

Fond du Lac Tribal and Community College

COURSE OUTLINE

Date submitted: 11/21/07 Date approved:

Department and Course Number: PE 1048

Title of Course: Winter Outdoor Activities

Number of credits: Lecture Lab 1

Catalog/Course Description:

Introduction to safety, etiquette, and skills necessary for winter outdoor activities. This course will briefly introduce the student to areas of snowshoeing, orienteering, winter survival, and winter naturalist areas of plants, tracks, and winter night sky. (Additional fee; this course requires an overnight stay and is a weekend course).

Placement for Success prerequisites: (See instruction sheet)

Reading: Level 1 English/Writing: Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Study guide purchased from the bookstore includes rules, tips on all activities covered in the course.

Polar Heart Rate Monitor usage-Video

Student provides own bedding, toiletries, transportation to Camp Miller.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

This class is conducted at Camp Miller in Sturgeon Lake and requires an overnight weekend stay.

Relationship of proposed course to the department mission and goals:

This course develops skills in a variety of outdoor winter recreational activities. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime recreational activities.

Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome.

Outcome: To demonstrate the correct procedures for selection of various winter equipment: clothing, snow shoes.

Assessment: Written exam

Assessment: Self-assessment

Assessment: Journal

Outcome: To demonstrate correct safety procedures in the winter out of doors.

Assessment: Written exam

Assessment: Self-assessment, class demonstration/skits

Assessment: Check off proper clothing during activities

Outcome: To construct a Quinze Hut

Assessment: Self-assessment, journal

Assessment: Written exam

Outcome: To traverse a wide variety of terrain on snow shoes.

Assessment: Self-assessment, journal

Assessment: Snow shoe races

Assessment: In class demonstration

Outcome: To explain the importance of traveling with a partner in a winter camping setting.

Assessment: Self-assessment, journal

Assessment: Written exam

Assessment: Skit

Outcome: To build a fire and boil water.

Assessment: Self-assessment, journal

Assessment: In class demonstration-performance check-off

Outcome: To participate safely in a winter outdoor setting as a recreational activity

Assessment: Journal

Assessment: Skit

Assessment: Performance check-off

Course Content:

(Provide an outline of major topics covered in course)

- Winter outdoor survival-first aid basic, clothing, shelter
- Initiative team building
- Snowshoes
- Nature hike-flora/fauna of the winter

Placement for Success prerequisite

Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X