

KINE 190 -01
PRINCIPLES OF OUTDOOR LEADERSHIP
(3 CREDITS)
FALL 2011

COURSE DESCRIPTION

Learn the theory and application of outdoor leadership. Topics include the history and philosophy of outdoor adventuring, leadership theory, group dynamics, group facilitation, trip planning, outdoor survival, risk management, wilderness living skills, instructional practices, and others. Students will gain experience and knowledge in basic wilderness living through an optional weekend backpacking trip during the course.

COURSE OBJECTIVES

After participating in this course, students should be able to demonstrate an understanding of the following:

1. the role of outdoor adventures and services as a means for continued personal and interpersonal growth throughout the lifespan;
2. the responsibility of outdoor adventure leaders to cater to all populations, including those with special needs and disabilities;
3. the history and philosophy of outdoor adventure practices;
4. the use of various leadership styles and techniques to enhance outdoor experiences ;
5. basic ethical principles and professionalism as applied to all attitudes and behaviors among practitioners in the field of outdoor education and recreation;
6. group dynamics and processes, including interpersonal relations, conflict resolution, and decision-making;
7. planning, organizing, implementing, and evaluating outdoor adventure experiences and services for individuals and groups;
8. hazards associated with outdoor adventure activities, risk management strategies, and emergency procedures;
9. basic instructional methods in outdoor education and recreation;
10. the reliance of outdoor education and recreation programs and services on the natural resource base;
11. the principles and practices of Leave No Trace and our responsibility to promote sustainable use of our natural resources;
12. local, national and international agencies and organizations that provide outdoor education and recreation opportunities and services;
13. basic wilderness living skills and;
14. basic legal issues associated with outdoor adventure programs.

COURSE TEXT

Required text

Martin,B.,Cashel,C.,Wagstaff,M.,Breunig,M. (2006) *Outdoor Leadership Theory and Practice*, Champaign,IL Human Kinetics.

Suggested Readings

Bonney, B. F., and Drury, J. K. (1992). *The Backcountry Classroom: Lesson plans for teaching in the wilderness*. Merrillville, IN: ICS Books.

Hampton, B., and Cole, D. (2003). *Soft Paths: How to enjoy the wilderness without harming it*. 3rd Edition. Mechanicsburg, PA: Stackpole Books.

Harvey, M., (1999) *The National Outdoor Leadership School's Wilderness Guide*, New York, Fireside (Simon and Schuster).

Isaac, J. (1998). *The Outward Bound Wilderness First-aid Handbook*. New York: Lyons Press.

Kosseff, A. (2003). *AMC Guide to Outdoor Leadership*. Guilford, CT: Globe Pequot Press.

Lamb, J., Goodrich, G., Brame, S., and Henderson, C. (2006) *Wilderness Ethics: Valuing and managing wild places*, Mechanicsburg, PA. Stackpole Books.

Miner, J. (2002). *Outward Bound USA: Crew not passengers*. Seattle: The Mountaineers Books.

Mountaineering: The freedom of the hills. Don Graydon and Kurt Hanson, Eds. Seattle: The Mountaineers Books.

Priest, S. & Gass, M. (1997). *Effective Leadership in Adventure Programming*. Champaign, Ill.: Human Kinetics.

COURSE REQUIREMENTS

- 1) **Participation:** Students are expected to attend and **actively** engage in every class period. The *quality* of your experience in this class will be greatly determined by the level of energy that you contribute to the class. Notes or a description of what occurred during a missed class must be requested of other students rather than the instructor. Absences from the class will negatively affect your grade. **(Point Value: 10)**
- 2) **Leadership Development Portfolio:** Each student is expected to create a leadership development portfolio (LDP) through the completion of a series of LDP exercises over the course of the semester. The portfolio consists of 7 exercises in all. The portfolio will be discussed in detail in class. **(Point Value: 45 = 7 LDP Exercises)**
- 3) **Field Experience – Choose one of the following options (Point Value: 20):**
 - A. **Leave No Trace Experience Option A;** students will participate in a Leave No Trace overnight. This overnight is designed to prepare students to practice and teach the principles of Leave No Trace. Following are a list of requirements for the completion of this assignment:
 - **Backpacking Experience** – You must participate in a weekend backpacking trip in Matoaka Woods or an alternative site. Planned Dates November 7 (starting approx. 1:00 p.m.) – November 8. (early evening @5:00) More information to follow.
 - **Teaching Topics** – Develop a lesson plan also known as an Activity Card (located on Blackboard) to be turned in for teaching a topic related to the principles of Leave No Trace, and teach your topic to your peers during the field experience. Topics to be assigned.
 - **Action Plan** – Develop a 1-2 page typewritten action plan detailing how you can promote the principles of Leave No Trace.

OR

- B. **Service Learning Experience** – Under Option B, students will participate in a minimum of **15 hours** of volunteer experience in an outdoor education/recreation services setting.

Note: Be sure to review specific parameters of the Service Learning Experience. Located on Blackboard. Following are a list requirements for the completion of this assignment:

- **Service Learning Contract** – Your service learning site must be approved and a Service Learning Contract (see Service Learning handout) must be submitted no later than **September 9**.
- **Service Learning Journal** – You must keep a journal detailing experiences, observations, and insights during your service learning experience. This journal must include a record of such details as date(s), time(s), and place(s) of your service learning activities.
- **Service Learning Essay** – You must submit a 4-5 page typewritten essay describing your service learning experience and relating your experience to theory addressed in the course through readings and class discussions. This essay is due no later than **December 1**

- 4) **Quizzes:** Students must complete two (2) pop quizzes based on material presented in class and in the assigned readings. **(Point Value: 10 = 2 @ 5 points each)** These are generally unannounced.
- 5) **Exam:** This is a comprehensive experience that will take approximately 1.5 hours:
Monday Dec. 5th. 9:00 -Noon

GRADING PLAN

10	10%	Participation
45	45 %	Leadership Development Portfolio
20	20 %	Field Experience
10	10%	Quizzes
15	15%	Exam
100	100 %	Total

94 - 100	94 - 100%	A
90 - 93.5	90 - 93.5%	A-
87 - 89.5	87 - 89.5%	B+
84 - 86.5	84 - 86.5%	B
80 - 83.5	80 - 83.5%	B-
77 - 79.5	77 - 79.5%	C+
74 - 76.5	74 - 76.5%	C
70 - 73.5	70 - 73.5%	C-
67 - 69.5	67 - 69.5%	D+
64 - 66.5	64 - 66.5%	D
60 - 63.5	60 - 63.5%	D-
Below 60		F

Note: All assignments are due on the specified date at the time of class, whether you are present or not. Past due work will not be accepted, whether absences are excused or not.

I encourage you to talk to me about any difficulties that you may have and seek my support in making this class a successful and productive experience for you.

COURSE POLICIES

Attendance: The policy for attendance in undergraduate courses at William and Mary is stated in both the Undergraduate Program Catalog and the Student Handbook. It states that: “Except for reasonable cause, students are expected to be present at all regularly scheduled class meetings”. Students are

expected to arrive in class on time and stay for the duration of the class. In that this course is experiential in nature; active engagement in class exercises is required for learning to take place. While respecting the *challenge by choice* philosophy on which the course is based, your attendance and participation is required.

Safety: Safety protocols must be followed at all times during the field-based portion of this course. Any violation of safety protocols may result in removal from the course and/or in receiving a failing grade. -- You will need to complete a medical form and sign an assumption of risk form.

Honor Code: All members of the College of William and Mary are bound by the school's Honor Code.

Disability Access: Students who believe they may need accommodations in this class are encouraged to contact: Disability Services <http://www.wm.edu/deanofstudents/disable/>

The mission of Disability Services at the College of William and Mary is to create a barrier-free environment for matriculated students with disabilities by considering reasonable accommodation upon request on an individual and flexible basis.

TDD: 757-221-2302; *Phone:* 757-221-2510; *Building:* Campus Center 109

Cell Phones: Please extend courtesy to your instructor and fellow students by turning off your cell phones and other electronic devices. Thank you for your cooperation.

Food and Drink: Students are responsible for providing their own food and drink during the field-based portion of this course.

Transportation: Students will be responsible for transportation off campus. Transportation needs to be pooled as much as possible.

GENERAL INFORMATION

Instructor:	Kim Whitley
Office:	304 Adair Hall
Phone:	757-221-2789
Email:	kpwhit@wm.edu
Office Hours:	MWF 12-12:45
Location:	Andrews 201 and various outdoor locations On days that we meet at a location outside Andrews Hall, this location will be posted on the whiteboard just inside the front door of Adair Hall.
Class Meets:	M/W/F. 11:00 – 11:50