

Common Course Outline
PEOD 111
Wilderness Adventure
1 Semester Hour

The Community College of Baltimore County

Description

Wilderness Adventure

Includes whitewater rafting, backpacking, and primitive camping; gives comprehensive classroom training in preparation for a class trip. Major equipment provided. Fee charged.

Overall Course Objectives

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

1. develop an inventory of necessary equipment and clothing appropriate for varying weather and locale.
2. demonstrate a knowledge of backpacking equipment.
3. discuss the value of pre-planning.
4. plan a wilderness experience for various groups.
5. demonstrate the ability to construct a survival shelter.
6. define a good campsite regarding access, water and legal restrictions.
7. demonstrate the ability to plan, prepare and store food for a large group, including meal planning and sanitation.
8. purify water for drinking.
9. demonstrate the safe use of fire.
10. design a physical fitness routine appropriate for a backpacking survival experience.
11. orient self and others by instruments (compass) and natural means.
12. apply first-aid and emergency procedures.
13. enjoy the wilderness habitat both ecologically and aesthetically.

Major Topics

1. Overview and trip itinerary – expectations and responsibilities.
2. What to bring – essentials and what not to include. The value of a checklist handout.
3. How to pack – types of backpacks, modular packing, weight distribution.
4. Physical Fitness – personal strength and aerobic conditioning, orientation to Fitness Training Circuit, goal setting, record keeping.
5. Emergency procedures and First Aid – team approach, basic first aid including transport from a remote area.
6. Food Planning and Cooking – trail food, perishability, stoves, meal-planning, water purification, and sanitation.
7. Fires – eco-hazards, ground preparation, tinder-kindling-fuel, tips for starting, safety and legal regulations and extinguishing.
8. Shelter – wilderness survival shelters, tents, tent-sites, and ground preparation.
9. Orientation – use of the compass, maps and natural surroundings such as sun, landmarks, state and federal blaze markers.
10. The Ecology – being a “minimal-impact” visitor. Respect for and integration with the natural wilderness.

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member, but will include the following:

1. Attendance at all scheduled class meetings.
2. Demonstrated preparation and participation on the wilderness trip.
3. A written paper of five (5) pages, citing at least four sources, footnoting expected. Topics to be discussed in class.
4. Written final exam.

Other Course Information

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvements of CCBC's courses and programs.