

Introduction to Wilderness Leadership

NRM 161- Introduction to Wilderness Leadership

3 Credits

Instructors- Frank Olive

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Outdoor Adventures Office in the SRC

Office hours: Tuesday and Thursday 9am-5pm

NRM 161 is in person and in the field

Classroom: Thursdays; 4/25-5/23 2--3:30pm

Classroom: TBD

Field Session: 5/25-6/2

Field Fee: \$400

Course Description: Introduction to outdoor education. This course includes both theoretical and practical exposure to quality judgment and decision-making, environmental education techniques and leadership development in the wilderness setting. This course is based in many of the concepts of the Wilderness Education Association's 18 essential components of wilderness leadership and backcountry safety. Throughout the course 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 field portion of the course includes detailed instruction in and mentored experience with modern backcountry travel techniques. The course includes an eight day river expedition, 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 spend long days paddling and carrying gear both to camps and potential portages. Technical gear such as: boats, pfd's, drysuits, tents, packs, stoves and sleeping bags are available for free through the Outdoor Adventures office; however the student must provide 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.

Student Learning Outcomes

Students should leave the course 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 begin to master this demanding and dynamic skill. Students will have the opportunity to grow and learn through a series of challenging experiences in the field and through the guidance and mentorship of the instructor and the NRM 361 students who will also be helping to instruct in the field.

Required Texts: -AMC guide to Outdoor Leadership, 2nd edition by Alex Kosseff
-Supplemental readings provided by the instructors:
“Adam’s Story” case study
Excerpt from “Arctic Village” by Robert Marshall

Instruction Methods

Students will be challenged to think outside the box and break old habits since there is a large difference between recreational activities and institutional outdoor instruction. 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 the student to lead the discussion or teach a topic based on their 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.

Assignment Explanations

Attendance, participation, homework (50 points)

Due to the field component of this course, students must have 100% attendance or have their absence pre-excused with the instructor. Not only do students have to be present for all classes and field session, they must actively participate and be engaged in the material.

Paper 1 Risk Management (100 points) ***DUE May 16th**

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.

Post-course paper (150 points) ***DUE June 10th**

This 2-3 page paper will be a self-evaluation assignment after the course. The details of the assignment depend on what happens during the trip. This will be in the form of a written trip debrief. Including: things that went well, things that need improvement, route choices, incidents or close calls, if the student’s goals for the trip were met, and what the students would do differently in the future.

Expedition leadership assessment (200 points)

The students will be assessed on their ability to demonstrate expedition behavior, and to positively affect the group dynamics both during the preparation for the expedition, and during the time in the field. Students will also be assessed on their ability to develop their skills and concepts in the field. Other skills in the field will included in this assessment such as: risk management considerations, navigation, food preparation and minimizing impact by following LNT principles.

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	50
Post Course Paper	150
Journal	100
Field Experience	200

Total 600 possible points

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 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.
2. No work submitted for one course may be submitted for credit in another course without the explicit approval of both instructors.

Course Policies

Due to the field component of this course, students must have 100% attendance or have their absence pre-excused with the instructor. Not only do students have to be present for all classes and field session, they must actively participate and be engaged in the material.

Feedback/De-briefing/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 course. Never will the student receive a grade without an explanation on how to improve. These methods will provide the student with a grade, but also another lesson to help their throughout your academic career.

Student protections and services statement:

Every qualified student is welcome in my classroom. As needed, I am happy to work with you, disability services, veterans' services, rural student services, etc to find reasonable accommodations. Students at this university are protected against sexual harassment and discrimination (Title IX), and minors have additional protections. As required, if I notice or am informed of certain types of misconduct, then I am required

to report it to the appropriate authorities. For more information on your rights as a student and the resources available to you to resolve problems, please go the following site: www.uaf.edu/handbook/

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: alaska.edu/nondiscrimination.

Course Calendar

April 25nd - Classroom

1. Meet the class
2. Go over syllabus
3. Why are you here? Group discussion of personal course goals
4. Clothing Presentation and Demo
5. Hypothermia and cold weather injury presentation

Homework Read Kosseff Chapters 1-3 and 8

May 2nd - Classroom

1. Why are you here?
2. Leadership
3. What is leadership?
4. Communication

Homework Read Kosseff Chapters 7, 9, 12

May 9th – Classroom

1. Risk Management
2. Decision Making
3. Resolving conflicts

Homework- Read Kosseff Chapters 11, 6, 4

May 16th- Classroom

1. Maslow's "Hierarchy of Needs"
2. Tuckerman's stages of group development
3. Professionalism
4. Expedition behavior

Homework- Read Kosseff Chapters 14, 15

May 20th- Classroom

1. Teaching
2. Raiola's stages of learning
3. Lesson plan

Homework- Prepare a brief 10 minute lesson including written lesson plan to present when on the field experience.

May 25th – Field Prep

Pre-trip meeting with NRM 361 students

Hands on field prep including; maps, logistics, gear, food, and clothing.

½ Day paddle lesson on Chena in town.

May 26th – June 2nd – Wilderness Float with NRM 361 students