

**Common Course Outline**  
**RECR 142**  
**Outdoor Leadership II**  
**3 Semester Hours**

**The Community College of Baltimore County**

**Description**

**Outdoor Leadership II** presents instruction in advanced life saving, canoeing, mountaineering, and climbing safety. Students demonstrate high-level teaching and knowledge competencies and receive advanced life saving and canoeing certification by the American Red Cross. A College certificate of competency will be awarded those students completing the unit in mountain safety. Also offered as RECR 390, Outdoor Adventures, through Frostburg State University's CCBC Recreation and Parks Management B.S. degree. 3 credits: 3 lecture hours and 1 laboratory hour per week.

**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 variety of outdoor experiences.
2. Explain the need for effective trip planning and preparation.
3. Identify the types of clothing and gear needed for variety of adventure sports.
4. Execute basic technical skills needed to conduct a variety of adventure activities.
5. Conduct risk evaluations to ensure the safest possible adventure setting.
6. Apply "Leave No Trace" philosophies to their own experience as well as teach others.
7. Perform basic backcountry first aid and know the proper uses for each item in their first aid kits.
8. Demonstrate the basics of rock climbing, ropes courses, repelling, caving, canoeing, mountain biking and more.
9. Provide a comprehensive overview about the American Canoeing Association.
10. Interpret individual thoughts and ideas through creative reflection to their own interaction with the environment.
11. Exhibit a broad-based understanding of motivation and leadership approaches.

**Major Topics**

1. Leave No Trace
2. Group Development/Motivation
3. Team Initiatives
4. Rock Climbing & Repelling
5. Problem Solving and Risk Identification

6. Map & Compass
7. Ropes Course Facilitation
8. Mountain Bike Mechanics
9. Backcountry First Aid
10. Caving
11. Survival Swimming and River Rescue
12. Canoeing and the American Canoeing Association

### **Course Requirements**

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

### **Activities**

Fieldtrip #1: Ropes Course:  
Fieldtrip #2: Caving in WV  
Fieldtrip #3: Canoeing with River & Trail  
Reflections Papers (3 x 20 points each)  
Team Initiatives with FSU students  
First Aid Kits  
Overall Participation/Attitude  
Mid-term Exam  
Final Exam

### **Other Course Information**

This is a minimum course outline. Individual instructors have the right to add additional requirements.