Course Syllabus

Department: Physical Education & Integrated Health Care

Date: September 2012

I. Course Prefix and Number: PE 251

   Course Name: Advanced Wilderness Camping

   Credit Hours and Contact Hours: 2 credit hours, 2 contact hours

   Catalog Description including pre- and co-requisites: This course is offered during the summer months. The week-long trip will offer the student an opportunity to better understand the ecological balance and take part in a wilderness camping environment. Additional fee is required. No prerequisite required.

   Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

   This course is a 2 credit physical education elective that will help fulfill the PE requirement for students enrolled at FLCC.

II. Course Student Learning Outcomes:

   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, backpacking and utilization of maps.
   4. Recognize safety concerns in an outdoor environment.
   5. Evaluate and critique an outdoor recreational activity.

College Learning Outcomes Addressed by the Course: (check each College Learning Outcome addressed by the Student Learning Outcomes)

☐ writing ☐ computer literacy
☐ oral communications ☒ ethics/values
☒ reading ☐ citizenship
☐ mathematics ☐ global concerns
☒ critical thinking ☐ information resources
III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): For each identified outcome checked, please provide the specific assessment measure.

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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<tbody>
<tr>
<td>Reading</td>
<td>• Student will read maps</td>
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<td>• Evaluate and critique activities</td>
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<td>Critical thinking</td>
<td>• Execute basic outdoor skills through field tests</td>
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<td>• Identify safety concerns</td>
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<tr>
<td>Ethics/Values</td>
<td>• Quiz regarding outdoor environment</td>
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<td>• Explain overall wellness benefits</td>
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IV. Instructional Materials and Methods

Types of Course Materials:

Instructor hand-outs

Map and compass

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

Lecture, Discussions, Demonstrations and physical participation in outdoor activities

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.
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.