

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics and Kinesiology**  
**PE 2050 Introduction to Outdoor Environmental Education**  
**Course Outline Fall 1999**

**Instructor:** David Kay, office 215, phone: 539-2034, email [Kay@GPRC.ab.ca](mailto:Kay@GPRC.ab.ca)

**Class times:** Tuesdays/Thursdays 1-2:20 PM, J227, portable F  
Field trip: Aug.30-Sept.3, Mt. Robson Hike

**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 the weekly lecture and lab components, the course includes a five-day backpacking trip held at the end of August before fall 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 traveling and living in a wilderness setting with a minimum of environmental impact.

- Why do we go?
- Values, feelings, emotions attached to travel in the outdoors.
- What is wilderness?
- Where is the wilderness in Alberta?

2. To demonstrate practical skills in outdoor travel and outdoor living with particular emphasis on safety and comfort in the out-of-doors.

- Insulation, clothing and equipment
- Navigation with map and compass
- Diet and nutrition
- Weather
- Hiking- canoeing - kayaking - survival
- Emergency care

3. To encourage group leadership skills, communication skills within a group and group cooperation in an outdoor setting.

- Group management in the outdoors
- Risk management
- Communication skills - trusting - briefing/debriefing, sharing circles - leadership styles

4. To investigate 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 the conclusions you have developed.

Prepare and submit a written paper for this presentation due the day of your presentation.

Possible Issues: \* Special Places 2000

\* Logging in northern Alberta \* Quotas in the back country

\* Snowmobile, horses, dirt bike and ATV traveling in wilderness settings.

\* Eliminating the grizzly bear in our wilderness

5. To discuss the basic ecological principles which are evident in common ecosystems.  
- Care of the environment

#### Course Content:

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

#### 6.0 Student Evaluation

**Hike and Log book, due Sept. 9** **20%**

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

**Environmental Issue Presentation** **30%**

Your classroom presentations will center around an environmental issue based in western Canada. You will work in groups to create and make a 40 minute presentation.

Presentations should be done in a thorough and logical manner and supplemented with a written paper.

**Student responsibility** : helping with checking out and putting away equipment, caring for the gprc equipment used in 2050. **5%**

**Three surprise quizzes** **15%**

**Final examination** **30%**

**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.

Williams, J (1997) The Weather Book, 2<sup>nd</sup> edition, Vintage Books

## PE 2050 Class Schedule 99

Date	Topics	To do before class!
Sept. 9	Hike evaluation, equipment clean up bring photos, hiking opportunities	Hatton, pp. 175-181
Sept. 14,16	Canoeing, paddles, canoes parts * lifting, carries, tying down canoes, entry/ exits, positions, outfitting a canoe	Hatton, pp. 181-197
Sept. 21,23	Canoeing Doubles Basic section, Hatton, pp. 197-207 * stroke timing, brakes, forward stoke, reverse stroke, sweeps, (forward, reverse)	video: Path of the Paddle:gv783.m38,
Sept. 28,30	Steering stokes, Straight line travel, video: Path of the Paddle: Solo basic section	
Oct. 5, 7	Review all strokes	video: Cold, Wet, Alive: gv783.c64
Oct. 12,14	White water kayaking, Leisure Center Pool, video: The Kayakers Edge (get from d.kay)	
Oct. 19,21,26	Map and compass	Hatton, Chp. 4,
Oct. 28	Survival	Hatton, Chp. 6
Nov. 2	Survival chose one of the following videos to watch Winter survival gv200.5w57 Wilderness survival gv200.5w54 Man of the Wilderness gv790.15.q3	
Nov.4	Diet and Nutrition	Chp.5 Hatton
Nov.9	Care of the Environment (* <u>Leadership and Administration of Outdoor Pursuits</u> , (85) Ford and Blanchard, in the Library on reserve for this course)	Ford & Blanchard, Chp. 5
Nov. 16, 18	Human Needs, Leadership	Ford & Blanchard, Chp. 2
Nov. 23, 25, 30, Dec.1	Environmental Issues Student Presentations	
Dec 2	Weather	video: Determining the Weather gv200.5.D48
Dec. 7, 9	Risk management	Ford & Blanchard Chp. 8