

HHPA 115 : WILDERNESS TRAINING: BEGINNING

Transcript title

Wilderness Training: Beginning

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduces a variety of outdoor activities, which may include: rock climbing, whitewater rafting, kayaking, canoeing, snowshoeing, caving, hiking, and cross-country skiing. Develops basic skills in outdoor activities and learns about appropriate preparation for participation.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of wilderness activities to develop overall physical fitness and enhance sport activities.
3. Select and use proper clothing and equipment that will enhance personal safety in various outdoor environments and conditions.
4. Demonstrate and participating in the "leave no trace" philosophy.
5. Demonstrate basic techniques required to participate proficiently and safely in non-motorized land and water wilderness activities such as rafting, kayaking, canoeing, hiking, rock-climbing, caving, snowshoeing, and cross-country skiing.

Content outline

Rock climbing Whitewater rafting Kayaking Canoeing Wilderness navigation Cave exploring Survival and shelter day Snowshoeing Cross-country skiing

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student. Some equipment may be provided by COCC.

General education/Related instruction lists

- Health