



APPLIED ARTS DIVISION
Phed 222
Fall Term, 2016
3 Credit Course

NORTHERN OUTDOOR PURSUITS AND LEADERSHIP I

INSTRUCTOR: Charles R. Stuart M.A.

OFFICE HOURS: Tues/Thurs 2:30-4 or
appointment.

OFFICE LOCATION: A2911B

CLASSROOM: TBD

E-MAIL: cstuart@yukoncollege.yk.ca

TIME: Fridays 9:00am-4:00 pm

TELEPHONE: (867) 668-8863

COURSE DESCRIPTION

This course will introduce participants to various summer and fall outdoor pursuits, including rock climbing, hiking, backpacking, mountain biking, cross country skiing and survival skills. Instruction will focus on the principles of outdoor leadership, risk management, team building, and decision making, in a northern environment. Students will develop knowledge & skills for leading group activities in the northern outdoors.

PREREQUISITES

None.

RELATED COURSE REQUIREMENTS

Note: Attendance to first class safety training is mandatory & Passport is highly recommended for travel to Skagway, Alaska for weekend trip.

Physical/Mental Fitness Requirements

This course is an introduction to outdoor pursuits in the north and students are not required to have previous experience or skills in the course activities. However, some of the activities can be physically demanding, and students are expected to be in reasonably good physical and mental health and condition. This course is a physical education course and requires that students are

capable of: carrying a 50lb backpack a distance of 5-10km on a 3 day backcountry trip, carrying a 35lb backpack a distance of 5km on a 2 day backcountry trip with a 3500' elevation gain and hiking various mountains on daytrips with over 3000' elevation gain.

Students will be assessed the first week of the course and may be asked to withdraw from the course should they be deemed unable to meet the physical and mental health requirements. Due to safety concerns, this course is not recommended for students with physical health and/or mental health issues.

EQUIVALENCY OR TRANSFERABILITY

TRU PHED 1xx0 (3)

TWU HKIN 200 lev (3). Waive HKIN 430

VIU PHED 2nd (3)

UAF P.E. Elec. (3)

UR PAS 216, 225, 217 (3)

TRU-OL PHED 2xx1 (3)

UVIC EPHE 270 (1.5)

BROCKU unassigned 3 credits

UAS P.E. Elec (3)

Note: This course can be taken as a personal development non-credit course with no university transferability.

LEARNING OUTCOMES

Research reveals that adventure programs often achieve the following positive consequences, or benefits that carry over into daily life: development of positive interpersonal relationships leading to enhanced sense of community, group bonding, critical thinking, deep learning through reflection on leading and learning, evolution of judgment and personal responsibility, personal growth, increased social skills, companionship and camaraderie, increased environmental awareness, acquisition of skills needed to function in outdoor settings, self-fulfillment, self-reliance, enjoyment of life, physical fitness, increased student retention in university programming, leadership and decision making skills and development of a sense of place, self-transcendence or wilderness spirituality.

Upon successful completion of the course, students will be able to:

- Demonstrate Northern outdoor skills in rock climbing, mountain biking, backpacking & wilderness survival
- Demonstrate leadership decision making & group management principles
- Explain how to plan and lead outdoor activities
- Explain the psychology of risk
- Describe risk management principles & assessment

COURSE FORMAT

Class is Fridays from 9:00am-4:00 PM, with occasional 10:00am-5:00pm or later. There are also two mandatory three day weekend trips during the term. The schedule is subject to change due to weather conditions (rain/snow etc) and availability of resources and student schedules. Students should come to every class prepared to be outdoors rain or shine. The course fee includes equipment, transportation, permits or trail fees. Students are responsible for purchasing their food and winter clothing. Previous camping experience is beneficial, but not necessary. Mandatory weekend class sessions are required for the university credit.

ASSESSMENTS

Attendance and Participation

Attendance active participation is required in all class and field activities. Preparation time outside of regular class hours is required. Students will be evaluated on how their teamwork and communication skills contribute to the success of the group activities and goals. Students will be expected to take a leadership role in trip planning and organization (i.e. transport, logistics etc).

Presentations

Learners will choose and research a selected topic related to the course and present to the class for approximately 15 minutes. Suggested topics include: Winter or summer travel & survival, Weather, clouds, Hypothermia, Altitude sickness, Trip planning, Risk management, Outdoor cooking, Leave no Trace camping, Environmental ethics, snaring, psychology of survival, avalanche awareness, games for team building, leadership, motivation etc. Students are expected to contact instructor for topic approval and volunteer a time to present in class or during a field trip. Experiential presentations are encouraged. A written or bullet point summary of the presentation must be submitted to the instructor and all class participants.

Book Review

Prepare a 4-5 page double spaced book review of Into the Wild, Touching the Void or Into Thin Air. Provide a brief overview of the text and critically discuss what outdoor enthusiasts can learn from the text with respect to: outdoor leadership skills, safe backcountry travel, risk management, personal goal setting, achievement and failure, the role attitude and personality play in outdoor pursuits etc. Refer to link for guide: <http://www.yukoncollege.yk.ca/~agraham/guides/bkreviews.htm>

Activity Journal

Students are expected to keep a journal of the **classroom material and ongoing field activities**. This should include: a description of the day, 2-3 things you learned from the experience e.g. bear safety, nature, hygiene etc, 2-3 things you learned about yourself from the experience e.g. fears, physical successes etc, 2-3 things you would do differently in the future. You can be creative with some of this. For example, telling a story about the day by introducing the setting, describing an incident and how it unraveled and what you learned from the experience. Or, you could describe what you observed in nature on one trip and how the experience impacted you.

Final Exam: Trip Plan & Risk Management Synopsis

This is your final exam project. Throughout the course we have discussed risk management for all activities and you have gained experience and taken notes. For this final exam, you are to prepare a 5-7 page detailed trip plan for a minimum 5 person, 5 day wilderness winter trip (e.g. backcountry hike, snowshoe, ski or mountaineering). The plan will include a detailed itinerary, group meal plans, transportation logistics, time frames, equipment and clothing required, Also, prepare a 1-2 page risk management synopsis the trip identifying hazards, a detailed emergency plan to address hazards (contacts, first aid, communications protocol, emergency survival protocol, group experience, alternative routes, escape routes etc). Refer to reading list for references.

EVALUATION

Marks will be assigned as follows:

Active Participation - classroom and outdoor activities	25 %
Book Review	10 %
Activity Journal	30 %
Presentation (Due during course)	10 %
Final Exam Trip & Risk Management Plan	<u>25%</u>
Total	100%

REQUIRED TEXTBOOKS/MATERIALS (available in college bookstore or Macs Fireweed)

Bannon, A., & Clelland, M. (2001). *Allen and Mike's really cool backpackin' book*.

One of the following:

Into Thin Air by J. Krakauer, Touching the Void by J. Simpson; Rowing to Latitude by Jill Fredston; Escape from Lucania: An Epic Story of Survival by D. Roberts or Into the wild by J. Krakauer,

Course Readings - Available on Moodle Phed 222/225Website

The required texts for this course will be supplemented with electronic course readings on My YC and other additional readings distributed in class. Please refer to the attached course syllabus.

EQUIPMENT, TRANSPORTATION AND FIELD TRIPS

Students are expected to provide their own personal gear and clothing for all activities (see attached list). Some specialized gear may be provided by the College. Students are also expected to arrange their own personal transportation for activities in the Whitehorse area (e.g. Mount Mac Ski Centre, Fish Lake, Takhini Hot Springs)

WRITTEN ASSIGNMENT REQUIREMENTS

Written assignments for this course must be word processed and meet the basic requirements for FORMAL ACADEMIC PAPERS (i.e. APA format, 12 point font, 1 inch margins etc.). Proper referencing (APA) will be required. Note also that despite APA guidelines I require that all quotations and paraphrases include the page number of the source when referenced.

LATE PENALTIES

LATE ASSIGNMENTS WILL BE PENALIZED BY ONE MARK PER DAY including weekends unless an extension is legitimately warranted and approved by the instructor in advance of the assignment due date. Assignments submitted late without instructor approval will not be accepted one week after the due date. Late assignments must be date signed by the Liberal Arts office NOT dropped in the instructor's mailbox without a date signature.

ACADEMIC AND STUDENT CONDUCT

Information on academic standing and student rights and responsibilities can be found in the current Academic Regulations that are posted on the Student Services/ Admissions & Registration web page.

PLAGIARISM

Plagiarism is a serious academic offence. Plagiarism occurs when students present the words of someone else as their own. Plagiarism can be the deliberate use of a whole piece of another person's writing, but more frequently it occurs when students fail to acknowledge and document sources from which they have taken material. Whenever the words, research or ideas of others are directly quoted or

paraphrased, they must be documented according to an accepted manuscript style (e.g., APA, CSE, MLA, etc.). Resubmitting a paper which has previously received credit is also considered plagiarism. Students who plagiarize material for assignments will receive a mark of zero (F) on the assignment and may fail the course. Plagiarism may also result in dismissal from a program of study or the College.

YUKON FIRST NATIONS CORE COMPETENCY

Yukon College recognizes that a greater understanding and awareness of Yukon First Nations history, culture and journey towards self-determination will help to build positive relationships among all Yukon citizens. As a result, to graduate from ANY Yukon College program, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see www.yukoncollege.yk.ca/yfnccr.

ACADEMIC ACCOMMODATION

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon College Academic Regulations (available on the Yukon College website). It is the student's responsibility to seek these accommodations. If a student requires an academic accommodation, he/she should contact the Learning Assistance Centre (LAC) at (867) 668-8785 or lassist@yukoncollege.yk.ca

LORENE ROBERTSON WRITING CENTRE

All students are encouraged to make the Lorene Robertson Writing Centre a regular part of the writing process for coursework. Located in C2231 (adjacent the College Library), the Writing Centre offers half-hour writing coaching sessions to students of all writing abilities. Coaching sessions are available in person and through distance technologies (e.g., email plus Skype or phone). For further information or to book an appointment, visit the Centre's website:

www.yukoncollege.yk.ca/student_info/pages/writing_centre.



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**PHED 222- NORTHERN OUTDOOR PURSUITS AND LEADERSHIP I
TOPIC OUTLINE-FALL 2016**

Week	Date		Readings
1	Sept 9	Introduction to course & leadership/ mandatory preparation for rock climb and backpack trips	Allen & Mike's, Trip Planning pgs. 102-117 & Outdoor Hazards pgs.118-145/MOODLE-Section 1&7
2	Sept 16	Rock Climbing	Allen & Mike's, Backcountry Travel Pgs 1-70/ MOODLE-S2&3 Benefits of wilderness programs
3	Sept 23, 24 & 25	3 day Backcountry Hiking Trip	Allen & Mike's Backcountry Sanitation pgs. 91-101/MOODLE-S4The psychology of Risk Taking
4	Sept 30	Mountain Biking Skills Activity Journal Part 1 Due Oct 3	Allen & Mike's, weather pgs. 146-151/MOODLE-S4 & 10
5	Oct 7	Mountain Biking Skills Thanksgiving Day Holiday Mon Oct 10	Allen & Mike's, 1-66 & Cold Injuries, pgs.3-9./MOODLE-S5&6
6	Oct 14	No class-flex weather day	
7	Oct 21,22,23	3 day Mountain Backpack Trip - Skagway AK	Allen & Mike's, 1-66 & Cold Injuries, pp.3-9
8	Oct 28	Mountain Day Hike - Fish Lake Wilderness Survival Strategies & Psychology of Survival	My YC S5 Wilderness Survival Strategies & Psychology of Survival
9	Nov 4	First Nations Sweat & wilderness teachings & wilderness spirituality Book Review & discussion Due	My YC S8 First Nations & wilderness spirituality readings
10	Nov 11	No Class-Remembrance Day Holiday, Nov 11/ Nov 10 last day to withdraw wo academic penalty	
11	Nov 18	Snow biking/ XC ski Training	Allen & Mike's, Backcountry Travel Pgs 1-70
12	Nov 25	Winter survival & snow shelter building Activity Journal #2 Due Nov 28	MOODLE-S11 mountain weather
13	Dec 2	Final Class/Debriefing and exam review/ Final Exams Dec 7-20 Final Exam Trip & Risk Plan (Due Dec 8)	