

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: Communication is an important part of this course, therefore, I ask that you check our website, **using Blackboard 9.1 each morning for course communications.** To do this, you'll need to go to "MyMason" (found at the top of our gm.u.edu webpage), log in with your username & password, click on the "Courses" tab along the top right of the page, and go to the "9.1 Course List" to find our course. This is important since we're using Blackboard 9.1 (not the old CE Blackboard version).

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 (you'll need your own copy of each for our open-book exam)

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!)

LAB FEE

Several activities will be conducted off site. Students must remit a **non-refundable Lab Fee of \$30** (checks payable to George Mason University) to the course instructor by the **third 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

	Percentage of final grade
Class Assignments	
Agency Presentation	10
Reflection Journals	10
Take a Child Outside	10
Exam	15
Semester Lesson Plan & Implementation	30
Class Participation	25
TOTAL	100

Grading Scale

A+ = 98 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A = 94 – 97	B = 84 – 87	C = 74 – 77	F = 0 – 59
A- = 90 – 93	B- = 80 – 83	C- = 70 – 73	



- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

I, _____,
(Print your name here)

have read and understand the course syllabus, in its entirety, for PRLS 316 (Summer, 2011).

Signed: _____
(Sign your name here)

Date: _____
(Date signed)

Scheduled last revised: April 1, 2011

DATE	TOPIC	ASSIGNMENTS
Monday May 23	Introduction to class syllabus, objectives, and goals. Team building activities. Introduce types of Outdoor Recreation. Introduce "Journal" assignment. Distribute Jung Typology "homework"	
Tuesday May 24	Discuss MBTI Preferences & Student results Leadership Styles (working with diverse perspectives) Introduce "Student Agency" Assignment	Read: <i>Outdoor Education</i> Ch. 1 & 2 DUE: Jung Typ Results
Wednesday May 25	History of Outdoor Recreation and Leisure The value of outdoor education/recreation Interrelationship of Experiential Ed, Outdoor Rec, Phys Ed COMPLETE PARTICIPATION FORMS FOR THE EDGE SUBMIT ALL ACTIVITY FEES BY TODAY	Read: <i>Outdoor Education</i> Ch. 3 & 4
Thursday May 26	Leave No Trace Principles – The LNT E-TOUR TEAM WILL BE COORDINATING OUR CLASS TODAY ☺	
Monday May 30	NO CLASS – MEMORIAL DAY	
Tuesday May 31	Team Development Initiative at The EDGE – Meet at the tent by 8:30 a.m. ☺ We will go until 12:30 p.m. today - CONFIRMED	JOURNAL #1 DUE
Wednesday June 1	Debrief from Teambuilding Activity Leadership Theory & Activities	Read: <i>Last Child</i> Ch. 1, 2 & 3
Thursday June 2	"Student Agency" Presentations Current trends in OR Natural resource based recreation, Wilderness and wildland resources, resources management concepts and issues	Read: <i>Outdoor Education</i> Ch. 5 & 6 DUE: Agency Presentation
Monday June 6	Introduce "Take a Child Outside Activity" assignment Planning for the Total Recreation Experience	JOURNAL #2 DUE Read: <i>Last Child</i> Ch. 4, 5 & 6
Tuesday June 7	Spend the morning with a Naturalist – Meet at Hemlock Overlook Regional Park by 9:30 a.m. - CONFIRMED	Read: <i>Outdoor Education</i> Ch. 7 <i>Last Child</i> Chap 7 & 8
Wednesday June 8	Introduction to creating "Outdoor Recreation Lesson Plans" Tips, techniques, teaching strategies sharing and discussion	Read: <i>Outdoor Education</i> Ch. 8 <i>Last Child</i> Ch. 9 & 10
Thursday June 9	Continue with Outdoor Recreation Lesson Plans	Read: <i>Outdoor Education</i> Ch.9 & 10
Monday June 13	Introduce Geocaching (If you have one...bring a "smartphone" for today's class)	Read: <i>Last Child</i> Ch.11 & 12 JOURNAL #3 DUE
Tuesday June 14	EXAM	Read: <i>Last Child</i> Ch. 13 & 14
Wednesday June 15	Geocaching Hike at Conway Robinson Memorial State Forest Meet in the parking lot at 9:30 a.m. (BE PREPARED ☺)	Read: <i>Last Child</i> Ch. 15 & 17
Thursday June 16	Students share "Take a Child Outside Activity"	DUE: Take Child Outside
Monday June 20	Canoeing with Ken Guerrant. Meet at Fountainhead Reg. Park at 9:30 a.m. (DRESS APPROPRIATELY ☺) CONFIRMED	Read: <i>Outdoor Ed</i> Ch.12 JOURNAL #4 DUE
Tuesday June 21	Team time for final OR Lesson Plan preparation Student Course Evaluations	Read: <i>Last Child</i> Ch.18, 19 & 20
Wednesday June 22	Class presentations of Outdoor Recreation Lesson Plan	DUE: OR Lesson Plan
Thursday June 23	Class presentations of Outdoor Recreation Lesson Plan	

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