

COURSE OUTLINE		
<b>TERM: Fall 2020</b>	<b>COURSE NO: REC 157</b>	
<b>INSTRUCTOR:</b>	<b>COURSE TITLE: Wilderness Skills</b>	
<b>OFFICE: LOCAL:</b>	<b>SECTION NO(S):</b>	<b>CREDITS: 3</b>
<b>E-MAIL: @capilanou.ca</b>		
<b>OFFICE HOURS:</b>		
<b>COURSE WEBSITE:</b>		

Capilano University acknowledges with respect the Lil'wat, Musqueam, Squamish, Sechelt, and Tsleil-Waututh people on whose territories our campuses are located.

#### **COURSE FORMAT**

Three hours of class time, plus an additional hour delivered through online or other activities for a 15-week semester, which includes two weeks for final exams.

#### **PREREQUISITES**

None

#### **CALENDAR DESCRIPTION**

Field skills for the developing outdoor leader are introduced in this course including wilderness travel, outdoor living, navigation, environmental ethics and leadership.

#### **COURSE NOTE**

REC 157 is equivalent to REC 148. Duplicate credits will not be granted for this course and REC 148.

#### **REQUIRED TEXT AND/OR RESOURCES**

O'Bannon and Clelland (2001). Allan and Mike's Really Cool Backpackin' Book. Falcon Publishing. Montana.

#### **COURSE STUDENT LEARNING OUTCOMES**

**On successful completion of this course, students will be able to do the following:**

1. Navigation: Participants will be able to plan an effective route using a topographic map, compass and route card.
2. Equipment and Clothing Selection: Participants will be able to select and properly use clothing and equipment for overland activities.

3. Nutrition, Food Planning and Preparation: Participants will understand nutritional requirements necessary when planning menus for backcountry outings. Participants will be able to prepare and provide meals suitable in the backcountry.
4. Camp and Trail Considerations: Participants will be able to select, set up, maintain and break down campsites with consideration for the environment and adherence to backcountry conservation practices
5. Trip Planning: Participants will be able to plan safe and enjoyable trips of various lengths over land.
6. Emergency Response Protocols: Participants will be introduced to field emergency and risk management plans.
7. Leadership and Trip Behavior: Participants will be aware of the theory of the above items and their field applications. Decision making techniques, developing Judgment and communication styles.

### COURSE CONTENT

Day	TOPIC (S)	REQUIRED READINGS/ ACTIVITIES
1	Introduction to the Course Tone Set / Expectations - Instructor / students Amateur - Professional Log Books, both legal and personal Back packs, boots, gear Team Building Exercises	Read pages 1 – 23  Gear preparation
2	1000 Valhalla Pure gear and clothing presentation Clothing General principles Materials and their characteristics Clothing list for backcountry travel Tents Navigation: Compass Map interpretation Map and compass together Field work map / compass	Read pages 24 – 42
3	Navigation: Triangulation / resection Observing map features in the field Camp Considerations Tarp set up Stove operations/maintenance/safety Manage and organize a cooking area Practice environmental ethics Trail Practice techniques Estimate time and distance of travel Trail courtesy Food	Read pages 43 – 69

	Food waste disposal Dishwashing Cooking methods Washing, bathing, personal hygiene	
<b>4</b>	- Ropes / Knots - Communication Styles - Pre-trip planning - Leadership - Map review - Good expedition behavior - Risk management - Food and menu planning - Food shopping and trip preparation	Read pages 70 – 101
<b>5</b>	Route finding / navigation Setting a camp Wildlife Preparation	Read pages 102 – 153
<b>6</b>	Field Trip Garibaldi Provincial Park	Skills evaluation
<b>7</b>	Field Trip Garibaldi Provincial Park	Skills evaluation
<b>8</b>	Field Trip Garibaldi Provincial Park	Skills evaluation

**EVALUATION PROFILE:**

Assessment and Due Dates	% Of Final Grade	Individual/Group
4 classroom quiz's – Classes 1 – 4 (5% each)	20	Individual
Teach a skill Class	10	Individual
Log book (on field trip)	10	Individual
Practical evaluation (on field trip)	10	Individual
Route Plan Assignment	15	group
Professionalism, participation, leadership (ongoing)	10	Individual
Written Exam	25	Individual
Total	100	

**Professionalism, participation, leadership (ongoing)**

The professionalism, participation and leadership mark includes components such as classroom/field engagement, group participation and leadership skills including demonstration of outdoor skills readiness

<b>GRADING PROFILE:</b>	A+=90-100	B+ = 77-79	C+ = 67-69	D = 50-59
	A =85-89	B = 73-76	C = 63-66	F = 0-49
	A-=80-84	B- = 70-72	C- = 60-62	

**Incomplete Grades**

Grades of Incomplete "I" are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

**Late Assignments**

Assignments are due at the beginning of the class on the due date listed unless otherwise noted in the course syllabus. If you anticipate handing in an assignment late, please consult with your instructor beforehand. See course syllabus for penalties associated with late assignments.

**Missed Exams/Quizzes/Labs etc.**

Make-up exams, quizzes and/or tests are given at the discretion of the instructor. They are generally given only in medical emergencies or severe personal crises. Some missed labs or other activities may not be able to be accommodated. Rescheduling will not be allowed for reasons such as holidays or work conflict, nor shall re-scheduling be possible after exams have been graded and returned. Please consult with your instructor. Final Exams are to be written on the date and time scheduled.

**Attendance**

Students are expected to attend all classes and associated activities. See course syllabus for penalties related to missed classes.

**English Usage**

Students are expected to proofread all written work for any grammatical, spelling and stylistic errors. Instructors may deduct marks for incorrect grammar and spelling in written assignments.

**Electronic Devices**

Students may use electronic devices during class for note-taking only or when working in groups on tasks assigned by the instructor.

**On-line Communication**

Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or Moodle; please check both regularly. Official communication between Capilano University and students is delivered to students' Capilano University email addresses only.

**UNIVERSITY OPERATIONAL DETAILS****Tools for Success**

Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: <https://www.capilanou.ca/student-life/>

**Capilano University Security: download the [CapU Mobile Safety App](#)**

**Policy Statement (S2009-06)**

Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Academic Integrity, Academic Probation and other educational issues. These and other policies are available on the University website.

**Academic Integrity (S2017-05)**

Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy and procedures S2017-05 Academic Integrity for more information: <https://www.capilanou.ca/about-capu/governance/policies/>

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

**Academic dishonesty** is an act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

**Cheating:** Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

**Fraud:** Creation or use of falsified documents.

**Misuse or misrepresentation of sources:** Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

**Plagiarism:** Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

**Self-Plagiarism:** Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

**Prohibited Conduct:** The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

### **Sexual Violence and Misconduct**

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence and Misconduct Policy and B.401.1 Sexual Violence and Misconduct Procedure (found on Policy page <https://www.capilanou.ca/about-capu/governance/policies/>)

**Emergencies:** Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.

### **DEPARTMENT OR PROGRAM OPERATIONAL DETAILS**

See course syllabus