

Adventure Education/Outdoor Pursuits Course 0045 Overview

Course Description

The students enrolled in the Adventure Class will progress through an experientially-based program that emphasizes interpersonal relationships and individual growth. This course encourages students to develop greater self-confidence and, at the same time, acquire a sense of trust and commitment in their classmates. Outdoor education is designed to expose students to a variety of outdoor skill. Outdoor pursuit activities may include: camping, backpacking, survival skills, hiking, fishing, orienteering, snow shoeing, cross-country skiing, canoeing, and kayaking.

Credits

.5

Prerequisites

Fit 4 You

Board Approved

2005

Revised

Summer 2022

Required Assessments

District Common Summative Assessments

Textbooks/Resources

McNeill, Carol; Cory-Wright, Jean; and Renfrew, Tom. Human Kinetics, Inc. Teaching Orienteering. 1998. ISBN: 0880118040

Werner, Doug. Tracks Publishing. Backpacker's Start-Up: A Beginner's Guide to Hiking & Backpacking (StartUp Sports Series).1999. ISBN 188465410X American Canoe Association. Menasha Ridge Press. Introduction to Paddling: Canoeing Basics for Lakes and Rivers. 1996. ISBN 0897322029

Kugach, Gene. Stackpole Books. Fishing Basics. 1993. ISBN 0811730018

Prater, Gene. Mountaineers Books. Snowshoeing: From Novice to Master (Outdoor Expert). 2002. ISBN 0898868912

Lovett, Rick. International Marine/Ragged Mountain Press. The Essential Cross-Country Skier. ISBN 0070496250

Course Essential Understandings

- Students will learn that outdoor pursuits are those that provide excitement, challenge, and a degree of risk while minimizing the importance of winning and losing.

Course Essential Questions

How to acquire new physical skills to develop different types of fitness.
How to work in a group and develop mutual support.
How to develop an appreciation for outdoor activities.

Unit Overviews

Unit Name	Unit Description	Unit Essential Question	Instructional Standards	Assessed Standards
Water Pursuits	Students participate in water pursuits such as kayaking, canoeing, and fishing in this three-week unit. Students refresh basic swim safety and are exposed to different paddling techniques and other paddle sports skills. Students will also learn the importance of social and mental wellness and the skills needed to learn how to fish.	Evaluates risks and safety factors that might affect physical activity preferences throughout the various outdoor activities associated with water.	S1.H1.L1 S3.H5.L1 S4.H5.L1	S1.H1.L1 S3.H5.L1 S4.H5.L1
Adventure Education	Students are exposed to the seven stages of the adventure process in this four-week unit, name games, ice-breakers, communication, problem-solving, trust, low-ropes, and high ropes. Students are offered opportunities to explore interpersonal and intrapersonal development through adventure-based experiences. Students will be highly-active with peers during this inquiry-based unit.	How to overcome perceived risks and barriers to accomplish a task cooperatively with a group.	S1.H1.L1 S5.H2.L2 S5.H4.L1	S1.H1.L1 S5.H2.L2 S5.H4.L1
Outdoor Pursuits	In this eight-week unit, students are exposed but not limited to activities such as rock climbing, cross-country (nordic) skiing, and snowshoeing. This unit explores basic techniques of typical outdoor pursuits, community options to continue activities beyond school, and applies exercise principles to outdoor pursuits.	Evaluates risks and safety factors that might affect physical activity preferences throughout the various outdoor activities.	S1.H1.L2 S2.H1.L1 S2.H3.L1 S5.H1.L1	S1.H1.L2 S2.H1.L1 S2.H3.L1 S5.H1.L1
Survival Skills	Students will learn the basic principles of Leave No Trace, compass reading, and survival skills. This unit takes an experiential approach and encourages working as a team to solve critical life-saving dilemmas.	Evaluates risks and safety factors that might occur in the outdoors and applies survival skills in various situations.	S4.H3.L1 S4.H4.L1	S4.H3.L1 S4.H4.L1