

SEP 07 2000

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics and Kinesiology**  
**PE 2050 Introduction to Outdoor Environmental Education**  
Fall 2000

**1.0 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 Content:**

There will be both conceptual and experiential sessions covering a variety of topics such as environmental issues, outdoor living skills, leadership skills and dispositions, survival, trip preparation and outdoor programing.

**2.0 Course Objectives:**

2.1 To demonstrate an appreciation for traveling and living in a wilderness setting with a minimum of environmental impact.

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

2.2 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

2.3 To show group leadership skills, communication skills and group cooperation in an outdoor setting.

- Leadership styles, making decisions, taking responsibility, communicating effectively, resolving conflict, dealing with stress
- Group management in the outdoors
- Risk management

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

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

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

**4.0 Class times:** Mondays & Wednesdays, 10:00 AM-11:20 AM, J227  
Backpacking trip: Aug.28-Sept.1

**5.0 Credit Transfer**

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)

**6.0 Student Evaluation**

**Hike and Log book, due Sept. 6** **15 %**

The marking of your log book is based on the thoroughness of your log book and the depth of perceptions while on the hike.

**Environmental Issue Presentation** **25%**

Your classroom presentations will center around an environmental issue based in western Canada. You will work in pairs to create and give a 40 minute presentation. Presentations should be done in a thorough and logical manner and supplemented with a written paper.

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 \* The reintroduction of Wolves into the wilderness.

**Student responsibility**

Students enrolled in PE2050 have the responsibility of caring for the GPRC equipment used in 2050. You will be given a grade based on your care of the GPRC equipment you use and the responsible care you show while enrolled in PE2050.

**10%**

**Student Mini Presentation** **10%**

Each student will make a short (5min.) classroom presentation on a plant native of North Western Alberta. Please present a one page hand out with copies for each student in PE 2050

**Final examination** **40 %**

**7.0 Textbooks:**

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

Graham, John (1997) Outdoor Leadership: Technique, Common Sense & Self-Confidence, The Mountaineers

**Optional Sources:**

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

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

Miles, J.C. and S.Priest (1999) Adventure Programming, Venture Publishing, Inc.

Priest, S. and M.A. Gass (1997) Effective Leadership in Adventure Programming, Human Kinetics

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

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

## PE 2050 Class Schedule 2000

Date	Topics	To do before class!
Sept. 6	Hike evaluation, equipment clean up bring photos, hiking opportunities	Hatton, pp. 175-181
Sept. 11,13	Canoeing, paddles, canoes parts	Hatton, pp. 181-197
Sept. 18, 20	Canoeing, Video: Path of the Paddle:gv783.m38, Doubles Basic section,	Hatton, pp. 197-207
Sept. 25, 27	Steering stokes, Straight line travel, Video: Cold, Wet, Alive: gv783.c64	
Oct. 2,4	Map and compass	Hatton, Chp. 4,
Oct. 11	Weather	Determining the Weather, gv200.5.D48
Oct. 16, 18	Survival	Hatton, Chp. 6
	* chose <u>one</u> of the following videos to watch	
	Winter survival gv200.5w57	
	Wilderness survival gv200.5w54	
	Man of the Wilderness gv790.15.q3	
Oct. 23	Care of the Environment	Ford & Blanchard, Chp. 4
Oct. 25	Liability, Risk Management and Insurance	Ford & Blanchard, Chp. 12
Oct. 30, Nov.1	Kayaking (Meet in the Leisure Center Pool)	
Nov. 6	Outdoor Leadership	Graham, J. Chp. 1,2,3
Nov. 8	Outdoor Leadership	Graham, J. Chp. 4,5,6
Nov. 13	Outdoor Leadership	Graham J. Chp. 7,8,9
Nov. 15, 20, 22, 27, 29	Student Environmental Presentations	
Dec. 4, 6	Outdoor Leadership	Graham J. chapters 10,11,12,13