

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

PRLS 250 001 Wilderness Travel & Sustainability
2 Credits, Fall 2018

Faculty

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Prerequisites 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 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 in a face to face format.

Outdoor Nation – Participation in Outdoor Nation required throughout the semester. A minimum number of posts will be required throughout the semester. For more information, visit: <https://recreation.gmu.edu/outdoorlearning/outdooradventures/>
Participation in GMU Outdoor Adventures count towards participation grade!

Face to Face Class Times

Tuesday, 8/28/2018 3:30 P.M. Meet at Piedmont – Meet & Greet
Introduction to Course, Personal Goals, “Why We Go” and Expedition Planning

Tuesday, 9/4/2018 3:30 P.M. Meet at Piedmont
Wilderness Ethics, and Pre-test LNT, Team Assignments, Team Exercise

Tuesday, 9/11/2018 3:30 P.M. Meet at Piedmont
Leave No Trace Presentation, hand out LNT teaching materials

Tuesday, 9/18/2018 3:30 P.M. Meet at Piedmont
Introduction to expedition behavior, group dynamics and stages of team development, expedition leadership

Sunday, 9/22/2018 The Edge - See attached. (Optional Activity)

Tuesday, 9/25/2018 3:00* P.M. – 5:30 * Meet at REI
Fairfax Corner, 11950 Grand Commons Ave, Fairfax, VA 22030

Friday, 9/28/2018 6:00 P.M. – 9:00 P.M. PRLS 250 Class – Location TBD
Dinner included!
Gear Check, Pack Individual/Group gear & Leave No Trace presentation finalization, review food planning, risk assessment, hazard evaluation, self-awareness, decision making, thermos-regulation, and weather, wilderness medicine, FEMA resources, and First Aid Kits.

Tuesday 10/2/2018 3:30 P.M. Meet at Piedmont – Last minute trip check up!

Saturday, 10/6/2018 8:00 A.M. Bus Leaves
Antietam Creek, Chesapeake & Ohio Canal National Historical Park
<https://www.nps.gov/choh/planyourvisit/index.htm>

Sunday, 10/7/2018 @

Monday, 10/8/2018 Noon Departure – Return to GMU

Tuesday, 10/9/2018 NO CLASS

Tuesday, 10/16/2018 Risk Management in the outdoors

Tuesday, 10/23/2018 Expedition Planning

Tuesday, 10/20/2018 Academic pursuits – What does it mean to a PRLS student?

Tuesday, 11/5/2018 Careers in the Outdoor Industry – Guest Speaker

Tuesday, 11/13/2018 Meet off Campus – 3:00* P.M. – 5:30 * TBD

Tuesday, 11/20/2018 3:30 P.M. Meet at Piedmont Final Exam & Course Evaluation

Proposed Activities for 2019 –Suggestions...let us know! Semester starts Jan 21, 2019
(Spring Break 3/11/19 – 3/17/19, Last Day of Class 5/6/2019)

Skiing, Rock Climbing, Kayaking...You Decide!

We picked the dates – you decide the activity!

2/10/2019	3/3/2019
3/31/2019	4/28/2019

LEARNER OUTCOMES/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 visitor experience 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.

Website Links:

Leave No Trace: www.lnt.org

Virginia Adventure Education: <https://www.facebook.com/vaadventureeducationconference/>

National Outdoor Leadership School: <https://www.nols.edu/en/>

Wilderness Medical Associates: www.wildmed.com

Wilderness Medical Associates First Aid Kit: <https://www.wildmed.com/blog/building-a-wilderness-first-aid-kit/>

Outdoor Leadership Employment Links: <https://www.ithaca.edu/hshp/depts/rls/oainfo/joblinks/>

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.

Assignments and Examinations

Reading assignments and resources will be emailed to student's convenience of students. All quizzes will be due no later than 11/13/2018. If you have completed all quizzes you will be given your final examination in class on 11/20/2018! All assignments must be turned in either in person or by email.

- Chapter quizzes (5) will be taken directly from assigned reading in text.
 - o Quiz # 1 – Taken from Chapters 1, 2 (Pages 52-61), 7, 12
 - o Quiz #2 – Taken from Chapters 3, 4, 11 & Equipment List Pages 251-254
 - o Quiz # 3 – Taken from Chapters 5, 6, 8
 - o Quiz #4 – Taken from Chapters 2 (Pages 49 – 53), 5, 6
 - o Quiz #5 – Taken from Chapters 6, 7, 9, 10

- 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 9/4/2018 and will be due on 9/11/2018 at the beginning of class. The post-test will be distributed as a part of the final examination.

- Personal Gear Resource Kit (with minimum of 5 sources) will be submitted at the end of class (instructions regarding requirements will be distributed in class). Due 10/6/2018.

- 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 10/8/2018 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). Due 11/13/2018.
- Build A First Aid Kit. Due 10/2/2018. You do not have purchase these items...you may turn in a list.
- Complete FEMA training IS 922Applications of GIS for Emergency Management online course. Print certification “suitable” for framing! Due 11/20/2018.
<https://emilms.fema.gov/is922/index.htm>
<http://training.fema.gov/is/courseoverview.aspx?code=IS-922>
http://www.fema.gov/pdf/emergency/nims/508-8_search_and_rescue_resources.pdf
- Create an Expedition Plan to a location of your choice demonstrating all aspects presented in this course. Due 11/20/2018 with final examination.
- Final examination: 11/20/2018 In Class

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.

COURSE PERFORMANCE EVALUATION WEIGHTING:

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

• Quizzes 20 PTS Each (5)	100 PTS
• Participation	200 PTS
• Pre-test LNT Assessment	25 PTS
• Post-test LNT Assessment	25 PTS
• FEMA Training Certification	100 PTS
• Leave No Trace Certification	100 PTS
• Individual LNT Teaching Evaluation	100 PTS
• Outdoor industry reference list	100 PTS
• Personal Gear Resource Kit	25 PTS
• Build A First Aid Kit	25 PTS
• Expedition Plan	100 PTS
• Exam Final	100 PTS
TOTAL	1000 PTS

TOTAL 100%

GRADING:

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

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 <https://catalog.gmu.edu/policies/honor-code-system/>).
- 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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices 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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

ASSESSMENT RUBRIC

The following rubric will be used to measure the peer teaching performance during the Leave No Trace assignment.

Peer Teaching Rubric - LEAVE NO TRACE

	3	2	1	0
Motivation	<ul style="list-style-type: none"> Connects to prior knowledge Captures student interest Relates to the objective Gives students a reason for learning 	Three out of four elements are present	One or two elements are present	No motivation for learning
Instructional Presentation	<ul style="list-style-type: none"> Teaches the objective Engages the learner Provides opportunities for learner involvement 	Two out of three elements of effective instruction are present		One or less elements of effective instruction are present
Practice, Application, Assessment	<ul style="list-style-type: none"> Assesses the objective Enables the teacher to evaluate how well the student understands the objective 	Mostly effective assessment	Somewhat effective	No assessment
Materials	Uses concrete materials, pictures, and mathematical symbols	Uses two out of three	Uses one	No materials
Time	14-15 minutes	Had to be stopped during assessment or 10-13 minutes	Had to be stopped before assessment was started or less than 10 minutes	Less than 5 minutes
Presence (peer)	Maintain eye contact. Face the students. Fluent, clear speech Confident but not intimidating	Three out of four	One or two out of four	Lack of presence
Lesson Development (peer)	Did you capture and hold the interest of your students? Were the students engaged in the lesson? Were they busy doing, or thinking, or both? Did the ideas in your lesson flow? Was the pacing reasonable?	Four out of five	Two or three out of five	One or lacking lesson development
Questioning (peer)	Many in-depth questions were asked during the lesson by the teacher and students Many questions were asked to assess the students' understanding (Why?)	Some questioning or many low level questions	Little questioning	No questions
Lesson Plan	All required elements included in sufficient detail with printed lesson plan for distribution to classmates.	Most required elements included	Some required elements included	No lesson plan
TOTAL	/50			



**EXCURSION TO THE EDGE @ MASON,
SEPTEMBER 22ND!**



1ST YEAR STUDENTS* FROM ALL PIEDMONT LLCs! (*FIRST 10 TO SIGN UP FROM EACH LLC)

Piedmont LLCs Excursion to The EDGE, Sept 22nd!

As a fun way to get to know your fellow LLC members, we are hosting a trip to The EDGE at Mason. The first 10 students to sign up from each LLC get to go. If you don't get in on the first 10 slots, add your name to the waiting list in case someone drops off or other LLCs have spots left over. Slots will be awarded on a first to sign up basis, and seating on the bus is limited (so please be sure you can go before you sign up).

A packed lunch and transportation will be provided. We recommend you eat some breakfast before we leave, and please **wear sneakers and comfortable clothing** that you don't mind getting dirty, and bring your water bottle. If you have any dietary restrictions please list them in the notes by your name.

- WHAT: Day excursion to The EDGE
 - BUS DETAILS: **8:45am**, meet on street in front of Hampton Roads
 - The EDGE: 10:00am-3:00pm (arrive back at Fairfax Campus at 4:15)
-

If you have any questions, looking forward to it!

Date: 9/22/2018 (Saturday)

Time: 8:45am - 4:15pm EDT

Location: The EDGE at Mason

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