

George Mason University
College of Education and Human Development
Parks, Recreation & Leisure Studies (PRLS)

PRLS 250 (001) - Wilderness Travel & Sustainability
2 Credits, Fall 2016

Section 003 Friday, 9/9/2016 RAC 2203 (Including 9/23-9/25 Field class)
Section 003 Meeting dates as follows:

Tuesday, 9/6, 2016 – 7:20 – 10:00 Location: RAC Large Conference Room
Friday, 9/9, 2016 – 7:20 – 10:00 Location: RAC 2203
Tuesday, 9/20, 2016 – 7:20 – 10:00 Location: RAC Large Conference Room
Friday, 9/23, 2016 6:00 p.m. – Sunday 9/25, 2016
Class meets @ Prince William Park, NPS, Triangle, Virginia
Tuesday, 10/4, 2016 – 7:20 – 10:00 Location: RAC Large Conference Room
Tuesday, 9/18, 2016 – 7:20 – 10:00 Location: RAC Large Conference Room
Tuesday, 9/25, 2016 – 7:20 – 10:00 Location: RAC Large Conference Room

Faculty

Name: Nancy Chamberlain
Office hours: By Appointment/Immediately following class
Office location: Prince William Campus, 220 Bull Run Hall, SciTech, MSN: 4E5
Office phone: 571-259-4379 (Cell or Text)
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Prerequisites/Corequisites

None

University Catalog Course Description

This experiential course is designed for students with prior backpacking experience. Involves discussions, demonstrations, and activities that teach students wilderness skills, safety and judgment, leadership and teamwork, and environmental ethics. Topics covered include basic wilderness first-aid, hazard evaluation, emergency procedures, expedition behavior, self-awareness, judgment and decision making, campsite selection, shelter and stove use, fire building, sanitation and hygiene, cooking, nutrition and rationing, equipment care and selection, staying warm and dry, route finding and navigation, Leave No Trace backpacking, weather, natural history, and wilderness ethics. Application of these skills will occur during the 14-day off-trail backpacking trip in a remote wilderness area. Not only will students practice these wilderness skills, but they will also develop leadership abilities by working in a collaborative team environment.

Course Delivery Method

This course will be delivered face to face.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Define Wilderness.
2. Define Front Country.
3. Define Sustainable Use.
4. Identify 3 land use management challenges related to visitorship faced land management agencies.
5. Identify leadership traits most valuable to expedition success.
6. Identify the stages of team development.
7. Describe the impacts of group dynamics and expedition behavior on participants during travel in the natural environment.
8. Identify risk assessment tools and skills relevant to travel in the natural environment.
9. Demonstrate Leave No Trace land use ethics by peer teaching Leave No Trace principles during field experience.
10. Create a personal gear resource kit.
11. Create reference list of agencies/organizations that employ individuals in and/or associated organizations offering certification supporting the outdoor industry, wilderness and/or sustainable travel. (with minimum of 10 sources).
12. Build a first aid kit appropriate to backcountry travel.

Required Texts

Harvey, M. W., & Simer, P. (1999). *The National Outdoor Leadership School's wilderness guide: The classic handbook.* New York: Simon & Schuster.

Additional Requirements

Participation is critical in this course due to the nature of the field experience. Failure to participate in the field experience will result in a failing grade in this course. Cell phone use, unless used for photography, is strictly prohibited during class or during the field experience.

Class Schedule

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Note: Faculty reserves the right to alter the schedule as necessary, with notification to students. This is particularly important with respect to weather during field portion of the course.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor. No late assignments will be accepted.

• Assignments and Examinations

- Chapter quizzes (5) will be taken directly from assigned reading in text.
- Completion of Leave No Trace pre-test designed by Virginia TECH and post-test assessment using the same instrument to measure the impact of participation in the field portion of the course. The pre-test will be distributed at the beginning of class on 9/9/2016 and the post-test will be distributed as a part of the final examination.
- Personal Gear Resource Kit (with minimum of 10 sources) will be submitted at the end of class (instructions regarding requirements will be distributed in class).
- Performance based assessment of teaching of Leave No Trace principles, based on both team teaching as well as individual performance will be assessed (rubric attached) on 9/25/2016 before students are dismissed from the field. Successful completion of the field portion of this course results in a LNT Trainer Certification.
- Reference list of agencies/organizations that employ individuals in and/or associated organizations offering certification supporting the outdoor industry (with minimum of 10 sources).
- Build A First Aid Kit
- Create an Expedition Plan to a location of your choice demonstrating all aspects presented in this course.
- Final examination.

Course Performance Evaluation Weighting

Following is the breakdown of the grading system for our course:

• Quizzes 20 PTS Each (5)	100 PTS
• Pre-test LNT Assessment	100 PTS
• Post-test LNT Assessment	100 PTS
• Leave No Trace Certification	100 PTS
• Team LNT Teaching Evaluation	50 PTS
• Individual LNT Teaching Evaluation	50 PTS
• Outdoor industry reference list	100 PTS
• Personal Gear Resource Kit	100 PTS
• Build A First Aid Kit	100 PTS
• Expedition Plan	100 PTS
• Exam Final	100 PTS
	TOTAL 1000 PTS
	TOTAL 100%

Grading Policies

A+	1000-950
A	949-900
A-	899-850
B+	849-800
B	799-750
B-	749-700
C	699-650
D	649-600
F	595-500

Professional Dispositions

- Students are expected to exhibit professional behaviors and dispositions at all times.
- No smoking and no alcohol is permitted at any time while in class or during the field experience.

- Students will be required to follow all rules of the National Park Service, Prince William Forest Park, during the field experience (special attention to speed limits in the park).
- Student will be required to pay for automobile access to the park and the receipt must be placed in the windshield of the vehicle during the time spent in the park.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).

- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Assessment Rubric(s)

The following rubrics will be used to measure performance of the team and individual portion of the Leave No Trace assignme