

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
PRLS 316 001—Outdoor Education and Leadership (3)
Fall 2013

DAY/TIME:	Friday 10:30 a.m. – 1:10 p.m.	LOCATION:	257 Bull Run Hall
PROFESSOR:	David Heath	EMAIL ADDRESS:	dheath@gmu.edu
OFFICE LOCATION:	Freedom Aquatic & Fitness Center	PHONE NUMBER:	703-993-9826
OFFICE HOURS:	Fridays 2:00 – 4:00 p.m. and by appointment	FAX NUMBER:	703-993-8478

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, we will all be expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments are 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 issues 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 Blackboard each morning for course communications. Be particularly aware of weather announcements.

Upon completion of this course, students will meet the following competencies of the National Recreation and Park Association Council on Accreditation:

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.

LAB FEE:

Several activities will be conducted outside of the classroom. Students must remit a non-refundable **Lab Fee of \$45** (checks payable to George Mason University) to the course instructor by Friday, September 6, 2013.

Requirements	Percentage
Exam	20
Semester Project	25
Class Participation	25
Class Assignments	30
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	

PRLS 316 COURSE SCHEDULE – Fall 2013

Last revised: August 26, 2013

DATE	TOPIC	ASSIGNMENTS
Friday August 30 (end at 12:00 noon)	Introduction to class objectives and goals. Team building activities. Review course materials. Introduce journal.	
Friday September 6	Team Development – Meet at The EDGE (Mason’s Center for Teambuilding and Organizational Learning) at the PW Campus	Read: “The Creation of Outward Bound,” by Joshua L. Miner (handout)
Friday September 13	Team Development II – Meet at The EDGE Debrief from Teambuilding Activity	Read: <i>Outdoor Education</i> Chap 1 & 2
Friday September 20	History of Outdoor Recreation and Leisure The value of outdoor education/recreation Interrelationship of Experiential Ed, Outdoor Rec, Phys Ed	Read: <i>Outdoor Education</i> Chap 3, 4 & 5

	Identify types of OR activities	
Friday September 27	Experiential Education: Models and Practice	Read: “The Sense of Wonder,” by Rachel Carson (handout) and <i>Last Child</i> Chap 1
Friday October 4	Outdoor lesson: hiking (location TBD)	Read: <i>Last Child</i> Chap 2, 3 & 4
Friday October 11	Outdoor lesson: Rock climbing at Great Falls National Park (Note: all climbing activities are Challenge by Choice. This is a great day to observe an instructor’s teaching style.) Meet at GFNP (Virginia) climber’s parking lot at 10:30 am.	Read: <i>Last Child</i> Chap 5 & 6; <i>Outdoor Education</i> Chap 6
Friday October 18	Current trends & economic factors	Read: <i>Last Child</i> Chap 7 & 8; <i>Outdoor Education</i> Chap 7
Friday October 25	Introduce Leave No Trace Principles - LNT activity Leadership Activities	Read: <i>Outdoor Education</i> Chap 8 <i>Last Child</i> Chap 9 & 10
Friday November 1 (end at 12:00 noon)	Introduction to creating Outdoor Recreation Lesson Plans Tips, techniques, teaching strategies sharing and discussion	Read: <i>Outdoor Education</i> Chap 9 & 10
Friday November 8	Individual field trips (class not held in classroom)	Read: <i>Outdoor Education</i> Chap 12 <i>Last Child</i> Chap 11 & 12
Friday November 15	Natural resource based recreation, Wilderness and wildland resources, resources management concepts and issues. Continue with Outdoor Recreation Lesson Plans	Read: <i>Last Child</i> Chap 13 & 14 JOURNAL DUE
Friday November 22	Final Exam review & discussion	
Friday November 29 (end at 12:00 noon)	THANKSGIVING – NO CLASS MEETING TODAY	Read: <i>Last Child</i> Chap 15 & 17
Friday December 6	Class presentations of Outdoor Recreation Lesson Plan	Read: <i>Last Child</i> Chap 18, 19 & 20
Friday, December 13	Final Exam from 10:30 to 12 noon	

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

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- 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/policies/responsible-use-of-computing/>].
- 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.

Campus Resources

- 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/>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

