



# NEDERLAND HIGH SCHOOL OUTDOOR RECREATION

The Outdoor Recreation pathway equips students with the skills and knowledge needed for rewarding careers in outdoor recreation. Through a hands-on curriculum, students explore different activities, while learning about safety, environmental stewardship, and customer service. This pathway emphasizes teamwork, leadership, and communication, preparing students to design and lead engaging outdoor programs. By fostering a love for nature and developing practical skills, students are ready to thrive in various roles within the outdoor industry, promoting healthy lifestyles and sustainable practices.

## COURSE INFORMATION (CLASSES CAN BE TAKEN AT ANY TIME)

### COLORADO FOURTEENERS

This is a fundamental course within the Outdoor Recreation Leadership Pathway for freshmen. It is designed to allow students to examine their own mental, physical, and emotional wellbeing and discover ways to continuously strengthen their overall wellness. We will emphasize how regular health and fitness plans are critical to maintaining wellness by setting goals and routines. Students will set their own goals relating to their wellness in addition to the cumulative group goal of climbing a Colorado fourteener in the summer after they have completed the course. This class additionally presents a historical look into the naming and climbing of Colorado's 14,000 foot peaks. Includes information on the current routes to ascend the peaks.

### ROCK CLIMBING

Introduces basic rock climbing, improving dexterity, problem solving skills and the physical work capacity of an individual. Enables the student to gain an understanding of the general principles of climbing; how equipment works and how it is used; basic climbing skills and techniques; safety and climbing etiquette and terminology.

### INTRO TO WINTER SPORTS

This course within the Outdoor Recreation and Leadership Pathway provides an overview of at least two of the following winter sports: alpine skiing, snowboarding, ice skating, telemark skiing, nordic skiing, snowshoeing, or skate skiing. Enables the student to gain the knowledge and techniques necessary for winter sports on beginner to intermediate groomed or backcountry terrain. Incorporates multiple field trips to ski areas or other outdoor venues.

### BICYCLE TECHNOLOGY 1

This course is designed to introduce and excite students about career pathways within the bicycle industry and prepare them for entry-level positions as bicycle technicians or retail associates. Skills are developed and assessed by a combination of hands-on tests, written assessments, presentations, and project-based learning. This course uses some of the NGSS standards as performance criteria. Students will be awarded the Bicycle Technology Level 1 industry endorsed certificate by establishing career readiness skills in combination with the professional technical skill standards.



**ACCELERATE**

BOULDER VALLEY SCHOOL DISTRICT



## **COURSE INFORMATION (CONT. (CLASSES CAN BE TAKEN AT ANY TIME)**

### **HEALTH/WILDERNESS FIRST AID**

This course within the Outdoor Leadership Pathway is designed to give students an understanding of First Aid in the Wilderness setting. Students will have hands-on experience using First Aid in outdoor situations. Students will work together in groups to learn how to give CPR and first aid to adults. This course will also fulfill health requirements needed for graduation by learning about Nutrition, Bullying/Violence, Sexual Education, and other health related topics.

### **AP ENVIRONMENTAL SCIENCE (UPPERCLASSMEN)**

AP Environmental Science courses are designed by the College Board to provide students with the scientific principles, concepts, and methodologies required to understand the interrelationships of the natural world, identify and analyze environmental problems (both natural and human made), evaluate the relative risks associated with the problems, and examine alternative solutions for resolving and/or preventing them. Topics covered include science as a process, ecological processes and energy conversions, earth as an interconnected system, the impact of humans on natural systems, cultural and societal contexts of environmental problems, and the development of practices that will ensure sustainable systems.

### **SNOW SCIENCE (UPPERCLASSMEN)**

Snow Science provides students with an in-depth introduction to assessing snowpack and making informed backcountry travel decisions. Course content includes developing an understanding of snow formation, deposition, stability, avalanche processes, risk management, watershed assessment, and the effects of climate change on alpine and glacial regions. This course is intended to provide the necessary background knowledge for students who may pursue careers as mountain guides, ski patrollers, or plan to work in environments where safe winter travel is a critical component of the trade. This course is highlighted by an optional 3-day intensive AIARE Level 1 avalanche training and certification course.

### **BACKPACKING**

This course within the Outdoor Recreation Leadership Pathway provides skills related to wilderness travel and outdoor adventure. Emphasizes knowledge of backpacking skills, survival techniques, proper physical conditioning, route finding, equipment selection, and an understanding and respect for the environment. The course incorporates lecture and discussion sessions followed by a weekend trip in the mountains.

### **WBL: INTERNSHIP SEM (UPPERCLASSMEN)**

The BVSD internship program combines in-school instruction with on-site work experience to provide students with the best opportunity to prepare for their future career. Students build on prior knowledge and skills in a specific career cluster to further develop and apply employability and technical skills that prepare them for success in future career and postsecondary education. This course is a combination of online/in-person coursework and on-site work experience. Hours requirements vary based on the structure of the specific course.