

Course Code & No. - Section: ODAL 101
Course Title (Credits): Introduction to Outdoor Skills (4)
Term & Year: Spring 2015
Course Ref. No. (CRN): 10240

Instructor: Daryl Teittinen
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Office Hours: By appointment

Equipment Room Hours: TCES 1st floor M-Th 12-6, F 10-2

Class Meeting Time: Tuesday 1:00 – 3:45 pm
Location: PL 320
Field Dates: 1/30-2/1, 2/27-3/1, 3/27-29, 4/17-19

Prerequisites (from Catalog): NONE
Corequisites (from Catalog): NONE

The Mission Statement:

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

The Core Themes:

Liberal Arts	Professional Preparedness
Entrepreneurial Thinking	Sustainability

Course Description

This course provides students with an introduction to a wide range of outdoor skills: backpacking, navigation, whitewater rafting, rock climbing, sea kayaking, and winter travel (spring only). These outdoor skills will be taught over the course of four weekend field expeditions. Classroom sessions will be used to plan and prepare for expeditions as well as introduce complimentary topics like the origins and directions of outdoor adventure education. This course serves as an introduction to the Outdoor Adventure Leadership Program and provides students with the means of assessing and determining their own interest in pursuing future outdoor pursuits. Note: This course satisfies the PHED requirement. Note: The materials fee covers field trip expenditures.

Student Outcomes

Upon successful completion of this course, a student will be able to:

1. Employ appropriate strategies, techniques, competence, and judgment with respect to group safety in the following outdoor skills: backpacking, rock climbing, whitewater rafting, and winter travel (spring only).
2. Discuss and demonstrate Leave No Trace Principles relative to the various field settings, i.e. river, mountain, canyon, snow, and rock.
3. Ignite a new appreciation for wild places and outdoor adventures.

Prim Library Resources

Using the library's resources effectively (not just Internet resources) contributes to developing each of SNC's core themes by exposing students to high quality academic resources, diverse opinions, new ideas, and a future that includes building on a liberal arts education. In this course, you will be expected to utilize the library's resources (either on-site or remotely) as you complete your assignments.

Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

1. Class Participation
2. Independent research
3. Oral presentations
4. Written reports
5. Skills demonstrations
6. Paired/group activities
7. Peer feedback
8. Personal Binder Resources

Instructional Strategies

This class will utilize the experiential teaching approach through inquiry learning, case studies, paired/group activities, peer feedback and independent research. The course text will provide a framework for the course. Flexibility and adaptability are central to success in an outdoor setting and in this class as well.

Required Texts

- *Mountaineering The Freedom of the Hills*: editors, Steven M. Cox and Kris Fulsaa- 7th ed. ISBN: 0-89886-828-9
- *Weekly readings from texts and journals will be on the ODAL 101 moodle site.*

Recommended Texts and Materials

- *The Complete Whitewater Rafting* by Jeff Bennett; McGraw-Hill; 2001; ISBN: 007005505X
- *How to Rock Climb* by John Long; Falcon Guides; 2004; ISBN: 978-0-7627-2471-0
- *Allen and Mike's Really Cool Backpackin' Book: Travelling and Camping Skills for a Wilderness Environment* by Allen O'Bannon & Mike Clelland; Falcon Guides; ISBN: 1560449128

Materials:

- Instructor handouts
- Independent research

Attendance

Class sessions begin promptly at 1:00 pm and will continue until 3:45 pm each Tuesday of the Spring 2015 semester excluding national and school sanctioned holidays. Students are expected to attend all classes and to be on time. Please notify me in advance if you will be absent. Two unexcused absences will result in a lowered grade. Credit for the class is jeopardized after three or more unexcused absences. In addition, all students are required to participate in FOUR overnight weekend expeditions; see "Class Schedule" dates, times, and location.

Class Requirements

- PLEASE come to class with **snacks, WATER, and comfy clothes!** This class will be as active as possible and a well fed, hydrated, and comfortable student is a happy, attentive student.
- Please turn off cell phones and laptops while in class session. This class will hopefully be way too ACTION PACKED for such distractions.

- In addition to regularly scheduled class sessions, this course will utilize the “field”. All students are required to attend such outings.
- Due to the experiential nature of this class, students are asked to **experience** all course material including discussions, problem solving, physical activities and the exchange of feedback. Sensitivity and attentiveness toward each group member’s experience and the group’s progress as a whole will be the responsibility of each group member.

Sanctions for Cheating and/or Plagiarism

The Honor Code

The faculty of SNC believes students must be held to high standards of integrity in all aspects of college life in order to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

Consequences of Violating the Student Honor Code

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student’s academic record.

1st Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

2nd Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

3rd Offense: Student is expelled.

ADA Accommodations

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, hconover@sierranevada.edu or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

The SNC Email System

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

Class Schedule

<i>Date</i>	<i>Class</i>	<i>Class Plan</i>	<i>Assignments Due on Date</i>
1/20	1	Introductions Class overview and expectations; Class schedule, Required field time, Equipment needed (Rope, Personal Gear, Etc) Map and Compass 1	Come to class with a SMILE and a sense of ADVENTURE! Generate a list of questions about course, trips, food planning, etc. group needs
1/27	2	Knots 1 Map and Compass 2 Introduction to <i>Leave No Trace</i> (LNT) 1 1 st Trip planning logistics Menu planning, food pack Equipment/food groups Stoves Trip Form Trip route discussion Fashion/equipment show – Backpack fitting/packing	Reading #1 Ascent Questions Generate a list of questions about trip planning, i.e. food, equipment, location, risk, group needs, etc. Gear Room Checkout!!! FOOD SHOP with your cook group! (after class)
1/30-2/1		FIELD EXPEDITION #1 Backpacking in local Sierra Nevada Expedition behavior, LNT, stoves, camp, map & compass, safety, ethics, journals, group travel	
2/3	3	Knots 2 LNT 2 Trip 1 debrief/reflection Wilderness First Aid	Trip Reflection Due Return Gear to Gear Room!
2/10	4	Knots 3 Map and Compass 3 Research Paper Introduction	Freedom of the Hills Reading
2/17	5	Knots 4 Map and Compass 4: Coastal Navigation Intro to Sea Kayaking	Rowing to Latitude Research Topic Due
2/24	6	Knots 5 Prep for next trip: Kayaking Packing Kayak/Ocean Gear/Tides-Currents	Reading: Rowing to Latitude Questions 4 sources for Research Paper

2/27-3/1		FIELD EXPEDITION # 2 Sea Kayaking Trip; Tomales Bay, Pt Reyes Expedition behavior, LNT, beach camping, water safety, ethics, journals, coastal navigation, small boat rescue, coastal ecology	
3/3	7	Knots 6 Review for Midterm Debrief Kayak Trip	<i>Trip reflective paper 2</i> Research Paper Outline
3/10	8	MIDTERM EXAMINATION	
3/17		Spring Break- no class	
3/24	9	Rock Climbing Geology and Intro Knots and harness skills	Reading: Freedom Research Paper Draft
3/27-29		FIELD EXPEDITION # 3 Rock Climbing Trip; Tahoe Basin area Expedition behavior, LNT, safety, ethics, climbing skills, rappelling, movement, journals	
3/31	10	Climbing trip debrief	<i>Trip reflective paper 3</i> Research Paper- Early submission
4/7	11	Whitewater Rafting Intro Hydrology #1	Research Paper Due
4/14	12	Hydrology #2 Logistics and Prep For Rafting	Groover Boy Reading
4/17-19		FIELD EXPEDITION #4 Whitewater Rafting Trip, South Fork American Expedition behavior, LNT, raft guiding, safety, flip drills, rescue tactics, ethics, journals	
4/21	13	101/201 ODAL Theory	<i>Trip reflective paper 4</i>
4/28	14	Review for Final Exam	
5/5	15	Course Closure Celebration	
5/12	16	Final Exam 11:30-2:30	

*Please note that the schedule of class topics and assignments are subject to change. As outdoor adventurers, we are always **POISED FOR CHANGE!***

*Don't forget to **BRING WATER** to every class. Hydrate or Die!*

Criteria for Evaluation

Personal Binder Resource: PBR's are a complex and vital part of the ODAL experience. Everyone has his/her own opinion of what a portfolio/personal resource binder is, and each course calls for a different type depending on the subject matter.

PBR's should be well ORGANIZED and include the following (in detail):

- A three ring binder with at least 8 different dividers:
 - **Notes/philosophy/quotes**
 - **Backpacking/Back Country Snow Travel** (all info pertaining to backpacking: maps, logs, checklists, equipment, readings, reflections, etc.)
 - **Sea Kayaking** (all info pertaining to Sea kayaking: maps, logs, checklists, equipment, readings, reflections, etc.)
 - **Rock Climbing** (all info pertaining to rock climbing: maps, logs, checklists, equipment, readings, reflections, etc.)
 - **Whitewater Rafting** (all info pertaining to whitewater: maps, logs, checklists, equipment, readings, reflections, etc.)
 - **Knots**
 - **Teaching/Lessons/Games**
 - **Exams**
 - Research material or favorite finds or drawings or creative writings or dreams?
- An introductory reflection writing on the value of keeping a PBR and its future purpose in your outdoor adventures to come? Reflect on your ODAL experience: present, past, and future....

Assignments:

- Regular **reading, researching, and class/field/group journal participation**
- **Reflective Papers**: There will be four trip reflective papers assigned throughout the semester. These papers should be 3-5 pages typed and will be graded on approach, organization, development, and style (a writing rubric will be handed out in class). Reflective papers encourage students to critically and creatively think about field experiences...Please open yourselves up to the journey of writing these papers. ENJOY!
- **Reading Assignments**: Throughout the semester, students will have weekly reading assignments with accompanying questions to help reading. Readings will vary from instructional to inspirational.
- **Research Paper**: will be a five to seven page research project on an outdoor skill of choice. The research paper needs to cite at least 3 resources through MLA style. Note that one of your resources can be an individual outdoor guru. This project should include a **history/timeline of the skill, the key players and organizations, the equipment needed/gear innovations, the ethical issues surrounding the skill, the future trends, the importance of this skill to humanity, and, alas, a personal connection to the skill (why did you choose this topic?)**. Examples of projects could include: **whitewater rafting, kayaking, surfing, sailing, backcountry snowboarding, mountaineering, ultralight backpacking, rock climbing, bouldering, etc.**

Other options for final project topics could include:

- The role of women in wilderness education
- The diversity of students and/or instructors of outdoor pursuits
- The academic legitimacy of wilderness education
- Access issues and opportunity in wilderness education (disability, scholarships for low income)
- The affects of technological advances on wilderness education
- Physical risk in wilderness education
- Creating your own business in outdoor adventure education, i.e. rafting company, climbing guides, etc. Research a current business for assistance with this...
- YOUR idea...come talk to me about brainstorming your own idea for a final paper

Grading Policy

Student's grades will be determined as follows:

Assignments	Points	Number	
Field Trip Participation	50	4	200
Reflective papers	50	4	200
Mid Term Skills Examination	100	1	100
Research Paper	100	1	100
Research Steps (topic, sources, outline, draft)	25	4	100
Reading Assignments	40	5	200
Final Examination	100	1	100
Total			1000

Total Points Possible: 1000

Late Work Policy:

For each day your work is late you will receive a 10% reduction. In other words, an 'A' assignment turned in one day late will be reduced to a 'B'.

Equipment List for CLASS/FIELD:

Required Clothing:

- 1 hat: wool or fleece
- 1 pair long underwear (top and bottom): polypropylene, wool, or silk
- 1 pair pants: wool or fleece
- 1 pair waterproof pants shell pants
- 1 wool sweater or fleece jacket
- 1 warm jacket (down) or additional fleece jacket
- 1 parka with hood: waterproof
- 1 pair warm gloves and shells
- 1 pair sturdy hiking boots or sneakers (your preference)
- 2 pairs wool or fleece socks
- **Winter only:** 1 down jacket; extra gloves and socks, down booties/slippers, neck warmer/scarf, snowshoes or splitboard or AT gear, anything that makes you warm and cozy.
- **Whitewater only:** wet suit, sneakers/booties to get WET, towel
- **Climbing only:** climbing helmet, climbing shoes, climbing harness, locking carabiner

Required Equipment:

- 1 prussic cord for tying knots (6 feet –sold in bookstore)
- 1 backpack: external or internal frame (4000 cubic inches)
- 1 sleeping bag: 0 degree rating
- 1 sleeping pad
- Small tarp for ground cover
- Flashlight/headlamp (extra batteries)
- 2 water bottles (1 quart each)
- Cup, bowl, and spoon
- Sunscreen/sunglasses/lip balm/toiletries (less is more)
- Bandana
- Pocket knife

- Camp shoes
- Personal first aid kit (recommended)
- Camera (waterproof)
- Favorite reading/musical instrument
- TREATS for instructor

Group Gear:

- Tents/mids/tarps
- Stoves
- Fuel bottles
- Cooking utensils
- Water purification systems
- Maps and compasses
- First aid kit
- Compass

One day's exposure to mountains is better than cartloads of books.

John Muir