

Grande Prairie Regional College
Department of Physical Education and Athletics
PE 2050 Introduction to Outdoor Environmental Education
Course Outline Fall 1997

Instructor: David Kay, office 215, phone: 539-2034, email Kay@GPRC.ab.ca

Class times: Tuesdays/Thursdays 9-10:50 am., J101
Field trip: Aug. 25-29 Mt. Robson

Transferability:

University of Alberta: PEDS 205 (3)
University of Calgary: Jr.OPAT (1.5)
University of Lethbridge: PHAC 2705/2715 (3)
Athabasca University: APST 2xx (3)

Course Description: This course is designed to provide a conceptual and experiential introduction to outdoor environmental education and leadership. In addition to weekly lecture and lab components, the course includes a five-day backpacking trip held at the end of August before classes start.

Note: Students will be responsible for their own food and a share of the transportation costs while on the hike.

Course Objectives:

1 To demonstrate an appreciation for moving and living in the natural world with a minimum of environmental impact.

Why do we go?

Values, feelings, emotions attached to travel in the outdoors.

What is wilderness, where is wilderness in Alberta?

Loving our wilderness to death

User numbers and impacts, growth of backcountry users.

2. To demonstrate practical skills in outdoor activities and outdoor living with particular emphasis to safety and comfort. Examples may include:

Insulation and Clothing

Equipment

Map and compass

Diet and nutrition

Survival

Canoeing

Personal Hygiene in the backcountry

Emergency care

Group management in the outdoors, risk management

Perils: bears, bugs, water purification

Day hiking

XC ski touring

Understanding weather

Navigation and map reading

Hiking

Search and rescue skills

3. To create group skills including leadership, communication and group cooperation in an outdoor setting.

communication skills

trusting

briefing/debriefing, sharing circles

leadership styles

risk management/ group management

4. To discuss environmental issues affecting northern Alberta, British Columbia, North West Territories or the Yukon.

Student presentations: Take an environmental issue which interests you, research the issue and develop a classroom presentation to share what you have learned and any conclusions you have developed.

Prepare a brief proposal for approval by D.Kay for this presentation.

Possible Issues:

- * Clayoquot Sound and logging
- * Logging in northern Alberta
- * Salmon fishing on the west coast
- * Horses in the backcountry or multi user difficulties in the backcountry
- * Snowmobile traveling and the impacts
- * Eliminating the grizzly in our wilderness

5. To discuss the basic ecological principles which are evident in common ecosystems.

Course Content: There will be both conceptual and experiential sessions covering a wide variety of topics including items such as environmental issues, outdoor living skills, outdoor activities, survival, trip preparation, outdoor programs, etc.

Evaluation:

Hike and Log book, due Sept. 16 20%

* marking based on completeness and the incorporation of the qualities of outdoor travelers.

Self-lead trip, outdoor certification, skills training 20%

Students select an outdoor excursion to be done with their own planning. You must gain approval for this project and you must submit a detailed report of your planning and evaluation.

examples: weekend hike, canoe trip (Oct 3/4) ski tour, first aid certification, kayak rolling clinic, Kakwa bike tour hosted by SA (September 20), take an introductory climbing course on our climbing wall, hunter training course, etc.

(any certification course or skills development training course must be at least 16 hours long)

Term Presentations 35%

The classroom presentations will center around an environmental issue based in western Canada. You will work in pairs to create and make a 40 minute presentation of your topic. Presentations should be done in a thorough and logical manner.

* Your topic must be approved by D.Kay.

Equipment responsibility (putting equipment away, caring for GPRC equipment) 5%

Final examination 25%

Textbook:

Hatton, M.J. (1992) Lightweight Camping: A Four Seasons Source Book, Thompson Educational Pub Inc.

Optional Sources

Meyer, K. (1994) How To Shit In The Woods, Ten Speed Press

Ford, P and J.Blanchard (1993) Leadership and Administration of Outdoor Pursuits, Venture Pub.Inc.

Ewert, A.W. (1989) Outdoor Adventure Pursuits: Foundations, Models and Theories, Publishing Horizons, Inc.

Brawn, C.A. (1991) Eco-Backpacking Responsibilities, Challenges, Joys, The University of Calgary

Miles, J.C. and S. Priest (1990) Adventure Education, Venture Pub. Inc.

Warren, K. and M.S.Sakofs and J.S.Hunt Jr. editors, (1995) The Theory of Experiential Education, Kendall/Hunt Pub. Co.