

CATALOG INFORMATION

Dept and Nbr: NRM 66

Title: WILDERNESS SKILLS

Full Title: Wilderness Skills

Last Reviewed: 9/24/2018

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 3.00 | Lecture Scheduled | 3.00 | 17.5 | Lecture Scheduled | 52.50 |
| Minimum | 3.00 | Lab Scheduled | 1.00 | 6 | Lab Scheduled | 17.50 |
| | | Contact DHR | 0 | | Contact DHR | 0 |
| | | Contact Total | 4.00 | | Contact Total | 70.00 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 105.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: FOR 66

Catalog Description:
Advanced principles and techniques of wilderness camping survival and leadership. Students will develop skills required for planning, organizing, and conducting safe group trips in the wilderness. Course targeted for students pursuing careers in park management and outdoor recreation. Students who enroll should be able to hike/snowshoe at least 5 miles in the snow with 30-pound pack.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:
Health or Safety:
Students who enroll should be able to hike/snowshoe at least 5 miles in the snow with 30-pound pack.

Schedule of Classes Information:
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Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment: Health or Safety:

Students who enroll should be able to hike/snowshoe at least 5 miles in the snow with 30-pound pack.

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| | | | |
|----------------------|----------------------|----------------------|-----------|
| AS Degree: | Area | Effective: | Inactive: |
| CSU GE: | Transfer Area | Effective: | Inactive: |
| IGETC: | Transfer Area | Effective: | Inactive: |
| CSU Transfer: | Transferable | Effective: Fall 1984 | Inactive: |
| UC Transfer: | | Effective: | Inactive: |

CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of the course, students will be able to:

1. Identify and explain proper equipment selection for a number of different climatic environments and activities.
2. Use hand compass, topographic maps, and/or basic GPS systems for orienteering purposes in wilderness backcountry.
3. Obtain Cardiopulmonary Resuscitation (CPR) and first aid certification.
4. Recommend proper campground safety and courtesy.
5. Select and illustrate proper rigging and knot-typing techniques for backcountry use.
6. Choose and practice wilderness survival techniques.
7. Organize backcountry trips.
8. Describe and apply conservation and "leave no trace" principles in the wilderness.

Topics and Scope:

- A. Introduction
 1. Review of low-impact camping and survival skills
 2. Emergency medical training
- B. First Aid (for Red Cross Certification)
- C. Cardiopulmonary Resuscitation (for American Red Cross Certification)
- D. Do-it-yourself equipment and its implementation
 1. Back pack

2. Tent
3. Snowshoes
4. Stoves
- E. Safe cross country winter travel with skies or snowshoes
- F. Organization principles and practices for backcountry trips
- G. Group dynamics for wilderness leaders
- H. Employment and service opportunities in wilderness leadership programs
- I. Personal and land management factors
 1. Conservation of time
 2. Conservation of energy
 3. Conservation of the environment
- J. "Leave no trace" principles

Assignment:

1. Reading assignments that will average ten pages per week
2. Cardiopulmonary Resuscitation and first aid certification activities and exam
3. Thirty minute oral presentation on outdoor recreation equipment selection, use and maintenance
4. Field demonstration and test of proper land orienteering techniques using the hand compass and topographic maps
5. Field demonstration and test of proper rigging and knot-tying techniques for backcountry use
6. Field Demonstration and test of wilderness survival techniques
7. Participation in two scheduled backcountry trips with the class
8. Written assignments during semester as scheduled by instructor
9. Midterm and final exam.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Written assignments; planning, organizing, implementing group trips; CPR training activities

Problem solving
20 - 30%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

CPR training activities; implementation plans; demonstration of field skills

Skill Demonstrations
40 - 50%

Exams: All forms of formal testing, other than skill performance exams.

Midterm and final exam: multiple choice, true/false, matching items, completion, short essay; CPR examination

Exams
20 - 20%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation in class trips

Other Category
10 - 20%

Representative Textbooks and Materials:

First Aid and CPR Manual, American Academy of Orthopaedic Surgeons, by Jon R. Krohmer, 2006.

Wild Edible Plants of the Western United States, by Donald R. Kirk, Naturgraph Publishers, 2003. (classic)

Instructor prepared materials

Bushcraft: Outdoor Skills and Wilderness Survival. Kochanski, Mors. Lone Pine Publishing. 2008