**Outdoor Pursuits 110 Course Outline**

This course will develop personal outdoor recreation skills based on environmental ethics. Students will gain a greater appreciation for the natural environment and its potential to enhance an active living lifestyle. Students must complete a series of out-trips that may be day-trips or overnight excursions. This course will take advantage of local outdoor access and could include camping, hiking, canoeing and other adventure activities. Students must be prepared to lead and evaluate out-trip experiences from personal and group dynamic perspectives.

**COURSE FEE: $50 (Covers transportation and release time for instructors)**

**Objectives**

1. Students will demonstrate a knowledge of the importance of natural resources, and an ongoing appreciation for these resources.

2. Students will master the necessary technical skills relevant to the unit activities.

3. Students will demonstrate the acceptance of responsibility for self and for others as related to program planning and the administration of the plan.

4. Students will participate in an evaluation process related to performance, planning, implementation and roles of responsibility involved in out-tripping experiences.

5. Students will demonstrate appropriate safety procedures.

6. Students will demonstrate outdoor living skills for future leisure pursuits.

**Course Content**

Students will be required to complete all of the following course activities (no particular order).

1. Fitness 7. First Aid

2. Team Building Activities 8. Knots

3. Shelters (Winter and Summer) 9. Environmental Knowledge (food and water collection)

4. Cooking and Fires 10. Wilderness Survival

5. Map, Compass, & GPS 11. Fish and Wildlife Research Project

6. Clothing and Equipment 12. Outdoor Activities \*\*

**\*\*Outdoor Activities (subject to change from year to year)**

[Canoeing, Hiking, Backpacking, Snowshoeing, Cross Country Skiing, Winter and Summer Camping, Geo-caching, Archery, Fly Fishing, Fly Tying]

-Students will keep a journal for all activities. Journals will include students’ daily experiences as well as out-trip experiences from both personal and group dynamic perspectives.

-Students will be evaluated on practical skills associated with the Outdoor Activities.

-Students may attend an overnight trip and/or day trip. The costs associated with these trips will be the students’ responsibility.

Evaluation

70% **Participation, Minor Projects, Journals and Final Project** – Students will write journals on experiences & discussions. They will complete a major project at end of course. **Participation** – Students actively engage in classroom instruction/discussion & indoor/outdoor activities. **Minor Projects**-small unit projects

30% **Practical Exam (Major Projects) and Written Exam** – Students will be evaluated on practical assessments during term and theory