

1 Environmental awareness

Course Template

I. HU Course 1 Information

❖ **Course Title:** Environmental awareness

❖ **Course Description/Overview:** (Provide a brief summary of the course content and objectives)

This interactive course aims to foster a deep understanding of environmental issues and inspire action towards sustainable living. It will delve into the interconnectedness of ecosystems, human activities, and their impact on the planet. The course content will cover a wide range of topics, including **Climate Change: Exploring the causes, effects, and potential solutions to global warming**, **Biodiversity Loss: Understanding the importance of biological diversity and the threats it faces**, **Environmental Pollution: Examining different types of pollution (air, water, land) and their consequences**, **Sustainable Practices: Learning about eco-friendly habits and technologies that can help protect the environment**, **Environmental Policies: Discussing government regulations and international agreements aimed at addressing environmental challenges**.

Course Objectives

- **Knowledge Acquisition:** Participants will gain a comprehensive understanding of environmental concepts, issues, and trends.
 - **Critical Thinking:** Students will develop the ability to analyze environmental problems, evaluate solutions, and make informed decisions.
 - **Environmental Awareness:** The course will cultivate a sense of responsibility and commitment to protecting the planet.
 - **Sustainable Behavior:** Participants will be encouraged to adopt sustainable practices in their daily lives.
 - **Active Citizenship:** Students will learn how to engage in environmental activism and contribute to positive change.
- ❖ **Course Duration:** (Specify the total duration of the course, e.g., 5 weeks, 1 semester)

II. Course Announcement

Participants will be informed about course updates, assignments, and important information through the following channels:

- ❖ **Learning Management System (LMS):** Announcements will be posted on the course LMS page.
- ❖ **Email:** Regular emails will be sent to students with relevant information.
- ❖ **Student Responsibilities:** Students are expected to check the LMS and their email regularly for course communications.

III. Learning Outcomes

- **Valuing Sustainability:** Students will learn to reflect on their values, understand how values differ among individuals and across time, and critically evaluate their alignment

with sustainability.

- **Supporting Fairness:** The course will foster an understanding of equity and justice for present and future generations in the context of sustainability, encouraging learning from past generations' experiences.
- **Promoting Nature:** By exploring the interconnectedness of ecosystems and the impact of human activities, students will understand the importance of living in harmony with nature. They will learn to acknowledge humans as part of nature and recognize the needs and rights of other species.
- **Collaborating Through Digital Technologies:** Depending on the course's design, students may engage in collaborative activities using digital tools. This could involve co-creation of projects or shared learning experiences.
- **Empathy:** By exploring the impact of environmental issues on different communities and ecosystems, students will develop their empathy and understanding of diverse perspectives.
- **Collaboration:** Depending on the course structure, students may work together in groups on projects or challenges, learning to share responsibilities, respect others' contributions, and work towards common goals.
- **Coping with Uncertainty, Ambiguity & Risk:** Exploring complex environmental issues and their potential solutions will encourage adaptability and the capacity to make decisions amidst uncertainty.
- **Critical Thinking:** By analyzing information about environmental challenges, evaluating different perspectives, and forming their own conclusions, students will hone their critical thinking skills.

IV Course Contents

1. **Section One:** Introduction to Environmental Awareness
 - **Section Description:** This section explores the fundamental components of the current environmental state of the planet earth.
 - **Learning Objectives:**
 - Define key changes of the earth caused by human activities.
 - Identify different concepts of environmental awareness.
 - Analyze the relationship between different concepts of environmental sustainability.
 - **Content Outline:**
 - Climate Change
 - Biodiversity Loss
 - Environmental Pollution
 - **Activities and Assessment:**
 - Reading assignments
 - Interactive video
 - Case studies and analysis
 - Forum discussion
2. **Section Two:** Environmental Practices
 - **Section Description:** In this section, participants will explore key concepts of environmental sustainability and the role of policy in shaping sustainable practices.
 - **Learning Objectives:**
 - Define ecological balance and ecological justice.
 - Understand the importance of sustainable practices.
 - Identify different practices that can be used in order to protect and to improve the

- environment.
- Analyze and understand the role of environmental policies.
- **Content Outline:**
 - Sustainable Practices
 - Environmental Policies
- **Activities and Assessment:**
 - Reading assignments
 - Interactive video
 - Case studies and analysis
 - Forum discussion

2 Connecting with nature through nature sports

I. HU Course 2 Information

❖ **Course Title:** **Connecting with nature through nature sports**

❖ **Course Description/Overview:** (Provide a brief summary of the course):

The interactive online course, "Connecting with Nature through Nature Sports," offers participants a blend of mindfulness while fostering environmental awareness and sustainable practices. Designed to foster both a deep connection with nature and an understanding of environmental sustainability, the course will provide comprehensive knowledge of various nature sports, mindfulness practices, and emerging trends. Participants will sharpen their critical thinking skills by analyzing current environmental challenges and learning how these activities can highlight ecological issues. The course encourages participants to adopt sustainable practices in their daily lives, promoting a sense of responsibility and commitment to protecting the planet. With a focus on sustainability, participants will explore how adopting environmentally friendly practices in both sports and daily life can contribute to long-term ecological balance. Whether you're an experienced outdoor enthusiast or simply looking to connect with nature, this course provides the tools and knowledge to embark on a transformative journey.

Course Objectives

- **Knowledge Acquisition:** Participants will gain a comprehensive understanding of nature sports, mindfulness, and trends.
- **Critical Thinking:** Students will develop the ability to analyze environmental problems, and make informed decisions.
- **Environmental Awareness:** The course will cultivate a sense of responsibility and commitment to protecting the planet.
- **Sustainable Behavior:** Participants will be encouraged to adopt sustainable practices in their daily lives.

❖ **Course Duration:** (Specify the total duration of the course, e.g., 5 weeks, 1 semester)

II. Course Announcement

Participants will be informed about course updates, assignments, and important information through the following channels:

- ❖ **Learning Management System (LMS):** Announcements will be posted on the course LMS page.
- ❖ **Email:** Regular emails will be sent to students with relevant information.
- ❖ **Student Responsibilities:** Students are expected to check the LMS and their email regularly for course communications.

III. Learning Outcomes

- **Valuing Sustainability:** Students will learn to reflect on their values, understand how values differ among individuals and across time, and critically evaluate their alignment with sustainability.
- **Supporting Fairness:** The course will foster an understanding of equity and justice for present and future generations in the context of sustainability, encouraging learning from past generations' experiences.
- **Promoting Nature:** By exploring the interconnectedness of ecosystems and the impact of human activities, students will understand the importance of living in harmony with nature. They will learn to acknowledge humans as part of nature and recognize the needs and rights of other species.
- **Protecting Health and Well-being:** Students will become aware of potential health risks associated with digital technology use and learn strategies for maintaining well-being in online environments. This includes addressing issues like cyberbullying and promoting positive online interactions.
- **Empathy:** By exploring the impact of environmental issues on different communities and ecosystems, students will develop their empathy and understanding of diverse perspectives.
- **Collaboration:** Depending on the course structure, students may work together in groups on projects or challenges, learning to share responsibilities, respect others' contributions, and work towards common goals.
- **Coping with Uncertainty, Ambiguity & Risk:** Exploring complex environmental issues and their potential solutions will encourage adaptability and the capacity to make decisions amidst uncertainty.
- **Critical Thinking:** By analyzing information about environmental challenges, evaluating different perspectives, and forming their own conclusions, students will hone their critical thinking skills.

IV Course Contents

Section One: Eco-conscious sports practices

Section Description: This section focuses on eco-conscious sports practices, teaching students to reduce their ecological footprint while engaging with nature.

Learning Objectives

- Identify key environmental concepts related to ecosystems, biodiversity, and sustainability in nature sports.
- Demonstrate environmentally conscious behaviors during nature sports, such as minimizing waste, following Leave No Trace principles, and respecting wildlife habitats.

- Exemplify the environmental impact of different sports and evaluate how various practices affect ecosystems and sustainability.
- Design a sustainable activity plan that integrates ecological principles, conservation practices, and personal outdoor goals for future activities
- **Content Outline:**
 - Sustainable Sports
 - Nature Sports
 - Green Mobility & Cycling
 - Green Exercise

Activities and Assessment:

- Reading assignments
- Interactive video
- Case studies and analysis
- Forum discussion
- **Section Two: Mindfulness in nature**

Section Description: This section focuses on emphasizing mindfulness health enhanced physical activities in nature, guiding participants in cultivating awareness of natural surroundings and fostering a deeper connection to the environment.

Learning Objectives

- Explain the importance of mindfulness in nature and its role in promoting environmental stewardship.
- Identify key elements of the natural environment, such as local flora and fauna, and their ecological significance.
- Practice mindfulness techniques during outdoor activities to enhance awareness of natural surroundings.
- Compare and share personal experiences before and after applying mindfulness techniques

Content Outline:

- Importance of nature conservation and philosophy behind
- Benefits of mindfulness in nature for physical and mental well-being
- Correlating the connection between nature and mindfulness techniques
- The psychological and emotional impact in nature

Activities and Assessment:

- Reading assignments
- Interactive video
- Case studies and analysis
- Forum discussion