

LEVEL O SYLLABUS

The purpose of this course is to provide basic training in orienteering instruction to teachers, community, recreation and sporting people. It is a course for people who wish to become instructors and organisers. It is not a coaching course as such.

The Australian Coaching Council (ACC) Sport Education Unit - does recognise and approve the Level O Course but does not accredit course participants. The ACC has approved this course.

The Level O Course will be helpful to those seeking Level 1 coaching accreditation at a later date but it is not a prerequisite for enrolment in a Level 1 Course.

The responsibility for implementing the Level O Course Program rests with the Orienteering Federation of Australia (OFA). State and Territory Associations are responsible to the OFA for the conduct of Level O Courses.

OBJECTIVES

At the completion of the course, participants should be able to :

1. Understand the history and promotion of orienteering.
2. Plan and develop a basic sequential teaching program.
3. Instruct in basic map reading skills for orienteering.
4. Teach basic orienteering skills.
5. Conduct practical exercises at the beginner level.
6. Know the resources available for orienteering

DURATION OF COURSE

The course should be six (6) hours minimum.

ORGANISATION

The course should be conducted in locations where a good schoolground (or similar) map and good parkland o map are available. Most of the instruction will involve practical learn-by-doing approach.

ELIGIBILITY

There are no prerequisites for enrolment, though experience in organisational requirements of groups of people, especially children, will be helpful.

SCOPE AND LIMITATIONS

The Level O Course is intended to provide sufficient background to conduct orienteering exercises in a familiar schoolground or parkland situation.

The course does not provide sufficient background for conducting orienteering exercises in a bush situation without supervision by a more experienced instructor/orienteer.

Persons wishing to instruct in the bush should have additional orienteering experience and preferably Level 1 accreditation in orienteering.

CONTENT

1. History and Promotion of O

- simple history
- recreational O
- competitive O
- individual and family sport
- school O
- club O
- love and care for the bush

2. Planning an O Program

- understanding O progressions
- O organisation for groups
 - small
 - large
- basic course setting
- basic map making
- equipment required
- safety guidelines

3. Map Reading

- orientating map
- interpreting legend
- understanding scale
- thumbing map

4. Orienteering Skills

- copying controls onto map
- identifying features
- control procedure

- simple route choice
- etiquette and rules of O

5. Practical Exercises

- classroom course
- indoor games
- schoolground and environs course
- map walk
- streamer course
- line course
- cross country course
- score course
- star course
- basic relay activities.

6. Resources

- books
- videos
- games
- equipment
- maps
- permanent courses
- map making services
- people

PRESCRIBED TEXT

All course participants will receive the Level O "Elementary Orienteering Instructor's Handbook" by Debbie Gale, published by Orienteering Service of Australia.

CERTIFICATE

The OFA will provide a specially designed certificate to be issued to all participants who attend for the full duration, and satisfactorily complete the course

TITLE OF AWARD

Level O, Orientation to Orienteering

WHEN ARE LEVEL O COURSES RUN?

Orienteering Victoria runs Level O Courses throughout the year. They are run on a needs basis.

Individuals can contact Orienteering Victoria with an expression of interest and will be slotted into a forthcoming course.

Schools interested in **professional development** their staff are offered the opportunity to have the course run at their school.

These schools which are often Exemplary or core schools, are encouraged to organise a minimum of 12 staff (from their school and nearby schools).

The course is generally run in 1 x 6hr session on a weekday between 9.00am and 4.30pm, it can be offered as 2 x 3hr sessions after school hours.

COSTS

\$70 + GST \$7.00 per teacher non VOA member*
\$60 + GST \$6 00 per teacher - VOA member

*This amount is discounted if the organiser guarantees 12 staff (discounted to \$66 per head)

If a black and white orienteering map of the schoolgrounds is required, then the school is mapped at a discount rate (10 -30%). Discount is dependent on distance from Melbourne, size of grounds, quality of base map, number of staff attending Level O Course.

WANT TO GET MOVING-GET ORIENTEERING?

Fill in the booking form and mail or fax immediately to Orienteering Victoria's Office or ring and have a chat about your needs and the program you want.

We're here to help you and to develop the opportunities for your students to take part in this great activity.

BOOKING FORM , EXPRESSION OF INTEREST FOR LEVEL O COURSE

*photocopy or cut out and mail or fax to
Orienteering Victoria*

Name of School.....
.....
Contact person.....
Position in school.....
Address.....
.....
.....postcode.....
.....
tel.....fax.....
Email:

Please circle appropriate course details:

- I am interested in attending a Level O Course please book me into a forthcoming course.
- I am interested in organising on behalf of my school a Level O Course and can guarantee a minimum of 12 staff.

Dates preferred:(state times as well)

- 1.....
- 2.....
- 3.....

If organising a professional development Level O Course: please indicate -

My school has a black and white orienteering map of the school, copy is attached.

My school will need a black and white map made of the school.

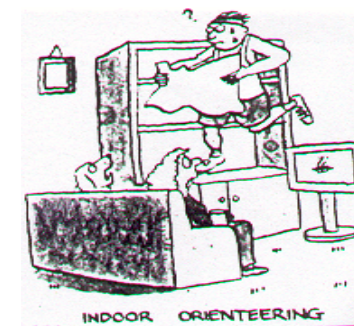
Mail or Fax to:
Victorian Orienteering Association
32 Banyule Road,
Viewbank 3084
T 03 9459 0853F 03 9457 5438
Email: voa@netspace.net.au



LEVEL O COURSE

ORIENTATION TO ORIENTEERING

course syllabus



information and booking form