Western State Colorado University Extended Studies
Taylor 303, Gunnison, CO 81231 970.943.2885, fax 970.943.7068

Course Information

Course Title: ROE 189 – Principles of Outdoor Recreation

Instructor: Dr. Rebecca Schild and Chris Barlow, MAT

3-credits, undergraduate level. (Classroom-type classes must meet 15 contact hours plus 2 hours of outside course work = 1 credit; Activity classes must meet 30 contact hours plus 1 hour of outside course work)

Class meetings:

Total hours class will meet	**80 days, 960 hours**
Day(s) of the week class will meet	**all days**
Time class will meet:	**varies**
Start and end date of class	**September 20 – December 8th, 2020**

Course Description:
An exploration of the characteristics of wilderness and backcountry environments in terms of potential hazards and human capability for adverse impact on resource lands through an 80-day field based course through Colorado, Utah, and Patagonia. The course is designed to create an outdoor education foundation and to enhance the knowledge of and appreciation for the natural environment so that safe, responsible and enjoyable outdoor adventures are possible. Leave No Trace Trainer curriculum will be covered and students will be provided the opportunity to earn a certificate.

Course Objectives:
At the end of this course the student will be able to: (Note course objectives are not the same as course requirements. Course objectives should be list what the student will take back to the classroom and be able to implement, analyze, develop, identify, etc.)

1. Know all the necessary elements of good trip planning.
2. Know and understand the principles of risk management.
3. Competently navigate in the backcountry using topographical maps and common sense navigation.
4. Stay warm and dry in various outdoor living environments.
5. Operate a whisper light stove, identify many types of food commonly used in the bulk food rationing system, demonstrate basic cooking techniques, and be familiar with equipment check out and check in procedures.
6. Develop or enhance an appreciation for outdoor adventure as a way to explore and connect with the natural world.
7. Understand, practice and implement LNT principles in various environments.

Class Schedule/Syllabus:
Day   Topic

Wilderness Expedition: September 20th-October 8th, 2020
- Introduction to backpacking (gear, planning and preparation, packing a pack)
- Basic navigation
- Outdoor skills (campsite selection, cooking, staying warm and dry, self-care, storm proofing)
- Basic first aid
- Introduction to rock climbing and managing steep and exposed terrain
- Introduction to leadership styles
- Navigation: topographical maps, common sense navigation
- Communication: feedback and conflict resolution
- Leave No Trace principles for backcountry setting
- Risk management and decision-making: hazard evaluation grid
- Mountain ecology

Moab Section - Rock climbing and Conservation: October 9 – November 11, 2020
- Rock climbing skills (traditional gear placement, anchors, rappelling, lead climbing, multi-pitch climbing, basic rock rescue); OR
- Technical canyoneering skills (natural anchors, rappelling, managing 3rd/4th class terrain)
- Desert Ecology
- Leave No Trace Principles in a Desert Ecosystem
- Leadership Practices
- Gender and Leadership
- Risk management – hubris in decision-making
- Risk management – ethics of risk taking
- First Aid – emergency procedures
- Canyoneering skills and practice

Patagonia Expedition and Independent Student Led Expedition: November 12-December 8th, 2020
- Expedition planning and risk management in an international context
- Patagonia Ecology
- Leave No Trace Principles in Patagonia
- Final culminating experience - Independent student led expedition

Requirements for undergraduate credit:

Students are required to participate in all aspects of the course. If for any reason a student cannot participate due to illness or injury, they will be offered time to make up the activity or class.