

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
PRLS 316—Outdoor Education and Leadership
Fall 2010

DAY/TIME:	Fridays 10:30 – 1:15 p.m.	LOCATION:	247 Bull Run Hall
PROFESSOR:	Dr. Laurie Harmon	EMAIL ADDRESS:	lharmon3@gmu.edu
OFFICE LOCATION:	204 Bull Run Hall	PHONE NUMBER:	703-993-4565
OFFICE HOURS:	Fridays 9-10:00 a.m. and by appointment	FAX NUMBER:	703-993-2025

PREREQUISITES

None.

COURSE DESCRIPTION

Focuses on promotion of lifelong health and fitness via noncompetitive and informal outdoor activities. Introduces safety, skills, and leadership techniques. Covers sustainable use, conservation, and stewardship of natural resources.

COURSE OBJECTIVES

At the completion of this course, students should be able to:

1. Discuss the need for outdoor education/recreation in American society today by:
 - a. Understanding the history of leisure in American culture.
 - b. Identifying the psychological benefits of outdoor recreation and education.
 - c. Collecting and documenting current articles relating to leisure, health, and outdoor recreation trends.
 - d. Identifying the differences among national, regional, and local conservation agencies and their roles in outdoor recreation/education.
 - e. Identifying ways outdoor recreation activities benefit youth in schools to become self-motivated learners.
2. Learn the essentials of group building and team building by:
 - a. Participating as a class in Group Initiative activities
 - b. Identifying and defining the theories which support the educational benefits of experiential education.
 - c. Being involved in and learning a variety of team building activities to incorporate into classroom learning or classroom activities to promote mutual respect, support for others, and cooperative participation.
3. Develop and plan an outdoor recreation lesson for school aged youth:
 - a. Converting course material and field experience into an Outdoor Recreation lesson plan which incorporates Fairfax County Program of Studies for Physical Education.
 - b. Teaching an activity from your lesson plan to fellow students through an in-class presentation.
4. Learn a variety of outdoor skills and develop an appreciation for the outdoors by:
 - a. Developing a "Leave No Trace" land ethic through direct involvement in outdoor recreation activities.
 - b. Practicing and participating in hands-on outdoor recreation and outdoor education activities.

COURSE OVERVIEW

We are all held to the standards of the George Mason University Honor Code. Because your contributions are so important to this course, everyone will be expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. As importantly, all of us will strive to respect our colleagues by engaging in thoughtful dialogue, encouraging feedback from colleagues, and not distracting others by texting, instant messaging, or otherwise working on non-course related materials in this class.

Assignments will be due at the beginning of class on the specified date due. **Papers received AFTER 10:30 a.m. will be considered late and receive a 20% deduction in points per 24 hour period.** If you have an extreme emergency or are participating in a pre-approved university-sponsored function, there may be some exceptions. However, you'll need to discuss these circumstances with me **prior to the due date** in order **to be considered** for exception. I also recommend you make back-up copies of your assignments since computers have been known to crash.

Communication is an important part of this course; therefore, I ask that you check our website , <https://courses.gmu.edu>, **each morning for course communications**. Be particularly aware of weather announcements.

Upon completion of this course, students will meet the following National Recreation and Park Association accreditation standards:

8.03	Understanding of the significance of play, recreation, and leisure throughout the life span
8.04	Understanding of the interrelationship between leisure behavior and the natural environment
8.05	Understanding of environmental ethics and its relationship to leisure behavior
8.06:01	History and development of the profession
8.09	Understanding of the role, interrelationship, and use of diverse delivery systems addressing recreation, park resources, and leisure
8.10	Understanding of the importance of leisure service delivery systems for diverse populations
8.14:06	Implementation of programs/events.
8.15	Understanding of group dynamics and processes
8.16	Ability to use various leadership techniques to enhance individual, group, and community experiences

REQUIRED READINGS

Gilbertson, K., Bates, T., McLaughlin, T. & Ewert, A. (2006). *Outdoor Education: Methods and Strategies*. Champaign, IL: Human Kinetics.

Louv, R. (2008). *Last child in the woods: Saving our children from Nature-Deficit Disorder*. Algonquin Books. (this is available in paperback making it much less expensive!)

Additional readings as indicated on the course syllabus.

LAB FEE

Several activities will be conducted off site. Students must remit a **non-refundable Lab Fee of \$25** (checks payable to George Mason University) to the course instructor by the **second class period**.

EVALUATION

1. Participate as a class in a variety of indoor/outdoor experiential education activities.
2. Develop a lesson plan for school aged children on an outdoor recreation topic.
3. Develop knowledge of three to four outdoor recreation/education activities that can be incorporated into a classroom using an outdoor setting.
4. Develop a Power Point presentation on a national, regional or local organization that supports outdoor recreation.
5. Create and maintain a journal regarding experiential educational activities.

REQUIREMENTS	POINTS
Class Assignments	
Agency Presentation	25
Reflection Journals	30
Take a Child Outside	25
Exam	50
Semester Lesson Plan & Implementation	100
Class Participation	70
TOTAL	300

Grading Scale (300 points)

A+ = 293 - 300	B+ = 262 - 267	C+ = 232 - 237	D = 178 - 207
A = 281 - 292	B = 250 - 261	C = 220 - 231	F = 0 - 177
A- = 268 - 280	B- = 238 - 249	C- = 208 - 219	



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/9798/honorcod.html>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Resources and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit our website at <http://rht.gmu.edu>.

I, _____,
(Print your name here)

have read and understand the course syllabus, in its entirety, for PRLS 316 (Fall 2010).

Signed: _____
(Sign your name here)

Date: _____
(Date signed)

COURSE SCHEDULE

Last revised: September 3, 2010

DATE	TOPIC	ASSIGNMENTS
Friday Sep. 3	Introduction to class syllabus, objectives, and goals. Team building activities. Introduce types of Outdoor Recreation. Introduce "Journal" assignment. Distribute Jung Typology "homework"	
Friday Sep. 10	History of Outdoor Recreation and Leisure The value of outdoor education/recreation Interrelationship of Experiential Ed, Outdoor Rec, Phys Ed Introduce Agency Assignment	Read: <i>Outdoor Education</i> Ch. 1 & 2 Turn in: Jung Typology Results
Friday Sep. 17	Team Development Initiative at The EDGE – Meet at the tent by 10:30 a.m. ☺ We will go from 10:30 – 2:30 p.m. today	Read: <i>Outdoor Education</i> Ch. 3 & 4
Friday Sep. 24	Debrief from Teambuilding Activity Leadership Activities	JOURNAL #1 DUE
Friday Oct. 1	Current trends in OR Natural resource based recreation, Wilderness and wildland resources, resources management concepts and issues Students share "Take a Child Outside Activity"	Read: <i>Last Child</i> Ch. 1, 2 & 3 Take a Child Outside DUE
Friday Oct. 8	Student Agency Presentations Teambuilding Activities	Read: <i>Outdoor Education</i> Ch. 5 & 6 Agency Presentation DUE
Friday Oct. 15	Economic factors of outdoor recreation Planning for the Total Recreation Experience Introduce "Take a Child Outside Activity" assignment	Read: <i>Last Child</i> Ch. 4, 5 & 6
Friday Oct. 22	Spend the morning with a Naturalist – Meet at Hemlock Overlook Regional Park by 10:30 a.m. (confirmed)	Read: <i>Outdoor Education</i> Ch. 7 <i>Last Child</i> Chap 7 & 8
Friday Oct. 29	EXAM #1	Note: Online office hours only this week Read: <i>Outdoor Education</i> Ch. 8 <i>Last Child</i> Ch. 9 & 10 JOURNAL #2 DUE
Friday Nov. 5	Introduction to creating Outdoor Recreation Lesson Plans Tips, techniques, teaching strategies sharing and discussion	Read: <i>Outdoor Education</i> Ch.9 & 10
Friday Nov. 12	Continue with Outdoor Recreation Lesson Plans	Read: <i>Last Child</i> Ch.11 & 12 <i>Outdoor Ed</i> Ch.12
Friday Nov. 19	Introduce Leave No Trace Principles. LNT activity	Read: <i>Last Child</i> Ch. 13, 14 & 15
Friday Nov. 26	THANKSGIVING BREAK – NO CLASS	
Friday Dec. 3	LNT Hike at Conway Robinson Memorial State Forest Meet in the parking lot by 10:30 a.m. (BE PREPARED ☺)	Read: <i>Last Child</i> Ch. 17, 18, 19, & 20 JOURNAL #3 DUE
Friday Dec. 10	Class presentations of Outdoor Recreation Lesson Plan	Outdoor Recreation Lesson Plan DUE
Friday Dec. 17	Class presentations of Outdoor Recreation Lesson Plan	

Note: Faculty reserves the right to alter the schedule as necessary.