

PEP 3507 TEACHING OUTDOOR SKILLS (2 credits)
Spring 2007 - Sports and Health Center Room 9
Thursdays 2- 4:30 pm

INSTRUCTOR:

Tim Bates, Office: 235 Sports and Health Center; Mailbox: 153 Sports and Health Center
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 Course Website: www.d.umn.edu/~tbates
 Office Hours: Arranged.

Purpose:

The purpose of this course is to learn effective means to teach common outdoor skills. The skills we will focus on are those most associated with camp craft and travel relative to winter and spring activities. In order to accomplish these goals, you will build upon your current technical knowledge about camp craft, explore appropriate teaching methods, and develop physical skills necessary to be a competent outdoor skills instructor.

From this course, you should be able to:

1. Articulate the importance of outdoor skills instruction.
1. Demonstrate various methods used in skill instruction.
1. Describe and demonstrate technical knowledge in the various outdoor skills including:
 - a. Back-country travel: x-c skiing & snowshoeing
 - b. Navigation
 - c. Winter camp craft (shelters, cooking, food preparation, equipment)
 - d. Backpack travel (pack selection and fit, food prep., shelters, equipment)
 - e. Risk Management and Safety
 - f. Trip planning
 - g. Knots
 - h. Leave No Trace ethics
4. Demonstrate lesson plan writing skills.
5. Design Skills Rubrics to plan for outdoor skills instruction and evaluation.
6. Demonstrate physical skills necessary for competent outdoor skills instruction.

SCHEDULE:	TOPIC:	ASSIGNMENT:
Jan. 18 SpHC 9	<ul style="list-style-type: none"> • Introduction, goals, knowledge & resources, self assessment • Developing your background skills, basic methodology for teaching, Rubrics, Lesson plans • Teaching on the trail - laying out topics and how to teach them • Winter Clothing 	<ul style="list-style-type: none"> - Review texts on winter camping - Read/review Chapter 7 in <u>Outdoor Education</u> text
25 Bagley – Show up with ski gear.	<ul style="list-style-type: none"> • Cross Country skiing and equipment - what do you need to know? • Safety in winter activities 	<ul style="list-style-type: none"> - Review Objectives for Winter Camping Trip to Boulder Lake - Read Backcountry Skiing article - Begin working on Risk Assessment for the trip - Work on Rubric
Feb. 1 Bagley	<ul style="list-style-type: none"> • Winter Camp skills: Shelters, cooking, food prep., equip. - key content areas. • Stoves • Rubric #1 Due 	<ul style="list-style-type: none"> - Read articles on website related to winter camping - Review Equipment List - Read Winter Cooking and Nutrition
6 & 8 Both days in SpHC 9	<ul style="list-style-type: none"> • Trip and Lesson Prep for Boulder Lake Trip • Risk Assessment Due 	<ul style="list-style-type: none"> - Attend Rec 1202 trip prep on Tuesday
10-11	<ul style="list-style-type: none"> • Winter Camping at Boulder Lake 	
15 Bagley – show up with snowshoes	<ul style="list-style-type: none"> • Snowshoeing 	<ul style="list-style-type: none"> - Extra Credit – watch videos of Netsilik Eskimos/Innuit
22	<ul style="list-style-type: none"> • Midterm Exam – Winter Activities (50 pts.) 	

SpHC 9	<ul style="list-style-type: none"> History of camping Intro to equipment repair 	
March 1 Hartley Nature Area – Hartley Road Trailhead	<ul style="list-style-type: none"> Navigation: basic map & compass use Teaching Map & Compass 	<ul style="list-style-type: none"> - Work on Rubric #2 - Review <u>Wilderness Navigation...</u>
8 SpHC 9	<ul style="list-style-type: none"> Teaching Knots Rubric #2 Due 	
22 SpHC 9	<ul style="list-style-type: none"> Backpacking 	<ul style="list-style-type: none"> - Review contents of <u>Backpackers Field Manual</u>
29 SpHC 9	<ul style="list-style-type: none"> Trip Planning for backpacking/food/hygiene (meet in classroom) 	
April 5 SpHC 9 and outside	<ul style="list-style-type: none"> Basics of fishing instruction: Stream Trout Fishing: equipment, knots, flies; Final Trip Prep 	<ul style="list-style-type: none"> - Extra Credit – participate and/or lead workshops at the Student Outdoor Educators Conference April 6-8
12 & 17 Both Days in SpHC 9	<ul style="list-style-type: none"> Trip & Lesson Prep for Rainbow Lakes Trip 	Attend Rec 1202 trip prep on Tuesday April 17
19 SpHC 9	<ul style="list-style-type: none"> Equipment Repair 	
24 & 26 Local River	<ul style="list-style-type: none"> Stream Trout Fishing MEET AT 5:30AM IN FRONT OF SPHC 	Meet with Rec 1202 class on Tuesday
April 27 – 29	<ul style="list-style-type: none"> Backpacking at Rainbow Lakes Wilderness Area 	
May 3 SpHC 9	<ul style="list-style-type: none"> Trip Debrief & Final Exam - Part 1 	
May 9 (Wednesday) SpHC 9	<ul style="list-style-type: none"> Final Exam - Part 2 (4-6 pm) 	

Final Exam: This course will have a comprehensive written exam that will be based on all outdoor skills covered this term. In addition, teaching techniques pertinent to outdoor skills instruction will be covered. In order to adequately determine your outdoor skills, I am going to design a written examination that is intended to follow industry standards appropriate to general outdoor skills in this region and appropriate to professional instructor level. You will have an opportunity to help design this exam. All of your course readings will be an integral part of this exam. You must receive at least 75% correct responses to pass this exam.

Trips: YOU ARE REQUIRED TO ATTEND BOTH THE WINTER AND SPRING TRIPS. There is an additional cost associated with these trips to cover food and transportation. You will be responsible for obtaining your own personal equipment. Total added cost typically does not exceed \$15 for each trip.

You will be co-leading a mini-group on each trip and you will be responsible for instructing various skills to these mini-groups. You will be graded on your performance. A plan for your teaching is appropriate.

Texts: It is expected that you know and understand the content associated with the following texts. If you do not already own them, you should purchase them as reference materials.

- Gorman, S. (1991). AMC Guide to Winter Camping: Winter Travel and Adventure in the Cold-Weather Months. Appalachian Mountain Club. Boston, MA
 - Curtis, R. (2005). The Backpacker's Field Manual, Revised and Updated: A Comprehensive Guide to Mastering Backcountry Skills. Three Rivers Press. New York.
 - Burns & Burns (2004). Wilderness Navigation: Finding Your Way Using Map, Compass, Altimeter & Gps. The Mountaineers. Seattle, WA
 - Gilbertson, K., Bates, T., McLaughlin, T., & Ewert, A. (2006). Outdoor Education: Methods and Strategies. Human Kinetics: Champaign, IL.
- Optional: Roberts, Harry (1997). Movin-On. Stonewall Press. Available electronically through from the UMD library website (go to reserve, look up REC 1203) or buy online.

Preparation: It is expected that you arrive at class prepared to participate in all necessary capacities. Proper dress, lesson plans, and organized materials are all necessary. Lack of preparation or dress will result in an absence.

Grades: Attendance is very important. You are responsible for all information given both indoors and outside. 1 full drop in grade results from >2 unexcused absences, and continues to drop for continued absences.

<u>The Points Given:</u>		<u>Grading Based on % of Possible Points:</u>
2 Presentations	40 pts ea.	92% - A
Camp trips	40 pts ea.	90% - A-
Midterm Exam	50 pts	82% - B
Class Participation	50 pts	80% - B-
Final Exam I & II	50 pts ea	72% - C
<u>2 Skills Rubrics</u>	<u>20 pts ea</u>	<u>70% - C</u>
Total =	350 pts	62% - D

- Breakdown of Presentation Points (40 points): Lesson Plan/Rubric 15 points, Communication with Supervising Instructor 10 points, Quality of Lesson 15 points
- Breakdown of Camping Trips (40 points): Trip preparation (lessons prepared, food, equipment, meetings) 20 points, Trail Leadership (risk management, camp set-up, organized group, lessons) 20 points.

Assignments:

TEACHING:

- You will give formal 2 presentations to an actual audience this term. Your options for these presentations are:
1. To the Rec 1202 sections of Outdoor Skills II which meets Tuesdays 2- 4:30pm. Everyone will give at least one lesson to this group.
 2. To the after school program at Marshall School, supervised by Julie Flotten (contact her at jflotten@marshallschool.org)
 3. To a group found by you, but approved by Tim. The group must have a qualified supervisor that can give you feedback on your lesson.

All presentations must be adequately planned for in advance and must have a lesson plan submitted to both Tim and the class instructor/agency supervisor a minimum of 1 full week in advance of your presentation. A peer or program supervisor must also critique each presentation.

Your presentations must include the following (Refer to Lesson Plan Guidelines on the course web page):

1. Correct content relative to history, purpose, function, & use.
2. Correct skill appropriate to the audience and the activity being taught.
3. Correct teaching techniques relative to the skills and setting you are teaching in (i.e. Clothing, body language, voice inflection, distractions, and equipment needs to facilitate optimum learning).
4. Correct Lesson planning including evaluation of outcomes for each of your lessons.
5. Correct planning for scope and sequence of your topic relative to your audience, the course, and your colleagues previous to and following your lesson.

CO-LEADING TRIPS

Winter Camping & Spring Backpack: You will be required to teach skills pertinent to that trip. Click on "Winter Camping Trip Objectives" and "Backpack Trip Objectives" on the PEP 3507 Home Page.

RUBRICS - Write 2 skills rubrics

Extra Credit

1. Watch the videos on Netsilik Eskimos/Innuait and write up what you learned about: comfort in cold conditions, perceptions of winter, new skills. List videos watched. 2-3 page write-up. 10 points.
2. Participate in the Student Outdoor Educators conference April 6-8. If you lead a workshop (at least 1 hour): 20 points. If you just participate: 10 points. Write up what you learned. 2-3 pages.