

Fall 2018

NRM 161-T01 CRN-74505

COURSE TITLE: Introduction to Wilderness Leadership

Instructor & Contact Info

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Office Hours- OA office M,W, F 8am-12pm

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Course Description: This course is designed to provide students with the fundamental skills needed to guide a group of individuals in a backcountry environment. Throughout the semester students will develop their technical skills, group management techniques, risk assessment tools, and much more. Course material will focus on current theories and principles used in the outdoor recreation field. The development of a student's hard skills (equipment use, navigation, shelter construction, etc.) and soft skills (leadership, group management, decision making, etc.) will assist in the development of the student's character. The course includes three separate hiking/backpacking trips, which requires students to be prepared physically and mentally.

Course requirements: A significant portion of the course will be spent in the field, thus students must be in good physical condition and prepared physically to hike on rough terrain with a heavy pack for long days. Technical gear such as tents, packs, stoves and sleeping bags are available for free through the Outdoor Adventures office; however the student must provide footwear and personal clothing. This course is designed with the intention of training students to lead wilderness trips in a variety of situations including through the Outdoor Adventures office.

Course goals: Students should leave with the ability to lead a group of their peers into the backcountry, provide a fun and educational experience to them and return them safely at the end of this trip. Students should be able to begin to master this demanding and dynamic skill. Students will have the opportunity to grow and learn through a series of challenging experiences.

Teaching Style: This course will combine lecture, group discussions, and hands on activity that will allow us all to learn from each other. This shared learning experience will often require you, the student, to lead the discussion or teach a topic based on your experience. we will provide the student with information and skills that will be put to use right away in an actual field environment. Students should come to class prepared to work, discuss, move around and be outside.

Class Meetings;

Bunnell 410

Tue and Thu from 3:40-5:10

Classes run August 28th-November 8th

Overnight Field Experiences: Sept. 22-23, Oct 13-14 or October 27-28

The overnights start early Saturday morning and don't return until just after dinner on Sunday (Optional but highly encouraged: Wilderness First-Aid Nov 10-11)

Grading Policy

NRM 161 is worth 3 credits and each student will be assigned a letter grade.

A = 90+

B = 80 – 89

C = 70 – 79

D = 60 – 69

F = Below 60

Attendance and Participation	100
Paper 1	100
Paper 2	100
Quiz 1	50
Field Experience	300
Final	<u>100</u>
Total	750 possible points

Required Texts:

Kosseff, Alex. (2010). *AMC Guide to Outdoor Leadership*. AMC Books, Boston, MA.

One of the following:

Supplemental readings provided by the instructors

Assignment descriptions

Attendance and Participation (100 points = roughly 4 points a day)

Students are required to show up to class on time and ready to participate in the dynamic lessons being taught each day. Because each piece of information is crucial to a group's safety, it is important to be present for every class period. Each unexcused absence results in a loss of 4 points

*Paper 1 Risk Management (100 points) *DUE October 9th*

Look at "Adam's Story". (Hand-outs provided) Write a 2 page paper analyzing the accident. What went wrong? What went right what would you have done differently? What can be done to avoid a similar incident in the future? Use the concepts learned in class to form your opinion. The report should use APA format.

Paper 2 (100 points) DUE November 6th*

Students will be given the "Alaska" chapter of the Roderick Nash book *Wilderness and the American Mind*. The students will read this chapter and then write a 2 page paper about the importance that wilderness has played in their outdoor experiences. The concepts introduced in the Nash chapter can be used to spur the student's thoughts on this topic and to add to the discussion of wilderness during class. Students will also be asked to help lead discussions of their paper findings to the class through a five to ten minute informal discussion on November 6th.

Field Experience (100 points each)

September 22-23, October 13-14 and October 27-28

The first field experience will be instruction intensive. Skills covered will include: Navigation, Water Treatment, LNT, Pacing, How-To-Teach a Skill, Bear Safety, Trip Planning, Menu Planning, Learning Styles, etc. During the second and third field trips all students will be assessed on their use the equipment, how they dealt with various scenarios and other events that

happen. Students will receive a rubric prior to the trip outlining what standards have to be met in order to receive full credit. The rubric also includes an “action plan” which is designed to provide the student with suggestions on how to improve. For the second and third field sessions the students will be expected to lead a pre-trip meeting on the Thursday evening before the trip as well as doing the trip preparations on the Friday before the trip.

Final and 1 Quiz (100+50=150 total)

Quiz 1 will be the concepts discussed in the first half of the class and the Final will be on the concepts discussed in the second half of the class.

Plagiarism and Citation

Honesty is a primary responsibility of you and every other UAF student. The following are common guidelines regarding academic integrity:

1. Students will not collaborate on any quizzes, in-class exams, or take-home exams that contribute to their grade in a course, unless the course instructor grants permission. Only those materials permitted by the instructor may be used to assist in quizzes and examinations.
2. Students will not represent the work of others as their own. A student will attribute the source of information not original with himself or herself (direct quotes or paraphrases) in compositions, theses, and other reports.
3. No work submitted for one course may be submitted for credit in another course without the explicit approval of both instructors.

Feedback, De-briefing, and Assessment measures

Students will receive many forms of feedback, constructive criticism and assessment. There will be one-on-one meetings with the instructor throughout the semester. The rubrics are designed to show your strengths and weaknesses. Student will never receive a grade without an explanation on how to improve. Assessment is a two-way street, please feel free to provide me constructive criticism.

Students with disabilities

The Office of Disability Services implements the Americans with Disabilities Act (ADA), and insures that UAF students have equal access to the campus and course materials. I will work with the Office of Disabilities Services (203 WHIT, 474-7043) to provide reasonable accommodation to students with disabilities. Please inform me of any disabilities during the first two weeks of class.

Course Schedule-

Tuesday August 28th -

1. Introduction to the course, including the goals of the course
2. Meet the class members
3. Look over dates and course syllabus
4. Clothing Presentation and Demo
5. Hypothermia and cold weather injury presentation
6. Homework- Read Kosseff Chapter 5 (p.83-99)
7. Homework- Make a list of your goals for the course

Thursday August 30th-

1. Why are you here? Group discussion of personal course goals
2. Leadership
3. What is Wilderness

4. Homework-Read Kosseff Chapter 3-4 (p.39-84)

Tuesday September 4th-

1. Tents and Stoves
2. Snow Travel Methods
3. Packing demo
4. List strategy
5. Homework- Read Adam's Story handout begin to think about paper #1

Thursday September 6th-

1. Decision Making
2. Awareness
3. Trip Planning

Tuesday September 11th-

1. Hands on stoves- **We will be outside most of class be prepared!**
2. Setting up tents and shelters

Thursday September 13th-

1. Personality quiz
2. Maslow's "Hierarchy of Needs"
3. "Box Game"
4. 5 Functions of a Team
5. Tuckerman's stages of group development
6. Personality in leadership roles

Tuesday September 18th-

1. Food and Fuel
2. Bear Safety

Thursday September 20th-

1. Trip Prep
2. Pre-trip meeting demo
3. Homework- Read Kosseff Chapter 6 (p.101-121)

Sat-Sun September 22nd-23rd -

1. First Field Session- Likely Granite Tors overnight backpacking trip
2. M.E.L.O.N.
3. Overnight backpacking
4. Navigation
5. LNT
6. Menu Planning
7. Emergency Plan and equipment

Tuesday September 25th-

1. Trip reflections
2. Lessons learned
3. Navigation
4. Route Finding

Thursday September 26th

1. Teaching
2. Facilitation
3. Experiential learning
4. Lesson plan

Tuesday October 2nd-

1. Student teaching a lesson
2. Homework- Read Kosseff Chapter 11 (p.201-212)

Thursday October 4th -

1. Expedition Behavior
2. Participation
3. Homework – Read Kosseff Chapter 13 (p.227-237)

Tuesday October 9th

1. **First Paper Due**
2. Communication

Thursday October 11th

1. Trip Prep
2. LNT
3. Knots
4. Homework- Read Robert Marshall Handout

Sat-Sun October 13th-14th

1. Winter Backpacking trip to Alaska Range
2. Outdoor Adventures program that is led by students from IWL

Tuesday October 16th-

1. Weekend trip debrief
2. Expedition Planning
3. Outside navigation practice
4. Homework- Read Rodrick Nash Handout on Wilderness

Thursday October 18th

1. Field Safety
2. Crisis Management

Tuesday October 23rd

1. Resolving conflicts
2. Institutional risk management
3. Legal Challenges in outdoor rec
4. Homework- Reading Andrew Skurka Handout

Thursday October 25th

1. Trip Prep
2. Trends in Outdoor Recreation
3. Lightweight Backpacking

Saturday October 27th -28th

1. Cabin Overnight Ski/Snowshoe Trip- Nancy Lake cabin in AK range.
2. Outdoor Adventures program that is led by students from IWL

Tuesday October 30th -

1. Weekend Debrief
2. Student Driven Topic

Thursday November 1st -

1. Guest Lecture- Career Choice- (Hydrologist with Erica Lamb?)

Tuesday November 6th

1. **Second Paper Due**
2. Wilderness Discussion

Thursday November 8th -

1. Class Debrief
2. Final Exam