

**Common Course Outline**  
**RECR 141**  
**Outdoor Leadership I**  
**3 Semester Hours**

**The Community College of Baltimore County**

**Description**

**Outdoor Leadership I** provides a comprehensive approach to the safe, pleasant, and ethical interaction with the environment as hikers, backpackers and campers. Students will gain a better understanding of the roles and duties of both participant and leader. Whether you are going on a day hike or plan to spend months on the trail, this class will offer pertinent information to help individuals as well as group leaders adequately prepare for their adventure.

As the interest and the need to recreate in the outdoors continues to accelerate, there will consequently be a growing need to provide knowledgeable, competent, enthusiastic and personable professionals to meet the demand. Although many of us view our time in the outdoors as being enjoyable and carefree; taking on a leadership role can be tedious, physically overwhelming, mentally demanding and stressful. Understanding the various components of camping will provide students with a greater sense of awareness of the many issues, options and resources that do exist locally, nationally and globally.

**Overall Course Objectives**

*Upon completion of this course the student will be able to:*

- 1) Define the necessary components for leading a group in a hiking, backpacking or camping experience.
- 2) Understand the need for effective trip planning and preparation.
- 3) Identify the types of clothing and gear needed for various back country settings.
- 4) Prepare a variety of nutritious and satisfying meals with minimal supplies for primitive camp settings.
- 5) Interpret the history, significant facts and international appeal of the Appalachian Trail.
- 6) Apply "Leave No Trace" philosophies to their own experience as well as teach others.
- 7) Identify the various methods of backcountry camping.
- 8) Understand the rules and regulations of local, state & national park camping.

- 9) Provide a comprehensive overview about the American Camping Association.
- 10) Interpret thoughts, ideas, and creative responses to their own interaction with nature and the environment.
- 11) Have a broad-based understanding of camping and hiking aboard.

### **Major Topics**

- I. Leading Groups & Trip Supervision
- II. Trip Planning
- III. Proper Clothing & Gear
- IV. Back Country Camping
- V. Appalachian Trail
- VI. The International Hiker
- VII. Hosteling in the U.S.
- VIII. Leave No Trace Ethics
- IX. Interaction with Nature
- X. Local, State & National Park Camping
- XI. Emergency Procedures
- XII. American Camping Association
- XIII. The Camping Industry

### **Course Requirements**

*All written work should be computer generated and professional in appearance.*

### **Activities**

Fieldtrip: Hiking & Camping (location TBA)  
Fieldtrip/equipment update/tour of REI  
"Why we go" paper  
3 Interviews (3 x 10 points each)  
Outdoor Gourmet  
Reflections Journal  
Team Presentations on Camping Abroad  
Personal Outing & Shared Experience Presentation  
Mid-Term Exam  
Final Exam

### **Other Course Information**

This is a basic course outline. The instructor had the right to make changes as needed.