

 <b>Yukon University</b>	<b>School of Social Sciences &amp; Humanities</b>
	<b>PHED 225</b>
	<b>Northern Outdoor Pursuits and Leadership</b>
	<b>Term: 202502</b> <b>Number of Credits: 3</b>
<b>Course Outline</b>	

**INSTRUCTOR:** Rodney Hulstein

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**OFFICE:** A2416

**PHONE:** 668-8703

**CLASS DATES/TIMES:** 9am to 4pm on Fridays (see dates at bottom)

**Room:** TBA

## **COURSE DESCRIPTION**

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

## **COURSE REQUIREMENTS**

Prerequisite(s): None

## **RELATED COURSE REQUIREMENTS**

### **Physical 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.

Due to the nature of the course activities however, students will experience physical challenges that can include, but are not limited to, moving up steep terrain, being out in the cold, and in changing weather conditions for multiple days. Embracing these challenges with a positive spirit is critical to having a successful experience on this course.

## **EQUIVALENCY OR TRANSFERABILITY**

Receiving institutions determine course transferability. Find further information at:

<https://www.yukonu.ca/admissions/transfer-credit>

## **LEARNING OUTCOMES**

Students will develop skills, and an understanding in/of:

- physical activities available in Northern winter outdoors including, cross country skiing, downhill skiing, snowboarding, snowshoeing, fat-biking, hiking and winter camping

- leadership roles, planning and responsibilities in outdoor settings
- personal leadership style and development
- psychology of team building, group dynamics and risk management
- winter survival and travel skills
- equipment and clothing requirements for winter activities
- environmental ethics & leave no trace in outdoor activities

## **COURSE FORMAT**

### **Weekly breakdown of instructional hours**

Class is Fridays from 9:00 – 4:00. There is a mandatory weekend camping trip during the semester. The schedule is subject to change due to weather conditions and availability of resources. Students should come to every class prepared to be outdoors, regardless of the weather or temperature. In addition to the Friday class, there will be several assignments to be completed outside of class time and students should set aside 3 hours each week for this work.

Lastly, students should plan for an overnight trip (i.e. Friday to Sunday) at a midpoint in the schedule class.

### **Delivery format**

This course will be delivered in a face-to-face format and participation is mandatory. Due to the condensed format and the learning outcomes of the course (e.g. outside and physical), it is imperative that students are fully engaged with the material and participate to the best of their ability.

## **EVALUATION**

Outdoor Leadership Assignment	25%
Skill Facilitation and Presentation	25%
Mid-Point Reflection	20%
Final Reflection	30%
Total	100%

### **Outdoor Leadership Assignment (25%)**

Two students will be responsible for each day (student led days in topic outline) Students will be responsible for:

- Facilitating the vision and conversation for the day
- Leadership discussion (leadership styles and growth)
- Team building activity and group dynamics/cohesion
- Identifying the risks of the activity and the days events (work with instructor to manage those risks)
  - a. This will involve some research!
- Facilitating discussions on any equipment/clothing requirements for activity (pre, during, and post)
- Discussing environmental ethics & leave no trace concerns for the day (pre, during, and post)

- Coordinating and supporting the activities of the day, including leading the group towards accomplishing an identified objective, group check-ins, group breaks, lunch.
- Coordinating and supporting the skill facilitation and presentation assigned for that day.
- Students that are not leading or facilitating that day should be active leaders

Groups will be encouraged to formulate plans early into the course and seek continuous feedback on these plans from their fellow students and instructor before, during and after leading their assigned activities. Time for such feedback sessions will be provided for during every class. The instructor will be available to guide students and help them coordinate their visions and plans for their respective days.

After the completion of the outdoor program management assignment, teams will be asked to complete a trip report. The trip report should include a summary of the day's events, suggestions for improvement, safety management information, and all logistical details with an aim to assisting and improving the experience for the following year's course cohort. A rubric and examples will be provided.

### **Skill Video and Outdoor Skills (25% - instructor assessed)**

This assignment will include multiple mini assignments that may include some of the following components:

- Creating a personal fire kit that includes all materials for basic fire starting
- Creating an essential piece of outdoor equipment (e.g. stove, candle, backpack)
- Creating a video that demonstrates a bushcraft or outdoor survival skill that is pertinent to the North
- Creating a personal survival shelter

### **Mid-point and Final Reflection (50%)**

Students will complete a self-assessment at the midpoint and a final self reflection. Weekly journals should be completed after each PHED class and journals may be completed during class or on Moodle. There will be guiding questions to help you complete your self-assessment. This will act as a journal and Critical Incident Questionnaire. There will also be a mid-term and final guided self-assessment near the completion of the course. The Critical Incident Questionnaires will be used to provide peers with feedback on their outdoor leadership and skill facilitation assignments.

- Instructor will mark as complete and provide feedback on a weekly basis
- You and the instructor will use this weekly reflection to complete the mid term (20% of final grade) reflection and the final reflection (30% of final grade)

### **COURSE WITHDRAWAL INFORMATION**

Refer to the YukonU website for important dates.

### **TEXTBOOKS & LEARNING MATERIALS**

There is no required textbook. However, readings will be assigned and provided by the instructor.

### **ACADEMIC INTEGRITY**

[www.yukonu.ca](http://www.yukonu.ca)

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

## 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 University Academic Regulations (available on the Yukon University website). It is the student's responsibility to seek these accommodations by contacting the Learning Assistance Centre (LAC): [LearningAssistanceCentre@yukonu.ca](mailto:LearningAssistanceCentre@yukonu.ca).

## TOPIC OUTLINE (subject to change)

Class Date	Activity	Lead
January 9	Course Introductions And Local hike	Instructor Led
January 23	Activity Day	Student Led
February 6	AM- Winter Survival PM - Activity	AM – Instructor Led PM - Student Led
February 27	Activity Day	Student Led
March 20	Winter Camping Prep	AM – Instructor Led PM - Student Led
March 27-29	Winter Camping Trip	Instructor and Student Led
April 10	Activity Day	Student Led