

SEP. 18 2001

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics and Kinesiology**  
**PE 2050 Introduction to Outdoor Environmental Education**  
**Fall 2001**

**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 traveling skills, leadership skills and dispositions, trip preparation and outdoor programming.

**2.0 Course Objectives:**

2.1 To demonstrate an appreciation for traveling in a wilderness setting with minimum impact on the environment.

- Values, feelings, emotions attached to travel in the outdoors
- What is wilderness
- Wilderness in Western Canada
- A wilderness ethic

2.2 While in an outdoor setting, demonstrate practical travel and living skills with particular emphasis on safety and comfort.

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

2.3 In an outdoor setting show leadership skills, communication skills and cooperation within a group.

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

2.4 To investigate an environmental issue affecting Alberta, British Columbia, the 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 M103, Phone: 539-2034, email kay@gprc.ab.ca

**4.0 Class times:** Wednesdays and Fridays 1:00 PM - 2:20 PM

Backpacking trip: Aug.27 Aug.31

**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 Friday Sept. 7**

**15 %**

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

**Environmental Issue Presentation**

**25%**

Your classroom presentations will center on an environmental issue based in western Canada. You will work in pairs to create and give a 30-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.
- \* The Elimination of the grizzly bear in our wilderness
- \* The reintroduction of Wolves into the wilderness.

**Student responsibility**

**10%**

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.

**Student Mini Presentation**

**10%**

Each student will make a short (5min.) classroom presentation on an animal native to 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, J. (1997). Outdoor Leadership: Technique, Common Sense & Self-confidence. Seattle, The Mountaineers

**Optional Sources:**

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

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

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

Priest, S. & Gass, G.A. (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> ed.) Vintage Books

## PE 2050 Class Schedule 2001

Date	Topics	To do before class!
Sept. 5	Hike evaluation, equipment clean up Bring photos from trip Hiking opportunities in Western Canada <b>All backpacking equipment must be returned this day!</b>	
Sept. 7	Hiking Logbook due	Hatton, pp. 175-181
Sept. 12, 14	Canoeing, paddles, canoes parts	Hatton, pp. 181-197
Sept. 19, 21	Canoeing, Video: Path of the Paddle: GV783.m38, Doubles Basic section,	Hatton, pp. 197-207
Sept. 26, 28	Steering stokes, Straight line travel, Video: Cold, Wet, Alive: gv783.c64	
Oct. 3, 5 Oct. 10	Map and compass Weather	Hatton, Chapter 4,
Oct. 12	Care of the Environment	Ford & Blanchard, Chapter 4
Oct. 17, 19	Survival	Hatton, Chapter 6
	* Choose <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. 24, 26, 31, Nov. 2	Introduction to White Water Kayaking	
	* Meet in the Leisure Center Pool at 12:45, bathing suite, towel, tee-shirt	
Nov. 7	Outdoor Leadership	Graham, J. Chapters 1,2,3
Nov. 14, 16	Student Environmental Presentations	
Nov. 21, 23	Student Environmental Presentations	
Nov. 28	Outdoor Leadership	Graham, J Chapters 4,5
Nov. 30	Outdoor Leadership	Graham J. Chapters 6,7,8
Dec. 5	Outdoor Leadership	Graham J. Chapters 9,10,11,12
Dec. 7	Review	

Final Examination is during exam week.