COURSE SYLLABUS
Southeast Missouri State University

Department of: Health, Human Performance and Recreation
Course No: RC 150
Title of Course: Outdoor Living Skills
New: Spring 2008

Department Approved: April 9, 2008
College Council Approved: May 7, 2008

I. Catalog Description and Credit Hours:
Introduction to the basics in wilderness camping and backcountry travel skills; emphasis placed on a variety of wilderness environments. (3 credit hours)

II. Prerequisites:
None

III. Course Objectives:
A. Develop and implement proper planning for a backcountry trip.
B. Analyze how humans impact the backcountry.
C. Obtain Leave No Trace Trainer Certificate.
D. Identify hazards in the outdoors, safety measure to prevent accidents, and emergency procedures in case of accident.
E. Identify current backcountry equipment and discuss the importance of proper fit and safety.
F. Demonstrate basic skills needed to function in a wilderness camping environment
G. Identify and demonstrate basic orienteering and map reading skills.
H. Demonstrate appropriate expedition behavior

IV. Expectations of Students:
A. Students will participate in all class meetings and are expected to have completed pertinent assignments prior to class meetings
B. Students will be expected to fully participate in experiential laboratory and out-of-class experiences as described by the course outline at the beginning of the semester.
C. Students will achieve satisfactory grades on tests, reports, journals, class activities, and other assignments.

V. Course Content:
Introduction to the following basic wilderness camping skills:
A. Trip Preparation
   1. Emergency Action Plan
   2. Logistics
   3. Gear list
   4. Menu Planning
   5. Knot Tying
   6. Expedition Behavior
   Hours: 9
B. Leave No Trace
   1. Plan Ahead and Prepare
   2. Travel and Camp on Durable Surfaces
   Hours: 9
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

C. First Aid Issues and Emergency Procedures
   1. First Aid Supplies
   2. Emergency Action Plan
   3. Illnesses and Injuries

D. Equipment
   1. Clothing
   2. Footwear
   3. Tents and Shelters
   4. Backpacks
   5. Hydration systems
   6. Stoves, fuel and cooking set

E. Camping Skills
   1. Packing gear
   2. Backpacking
   3. Identifying and preparation of camp site
   4. Tent set up
   5. Cooking

F. Map and Compass
   1. Scale and Colors
   2. Orientation, Contour Lines and Handrails
   3. Bearings and Simple Triangulation
   4. GPS Units

Total Hours: 45

VI. Textbook:

VII. Student Evaluation
A. Papers 20%
B. Quizzes and Exams 20%
D. Skills Assessment 40%
G. Leave No Trace Teaching Project 100%