

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: April 2012

I. Course Prefix and Number: PE 250

Course Name: Wilderness Camping

Credit Hours and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description including pre- and co-requisites: Designed to provide an enrichment of learning through the use of outdoor experiences. This advanced course will give the student an opportunity to better understand the ecological balance and to take part in a wilderness camping environment. A half-day trip, an organizational meeting, and a three-day trip are required. A minimal fee is required. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Identify the wellness benefits of outdoor recreational activities.
2. Participate in outdoor activities while conserving and protecting the environment.
3. Execute basic skills in outdoor activities such as camping, canoeing, fishing, biking, backpacking or skiing and snowshoeing that can be used for a lifetime recreational activity.
4. Recognize safety concerns in an outdoor environment.
5. Evaluate and critique an outdoor recreational activity.

Relationship to Academic Programs and Curriculum:

This course is a one credit course designed for any major at FLCC. The course fulfills one credit of the college's physical education requirement.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Instructor hand-outs.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lecture, discussions, demonstrations, physical participation in activities.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of outdoor recreational skills and physical performance in an outdoor environment. Such assessments and related assignments will develop critical thinking techniques, reading, along with developing ethics and values regarding an appreciation of lifetime physical activity in an outdoor environment.

V. General Outline of Topics Covered:

1. Wellness benefits of outdoor recreational activities.
2. Conservation and protection of the environment.
3. Safety concerns in an outdoor environment.
4. Camping skills and specific outdoor activity skills.
5. Planning and preparation for outdoor activities.
6. Identification of plants, trees and wildlife.
7. Utilization of contour maps and/or compass.
8. Specific skills needed to perform the outdoor recreational activity.
9. Pros and cons of various camp gear.