

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
PRLS 316—Outdoor Education and Leadership
Summer 2013

DAY/TIME:	Mon-Thu 2:30-4:45pm	LOCATION:	Bull Run 257
PROFESSOR:	Susan L. Johnson	EMAIL ADDRESS:	sjohnsoi@gmu.edu
OFFICE LOCATION:	Freedom Center Administration	PHONE NUMBER:	703-993-3761
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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 2:30p.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 gmue.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 through COAPRT:

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** (for field trip instructors) by check to the course instructor or by credit/debit card at Front Desk of the Freedom, Fitness and Aquatic Center (bring a receipt to the instructor) by Tuesday May 28, 2013.

****Make checks payable to: GMU EDGE**

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 your reading Last Child in the Woods (required reading).

REQUIREMENTS	Possible pts
Class Assignments	
Student Presentations	50
Reflection Journals	75
Exam	75
Semester Lesson Plan & Presentation	100
Class Participation (attendance and activity participation points)	75
TOTAL	375

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>].

Scheduled last revised:

DATE	TOPIC	ASSIGNMENTS
Monday May 20	Review course syllabus Team building activities, introductions Introduce "Journal" assignment	
Tuesday May 21	History of Outdoor Recreation and Leisure Interrelationship of Experiential Ed, Outdoor Rec, Phys Ed	Read: <i>Outdoor Education</i> Ch. 1 & 2
Wednesday May 22	Jung Typology Discuss MBTI Preferences & Student results Leadership Styles (working with diverse perspectives) MBTI Activities Learning Styles	DUE: Jung Type Results
Thursday May 23	NO CLASS- Homework Assignment	Read: <i>Outdoor Education</i> Ch. 3, 6 Last Child in the Woods Part I
Monday May 27	NO CLASS – MEMORIAL DAY	
Tues May 28	Outdoor Education and Experiential Education Barriers, activities, concepts The 3 R's Introduction to Geocaching at The EDGE	Homework Assignment INDOOR/OUTDOOR ACTIVITY AND LECTURE
Wednesday May 29	Guest Presenter-Tourism Faculty Candidate Student Presentations—EXAMPLES OF Outdoor Education/Recreation Activities	Lab fee due! JOURNAL #1 DUE
Thursday May 30	Team Development Course at The EDGE –	Last Child in the Woods Part II AT THE EDGE/OUTDOOR ACTIVITY
Monday June 3	Biking the Broad Run *students must have a bike Safety, health benefits, youth programming, exercise benefits	OUT OF CLASS ACTIVITY AND LECTURE
Tuesday June 4	Debrief EDGE Activity ALPINE TOWER CLIMB At The EDGE 2:45-4:00pm	Read: <i>Outdoor Education</i> Ch. 5, 8 Last Child in the Woods Part III OUT OF CLASS ACTIVITY
Wednesday June 5	INCORPORATING OUTDOOR EDUCATION/RECREATION ACTIVITIES IN SCHOOLS	JOURNAL #2 DUE
Thursday June 6	Conway Robinson State Park	Read: <i>Outdoor Education</i> Chapter 7 OUT OF CLASS ACTIVITY/Lecture

Monday June 10	Introduction to creating “Outdoor Recreation Lesson Plans” Tips, techniques, teaching strategies sharing and discussion Outdoor Lesson Plan –example presentation	Read: Last Child In the Woods PART VII
Tuesday June 11	Hike-location to be determined LEAVE NO TRACE Ethics	OUT OF CLASS ACTIVITY/Lecture
Wednesday June 12	EXAM	EXAM JOURNAL #3 DUE
Thursday June 13	Outdoor Lesson Plans-continued IN CLASS WORK ON- Lesson Plan preparation	
Monday June 17	Canoe Trip-- Fountainhead Regional Park	OUT OF CLASS ACTIVITY/Lecture
Tuesday June 18	Class presentations of Outdoor Recreation Lesson Plan	Student Presentations
Wednesday June 19	Class presentations of Outdoor Recreation Lesson Plan	Student Presentations
Thursday June 20	Class presentations and wrap up	<i>Happy Summer!</i>

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