



COURSE OUTLINE

PHED 225

NORTHERN OUTDOOR PURSUITS & LEADERSHIP II

45 HOURS

3 CREDITS

PREPARED BY: Geoff Kooy & Gabor Gyorgy

DATE: December 18, 2018

APPROVED BY: Andrew Richardson

DATE:

APPROVED BY ACADEMIC COUNCIL: (date)

RENEWED BY ACADEMIC COUNCIL: (date)

APPLIED ARTS DIVISION
PHED 225
3 Credit Course
Winter, 2019



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Northern Outdoor Pursuits & Leadership II

INSTRUCTOR: Geoff Kooy, Gabor Gyorgy

OFFICE HOURS: Wed + Thurs
11:30 - 12:30 or by appointment

OFFICE LOCATION: A2420

CLASSROOM:

E-MAIL: fkooy@yukoncollege.yk.ca
gggyorgy@yukoncollege.yk.ca

TIME: 9:00 a.m. - 4:00 p.m.

TELEPHONE: (867) 668-8754

DATES: Fridays

COURSE DESCRIPTION

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

PREREQUISITES

Physical Fitness Requirement

This course is an introduction to winter 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 therefore students are expected to be in reasonably good condition and health. Students must be capable of day trips that involve carrying a 20 pound pack on skis or snowshoes for 3-5 km. They must also be capable of one or two multi day trips that involve carrying a 30-40lb backpack and pulling a sled on skis or snowshoes for 5-10km including digging snow pits and shelters for several hours.

EQUIVALENCY OR TRANSFERABILITY

TRU PHED 2xx0 (3) TRU-OL PHED 1xx1 (3)
TWU HKIN 126 (1) & TWU HKIN 136 (1) & TWU HKIN 137 (1)
UVIC EPHE 200 lev (1.5) VIU PHED 2nd (3)

For information about the transferability of this and other Liberal Arts courses go to <http://www.bctransferguide.ca/> or contact the Chair of Liberal Arts at Yukon College.

LEARNING OUTCOMES

With conscientious application in this course students will develop skills, application of knowledge and understanding in:

- physical activities available in Northern winter outdoors including, backcountry ski touring, ice climbing, snowshoeing and winter camping
- leadership roles, planning and responsibilities in outdoor settings
- psychology of team building & group dynamics
- psychology of risk and risk management in Northern outdoor settings
- winter survival and travel skills
- equipment and clothing requirements for winter activities
- environmental ethics & leave no trace in outdoor activities

COURSE FORMAT

This course will introduce the participant to the special low-impact camping and travel techniques, equipment and clothing requirements for the winter environment. Activities will include cross-country skiing, downhill skiing and snowboarding, snowshoeing, and snow shelter building. The topics of equipment selection and use, proper route and menu planning, and snow safety will be covered.

Classroom sessions and outings prepare the student for a weekend overnight camping experience. This activity is physically demanding, but is designed to be within the capability of people in reasonably good condition and health. Students are responsible for purchasing their food and winter clothing and for transportation for the daily field trips. Previous camping experience is beneficial, but not necessary. Mandatory weekend class sessions are required.

Equipment, Transportation, and Field Trips

There is one required multi day field trip in this course. The schedule is subject to change due to weather conditions (rain/snow etc.) and availability of resources. Students are expected to provide their own personal gear and clothing for all activities (gear list will be provided). Some specialized gear will 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).

ASSESSMENTS

Leadership Assignment in Outdoor Program Management

After viewing the course calendar of activities, students will be asked to form into groups that will be responsible for leading all programming on a given set of days. Group members will be responsible for:

1. Providing a vision for their day, and coordinating and supporting all the day's activities towards this vision
2. Coordinating and supporting the skill building and physical exercise for that day
3. Coordinating and supporting the leadership presentations assigned for that day
4. Providing feedback for active contributors to the followership exercise

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

Presentation

Students will be asked to share an original leadership story with the class that is set in the outdoors, and then facilitate conversation around their story with the class. Each student will be asked to spend 15 minutes sharing their story and ensuing conversation. Group leaders for that given day will be tasked with assisting presenters in facilitating conversation around their

story, and with providing any other supports that presenters may require.

Evaluation for this assignment will be peer based.

Leadership Support / Followership Exercise

While assigned leaders will be responsible for setting the vision and coordinating a given day’s activities, participating students will be asked to support their peer leaders to the best of their abilities. Assigned leaders will be responsible for providing feedback to followers/supporters and thereby developing a grade throughout the course for followers/supporters.

Reflection Portfolio

Students will be asked to provide a reflection on every day’s activities with an aim to developing observational skills and self awareness. Each reflection should reflect on:

1. a leadership trait they observed in others
2. a leadership trait they observed in themselves
3. How either or both of these leadership traits affected (or could affect) group dynamics

Students will also be asked to submit a two page reflection paper with their reflections that reflects on the developments they have perceived in their and/or others’ leadership styles.

	Excellent 10	Good 6-9	Average 2-5	Poor 1
Length	15 pages minimum met, one reflection for each day.			Reflections missing, or spare.
Personal and Peer Leadership Reflections	Insightful. Demonstrates considerable thought and care.			Insights spare, Demonstrate seemingly very little thought or care
Leadership and Group Dynamics Reflection	Applies personal and peer leadership reflections to larger group dynamics in an insightful and thoughtful manner			Insights and connections spare. Demonstrates seemingly little thought or care.
Summary Reflection	Reflects on development of leadership skills throughout course in an insightful and thoughtful manner.			Development of leadership skills throughout the course not considered in a meaningful way.

Engagement and Professionalism

Students will receive a daily grade from their Instructors for their active engagement in, and the professionalism brought to, every day's activities.

	Excellent 10	Good 6-9	Average 2-5	Poor 1
Teamwork	Makes obvious and significant contributions to class activities. Makes genuine effort to work effectively with others and provides valuable, creative, competent skills and feedback to the team, often takes leadership role.	Takes an active, supportive role during team activities.	Minimal contribution to group activities Inconsistent engagement.	Does not contribute in a meaningful way to group work.
Punctual and Committed	On time for day, stays for entire class.			Late before class, does not stay for entire class.
Professionalism and Commitment	Courteous and respectful. Completely committed to class.			Discourteous, disrespectful or distracted le: excessive talking or using of a device while another is talking.

Late Penalties

LATE ASSIGNMENTS WILL BE PENALIZED BY 10% PER DAY including weekends unless an extension is legitimately warranted and approved by the instructor in advance of the assignment due date. *Assignments will not be accepted one week after the due date.*

EVALUATION

Marks will be assigned as follows:

Outdoor Program Management Assignment	25%	Peer Based
Leadership Support/Followership Exercise	10%	
Presentation	15%	
Engagement and Professionalism	25%	Instructor Based
Reflection Portfolio	25%	
Total	100%	50% Peer / 50% Instructor

REQUIRED TEXTBOOKS AND MATERIALS

There are no required textbooks for this course. However, the book below can serve as a great introduction and resource to anyone interested in learning more about the essentials of backcountry adventure. It is available at the bookstore or online for a very reasonable cost.

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

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 Room C2211 (in the College Library), the Lorene Robertson Writing Centre offers writing coaching sessions to students of all writing abilities. For further information or to book an appointment, visit the Centre's website: [dl1.yukoncollege.yk.ca/Writing Centre](http://dl1.yukoncollege.yk.ca/Writing%20Centre). At the instructor's discretion, students may be required to attend Writing Centre coaching sessions during the composition process of their paper(s) as a condition of assignment completion. At the instructor's discretion, students may be required to attend the Lorene Robertson Writing Centre.

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. Do not jeopardize your academic future with plagiarism. It is dishonest and can have serious consequences.

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.

PHED 225-Northern Outdoor
 Pursuits & Leadership II
 Course Syllabus - Winter 2019

Day	Description	Leadership Groups
January 4 th	Class Introduction and hike	Instructor led
11	Snow shoe	Instructor led
18	Mt. Mac x country ski and fat bike	
25	Equinox / Mt. Sima	
Feb 1	Yukon Quest	
8	Winter survival/snow shelter/Snow science	
15	Mt. Mac x country ski and fat bike	
8	Sima downhill	
22	Reading week - no class	
March 1	Sima downhill	
8	Snow shoe hike	
15	Mt Mac x country ski and fat bike / gear preparation for multiday adventure	
22-24	Multi-day adventure	
29	First Nations Sweat	