

OL 255 : OUTDOOR LIVING SKILLS

Transcript title

Outdoor Living Skills

Credits

5

Grading mode

Standard letter grades

Total contact hours

76

Lecture hours

40

Lab hours

36

Course Description

Educates the student on how to travel safely for extended periods in the backcountry. Presents essentials of life (water, food and shelter/clothing) and how they can be provided in an outdoors setting. Also, discusses navigation, backcountry medicine and wilderness use/wilderness concepts. Lecture, discussion and lab (demonstration, practical application and practice) used. Students conduct one solo overnight and one group weekend outing. This course is a recommended foundation for other outdoor leadership program courses.

Course learning outcomes

1. Appraise the complexity of traveling in backcountry terrain.
2. Generate a personal philosophy of venturing into the backcountry and wilderness settings.
3. Demonstrate effective skills for travelling and living in a backcountry and wilderness environment.
4. Integrate various skills toward developing a sense of comfort in backcountry and wilderness settings.
5. Outline and prepare a backcountry and wilderness experience through appropriate measures of risk management for a backcountry and wilderness setting.
6. Critique various ethical considerations of travelling and living in backcountry and wilderness settings.