

George Mason University
College of Education and Human Development
School of Sport, Recreation, and Tourism Management

RMGT 316 001 – Leadership and Outdoor Education
3 Credits, Spring 2023

10:30 am-1:10 pm, Katherine Johnson Hall 249, Science & Technology Campus

Faculty

Name: David Heath
Office Hours: Fridays 1:15-2:15 pm or by Appointment
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Prerequisites/Corequisites

None.

University Catalog 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. Offered by School of Sport/Rec/Tour Mgmt. Limited to three attempts. Equivalent to PRLS 316.

Course Overview

This course introduces and immerses students in three essential strands of leadership in outdoor education: environmental, experiential, and adventure-based education. We will go outside as much as weather permits, and we will engage directly in several outdoor activities, with a goal of students experiencing several different teaching models so that they may lead an outdoor lesson themselves by the end of the course. These activities do not lend themselves to makeup work, and as such, attendance each day is crucial.

Course Delivery Method

This course will be delivered using a combination of experiential lecture and seminar format.

Learner Outcomes or Objectives

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

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 that 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 by
 - a. Converting course material and field experience into an Outdoor Recreation lesson plan which incorporates Fairfax County Program of Studies for Physical Education (<https://www.fcps.edu/node/44308>).
 - 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.

Professional Standards

Upon completion of this course, students will meet the following professional standard from the Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT):

7.02 Students graduating from the program shall be able to demonstrate the ability to design, implement, and evaluate services that facilitate targeted human experiences and that embrace personal and cultural dimensions of diversity.

Required Texts

Gilbertson, K., Ewert, A., Siklander, P., & Bates, T. (2022). *Outdoor education: Methods and Strategies* (2nd ed.). Human Kinetics

Course Performance Evaluation

Students are expected to submit all assignments on time on Blackboard, hard copy, or in-class presentation as outlined per assignment. Please follow APA guidelines.

Attendance: Because student contributions are so crucial to this course, all are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments.

Late Work: Assignments are due on the specified date due and time. Assignments received after due dates will be considered late and receive a 11% deduction in points per 24-hour period. In cases of an emergency or participation in a pre-approved university-sponsored function, there may be some exceptions. However, please discuss these with me prior to the due date to be considered for exception. I recommend backing up copies of assignments to avoid losing data.

Syllabus: You should consider this syllabus as your contract for the course. You must follow the directions for each assignment and ensure that you submit your work on time. This class can be successfully completed if you manage your time effectively, come to class prepared, and turn in high quality work on time.

Electronic Devices: While in class, turn off all electronic devices and store them away unless instructed to do otherwise. Misuse of electronic devices or using electronic devices without permission of the instructor will result in a deduction from your participation grade.

Open door policy: The instructor is open to your comments, questions, suggestions, and feedback on the course at any time. Feel free to email the instructor or see them before or after class, to discuss your ideas and concerns.

Assignments

This is a performance-based course. Rubrics are available for each assignment.

Description	Points
Journal Assignments	100
Class Participation (includes in-class discussions and instructional field trips)	100
Class Assignments (includes Outdoor Education History assignment, Field Trip presentation, and Activity Presentation to Small Groups)	100
Semester Project	100
Total	400

Other Requirements

Communication is an important part of this course; therefore, please check Blackboard each morning for course communications. Be particularly aware of weather announcements.

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	

*Percentage determined by point total divided by 400 total points.

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Students are expected to exhibit professional behaviors and dispositions at all times, including field trips.

Date	Topic	Assignment
<p>Friday January 29</p>	<p>Introduction to class objectives and goals. Review course materials. Introduce journal.</p> <p>Interrelationships: experiential ed, outdoor rec, phys. ed.</p>	<p>Read: Course materials, including Journal assignment (on Blackboard).</p> <p>*Unless otherwise noted, readings assigned here are to be done before the following class meeting. Assignment due dates are also noted here.</p>
<p>Friday February 3</p>	<p>Outdoor education: what and why</p> <p>The value of outdoor education/recreation</p>	<p>Read selected article (see Journal assignment on Bb for specifics).</p>
<p>Friday February 10</p>	<p>Trends in outdoor education and recreation</p> <p>History of outdoor education assignment explained</p> <p>Introduce StrengthsFinder</p>	<p>Read: <i>Outdoor Education</i>, Preface (pp. vii–viii) & ch. 2–3 (pp. 2–25).</p> <p>Due: Journal entry 1 by 11:59 pm 2/16. StrengthsFinder results 11:59 pm 3/7.</p>
<p>Friday February 17</p>	<p>Lesson model 1: environmental awareness</p> <p>*If it is above 25°F and not raining, be prepared to go outside. Check Bb for updates.</p>	<p>Read: R. Carson, “The Sense of Wonder,” A. Leopold, “Good Oak,” and J. Muir, “A Wind-storm in the Forests” (see Bb).</p> <p>Due: Journal entry 2 by 11:59 pm 2/23. Three references for History assignment by 11:59 pm 2/23.</p>
<p>Friday February 24</p>	<p>Environmental education activities and teaching methods.</p>	<p>Read: Instructions on how to take StrengthsFinder assessment and (see Bb for both).</p> <p>Due: Complete and submit top 5 Strengths to Bb 11:59 pm 3/7.</p>
<p>Friday March 3</p>	<p>Outdoor education, historically—led by you</p>	<p>Due: Notes for history assignment by 11:59 pm 3/3.</p> <p>In class: History presentation.</p>

RMGT 316 Spring 2023 Course Schedule, continued

Friday March 10	Outdoor education history summary and activity Intro to experiential education Strengths activities Introduction to Field Trip and Lesson Plan assignments	Read: J. L. Miner, “The Creation of Outward Bound,” (on Bb).
Friday March 17	Spring Break	
Friday March 24	EDGE low ropes experience: lesson model 3 *If it is above 25°F and not raining, be prepared to go outside. Check Bb for updates.	Read: <i>Outdoor Ed.</i> , pp. 59–74. Field Trip assignment (on Bb). Due: Group field trip signup.
Friday March 31	Follow up on EDGE experience Creating outdoor lesson plans: tips, techniques, teaching strategies sharing and discussion	Read: Article on Bb Due: Journal entry 3 by 11:59 pm 4/6.
Friday April 7	Lesson model 3: Leave no trace Field trip presentations	Read: <i>Outdoor Ed.</i> , pp. 75-84 and N. Paumgarten, “The Wall Dancer.” In class: Field trip presentation
Friday April 14	Lesson model 4: outdoor recreation TBD	Read: <i>Outdoor Ed.</i> , pp. 137–173. Due: Field trip impressions journal (4) by 11:59 pm 4/12.
Friday April 21	Lesson model 4: outdoor recreation TBD	Due: Journal 5 by 11:59 pm 4/20.
Friday April 28	Final presentation practice run	
Friday May 5	Final presentations	Due: Additional (optional) journal by 11:59 pm 5/4.
Friday May 12	Final presentations (as needed)	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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 <https://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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments> . Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

