

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: April 2012

I. Course Prefix and Number: PE 150

Course Name: Beginning Camping

Credit Hours and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description including pre- and co-requisites: This course is designed to provide basic fundamentals of camping. Strong emphasis will be placed on the appropriate relationship between man and his natural environment. A half-day trip, an organizational meeting and a three-day trip are required. A minimal fee is required. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Identify the wellness benefits of outdoor recreational activities.
2. Participate in outdoor activities while conserving and protecting the environment.
3. Execute basic camping skills such as starting a fire, planning and preparation of meals, proper utilization of camping gear and camping site selection.
4. Recognize safety concerns in an outdoor environment.
5. Utilize a contour map and compass.
6. Recognize and identify plants, trees and wildlife.

Relationship to Academic Programs and Curriculum:

This course can be used to fulfill the physical education requirement for all majors at FLCC. It is considered an introduction, and no prior knowledge of camping is required.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Hand-outs

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lecture, discussions, demonstrations, physical participation in activities.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of camping skills and physical performance in an outdoor environment. Such assessments and related assignments will develop critical thinking techniques, reading, along with developing ethics and values regarding an appreciation of lifetime physical activity in an outdoor environment.

V. General Outline of Topics Covered:

1. Wellness benefits of outdoor recreational activities.
2. Conservation and protection of the environment.
3. Basic camping skills.
4. Safety concerns in an outdoor environment.
5. Use of contour maps and compass.
6. Pros and cons of various camping gear.
7. Problem solving and adapting in an outdoor environment.
8. Identification of plants, trees and wildlife.

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