

SEP. 10 2002

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PE 2050 Introduction to Outdoor-Environmental Education
Fall 2002

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

Course Content

This course provides an overview of leadership in an outdoor setting. PE 2050 also involves skill development in hiking, canoeing and kayaking. The course gives students an experience of travelling safely and effectively in a variety of outdoor environments and knowledge of select outdoor skills.

2.0 Course Objectives:

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

- Values, feelings and emotions attached with traveling in the outdoors
- Minimum impact camping skills

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 skills, kayaking skills, survival
- Hypothermia and hyperthermia

2.3 To discuss the application of leadership in an outdoor setting.

- Leadership competencies, individual motivation, group development, group dynamics, decision making, responsibility, communication, resolving conflict and dealing with stress
- Risk management

2.4 To investigate an environmental issue.

- Research and create a presentation dealing with a current environmental issue

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.26-Aug.30, Mount Robson, BC

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. 13

10 %

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

30 %

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 classroom presentation.

Possible Issues:

- * Special Places 2000
- * Logging in northern Alberta
- * Quotas in the back country
- * Snowmobile, horses, dirt bike and ATV traveling conflicts
- * The Elimination of the grizzly bear in our wilderness
- * The reintroduction of Wolves into the wilderness.

Student responsibility

5 %

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

5 %

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

Midterm examination

25%

Final examination

25%

7.0 Required Text

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

Optional Sources:

Graham, J. (1997). Outdoor Leadership: Technique, Common Sense & Self-confidence. Seattle, The Mountaineers

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.

Meyer, K. (1994). How to Shit in the Woods. Ten Speed Press

Williams, J. (1997). The Weather Book. (2nd Ed.) Vintage Books

PE 2050, 2002 Tentative Schedule

Dates	Content	Reading
August 25-30 Mt. Robson		

Hike		
Sept. 4	Hike evaluation & canoeing orientation	
Sept. 6	Canoeing	Video: GV783.m38 watch doubles basic section
Sept. 11	Canoeing	Video: GV783.c64 Cold, Wet, Alive
Sept. 13	Canoeing	Hike log report due!
Sept. 18	Canoeing	
Sept. 20	Canoeing	
Sept. 25	Leadership competencies & Motivation	Chps. one, two and four
Sept. 27, 28, 29	Hike #2	
Oct. 2	Groups & group dynamics	Chp. five
Oct. 4	Technical skills	Chp. six
Oct. 9	Safety skills	Chp. seven
Oct. 11	Environmental skills	Chp. eight
Oct. 16	Examination #1	
Oct. 18	Trip planning	Chp. nine
Oct. 23	Risk management	Chp. ten
Oct. 25	Kayaking	
Oct. 30	Kayaking	
Nov. 1	Facilitation	Chp. 14 & 15
Nov. 6	Leadership styles	Chp. 18
Nov. 8	Communication	Chp. 19
Nov. 13	Experience based judgement	Chp. 20
Nov. 15	Navigation	
Nov. 20	Navigation	
Nov. 22	Decision making	Chp. 22
Nov. 27	Student presentations	
Nov. 29	Student presentations	
Dec. 4	Student presentations	
Dec. 6	Examination #2	