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APPLIED ARTS DIVISION
Phed 225
3 Credit Course
Winter Semester, 2016

Northern Outdoor Pursuits & Leadership II

INSTRUCTOR: Charles Stuart

OFFICE HOURS: Tuesdays 2:30 - 4:00 or by appointment

OFFICE LOCATION: A2911B

CLASSROOM: A2712

E-MAIL: cstuart@yukoncollege.yk.ca

TIME: 9:00 a.m. - 5:00 p.m.

TELEPHONE: (867) 668-8863

DATES: Fridays

COURSE DESCRIPTION

This course will introduce participants to various winter outdoor pursuits, including ice climbing, snowshoeing, backcountry skiing, ski touring, 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 3 credit course includes 45 hours in class time and 75 hours of experiential activity time for a total 120 hrs. Class is Saturdays from 9:00-5:00 PM, with occasional extensions.

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, 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. The course fee includes equipment, permits or trail fees and transportation for the field trips. 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 are two required multi day field trips 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

Attendance and Engagement

Attendance, active participation and engagement is mandatory for all classroom and outdoor activities. Active participation is the most important determinant of how and what students will learn in the course. Students will be graded on their active involvement in the course material, and activities including, attitude, leadership skills, communication skills, **working as a team, group decision making in the field**, giving constructive feedback, involvement in decision making, organization, time management, self-reflection, and applying classroom concepts in the outdoor activities.

Presentations

Learners will choose and research a selected topic related to the course and present the topic to the class for approximately 15 minutes. Suggested topics include: Winter or summer travel & survival, Weather, Hypothermia, Altitude sickness, Trip planning, Risk management, Outdoor cooking, Leave no Trace camping, Environmental ethics, Avalanche awareness, games for team building, leadership, and psychology of risk. 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 word processed summary of the presentation must be submitted to the instructor and all class participants.**

Book Review

Prepare a 5-6 page double spaced, book review of a suggested book in the reading list. 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, and the role attitude and personality play in outdoor pursuits etc. Refer to link for guide http://www.yukoncollege.yk.ca/library/subject_guides/book_reviews

Activity Journal

Students are expected to keep a journal of the **classroom material and ongoing field**

activities. All activities should include this format: date, title, weather, a brief description of the day and objectives, list of skills acquired or 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, 2-3 things you would do differently in the future and answers to the journal questions given by the instructor. 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. **Submission of journal must be word processed or have eligible hand writing.**

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 **10-12 page single spaced** detailed trip plan for a minimum 5 person, 5 day wilderness winter trip (e.g. backcountry 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 and course texts and course reader. APA academic referencing is required for any research material used in the paper. Essay style is not required.

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 10% 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 graded. *Assignments will not be accepted one week after the due date.*

EVALUATION

Marks will be assigned as follows:

Active Participation - classroom and outdoor activities	25 %
Theory Quiz	5 %
Book Review	10 %
Journal Field Book	30 %
Presentation (Due during course)	10 %
Final Take Home Exam: Trip Plan & Risk Management Synopsis	20 %
	Total 100%

REQUIRED TEXTBOOKS AND MATERIALS

- O'Bannon, A. & O'Bannon, A. (1996). *Allen and Mike's Really Cool Backcountry Ski Book*. Helena: Falcon Pub.
- Alford, M. (2014). *Winter Wise: Travel and Survival in Ice and Snow*. Greystone Books.
- One of: *Into Thin Air* by J. Krakauer, *Touching the Void* by J. Simpson, *Rowing to Latitude* by Jill Fredston or *Escape from Lucania: An Epic Story of Survival*: David Roberts
- Course readings on course website Moodle

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 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 Writing Centre.

ACADEMIC AND STUDENT CONDUCT

Information on academic standing and student rights and responsibilities can be found in the Academic Regulations:

http://www.yukoncollege.yk.ca//downloads/Yukon_College_Academic_Regulations_and_Procedures_-_August_2013_final_v1.pdf

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 2016**

Week	Date		Readings/Assignments
1	Jan 8	Introduction & Mandatory safety & course essentials, Equipment distribution & Ice climbing weekend prep	Allen & Mike's-backcountry safety pp. 1-8; Section 2&3 Benefits of wilderness adventure programs Section 1 guide plans
2	Jan 15	Snow Shoe Trip, Wilderness Survival & Ice Travel	Alford, Ice Ch 1, 2, 5 Section 4 Leadership Theory quiz Due-group project
3	Jan 22, 23 & 24	Ice climbing weekend; weekend prep; leader roles; ground school & risk management	Alford, Snow travel Ch. 3 Alford Ch 4,5,6 trip planning, clothing & food
4	Jan 29	Cross country skiing	Section 5 The Psychology of Risk Section 6 - Winter survival
5	Feb 5	Sweat lodge	Journal #1 Due Monday Feb 8 @ 12pm S8 Wilderness Spirituality
	Feb 19	Reading break-Feb 22-25	No class Section 7 - hypothermia & AMS
5	Feb 26	Reading break-Feb 22-25 Heritage Day Holiday Friday Feb 26- rendezvous Feb19-28	No Class
6	March 4	winter biking Yukon Quest Sat Feb 6	Alford Ch 8 survival Book Review & Presentations Due
7	Mar 11	Backcountry ski, avy awareness, Winter travel & survival/ Friday March 11 Last day to withdraw	Allen & Mike's - BC Ski Travel pp. 1-66; Section 12 Avalanche Awareness and Decision Making
9	Mar 18	Classroom Trip planning for winter 3-day trip/gear distribution/ Sled & Pack packing/hike test day	Allen & Mike's, Snow Camping & Shelters pp. 67-107 & LNT pp. 107-120; S6 Winter Travel and Survival/ Section 10 Mountain Weather and Terrain
10	Mar 25	Good Friday Holiday Mar 25 & Easter Monday holiday Mar 28	No class
11	Apr 1,2, 3	3-day trip: Backcountry ski touring, winter camping, avalanche awareness & snow shelters	S9 Psychology of Survival Section 10 Avalanche Awareness, assessment and Decision Making Section 11 Mountain Weather Journal #2 Due Monday Apr 4 @ 12pm
12	Apr 11	Final exams Apr 13-27; exam review, course debriefing & film	Final Exam Due Friday April 22, 2016 @12pm