

North Hennepin Community College

EXSC 1640: Outdoor Activity Sampler

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides skill, instruction, and experience related to numerous outdoor activities. Activities may include any or all of the following: canoeing, kayaking, orienteering, rock climbing, adventure ropes course, hiking, camping, nature's edibles, and/or outdoor cooking. Students are exposed to a variety of skills so they have the opportunity to pursue interests beyond this course and throughout their lives. This course concludes with a weekend trip.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Includes, but is not limited to, layering systems, basic first aid (concerns, prevention & treatment), orienteering techniques, rock climbing skills & techniques, kayaking skills & techniques, canoeing skills & techniques, nature's edibles, outdoor cooking and nutrition, geocaching, fire building, high & low ropes challenge courses, leave no trace principles, leadership roles and skills.

D. LEARNING OUTCOMES (General)

1. Examine the main components of Wilderness Ethics, and formulate those components into a personal wilderness ethic. (NHCC ELO 1,2,3)
2. Identify and demonstrate what a layering system is, and its varying purposes throughout the seasons. (NHCC ELO 1,3)
3. Develop and demonstrate the basic skills/components for each outdoor activity/skill taught. (NHCC ELO 1,2,3)
4. Identify, describe, and demonstrate the safety requirements and equipment needs for each outdoor activity/skill taught. (NHCC ELO 1,2,3)
5. Develop and demonstrate skills in the use of a map and compass for wilderness off-trail navigation. (NHCC ELO 1,2,3)
6. Attain an understanding of outdoor leadership roles and skills, and demonstrate the translation of these roles and skills through practical application and transference. (NHCC ELO 1,2,3)
7. Exhibit an understanding of the 7 Leave No Trace (LNT) principles, and have the ability to distinguish between them. (NHCC ELO 1,3)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World - Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement including: Civic knowledge and involvement - campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.