side of the outdoors! The course includes an online session <i>before and after</i> the Summer School-week in Bodø.		
Link to the university's website for the course / time and place for the course		
https://www.nord.no/en/study-programmes/nord-summer-school (June 30 to July 4 2025)		

Organisational Information

Course format/teaching and learning method (see SEA-EU list of teaching and learning methods)
Lectures, excursions and group work. The course includes an online session before and after the Summer School-week in Bodø.
Max. number of participants
20
Course enrolment
https://fsweb.no/soknadsweb/login.jsf?inst=nord Application deadline 01.05.2025

Course fees
NOK 1500
Enrolment requirements
Study level: Bachelor (level 6) Entry level of language proficiency: Other requirements:
Link to the university's website for the course
https://www.nord.no/en/studies/courses/sum1007?year=2025&semester=HØST
Other remarks

Learning Conditions

Course content
Swimming in the arctic ocean. Mountain hiking. What happens to the body when you train in extreme environments? How does the body react? What happens with the mind? How do we interact with the surrounding nature? Come to Arctic Norway to learn and explore. This course is for you who are interested in the more extreme side of the outdoors!
Learning outcomes (knowledge, skills, attitudes)
<p>Knowledge</p> <p>The candidate</p> <ul style="list-style-type: none"> • has got field-based experience of the human physiological and psychological responses to activities and exercise in selected environmental conditions, like cold water. • has developed an understanding of social, psychological, and physiological challenges when living and exercising in extreme, natural environments like in Northern Norway • has gained an understanding how to interact with and respect nature in extreme environments. <p>Skills</p> <p>The candidate</p> <ul style="list-style-type: none"> • will be able to discuss human physiological and psychological responses to acute / chronic exposure to different environments (e.g. cold air and water or constant daylight) • can discuss social and ethical aspects of exercising in extreme environments. • has insight and basic practical experience in the environmental effects on performance in extreme conditions and can demonstrate skills that might mitigate such effects. • can perform that she/he has got an understanding how to interact with others and nature in extreme environments. <p>General competence</p> <p>The candidate</p> <ul style="list-style-type: none"> • will be able to evaluate and apply the new gained competence to own practical experiences and update theoretical knowledge in the field. • has awareness about the challenges for both human beings and the surrounding nature in extreme environments. • can consider ethical issues related to activities in nature.

Student activities
Lectures, excursions and group work.
Attendance policy
Compulsory participation
Assessment Methods (see SEA-EU list of assignments)
Presentation
Grading
non-graded (pass/fail)
Study materials/Course literature
Information about the curriculum will be provided after admission.

Linkage to SEA-EU micro-credential Programmes

Linked to micro-credential programme
Sustainability Studies
Linked to micro-credential category/module (see Future Skills Framework)
Linked Competence