

North Hennepin Community College

EXSC 1610: Winter Skills

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course introduces the skills, techniques, equipment, and ethics of winter wilderness-oriented skills, such as winter camping, snow shoeing, and cross country skiing. This course provides a variety of exposure to skills so that students may pursue interests beyond this course. This course concludes with a weekend trip.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Includes, but not limited to layering systems, basic winter first aid (concerns, prevention & treatment), cross country ski touring techniques, snowshoeing skills & techniques, snow shelter equipment & construction, leave no trace principles, leadership roles and skills.

D. LEARNING OUTCOMES (General)

1. Students will identify and demonstrate what a layering system is, and its varying purposes throughout the seasons. (NHCC ELO 1,3)
2. Students will be able to interpret ways in which the human body loses heat, and examine equipment to eliminate and/or control heat loss. (NHCC ELO 1,3)
3. Students will differentiate between the various types of snow shelters, and exhibit this knowledge through the construction of their own. (NHCC ELO 1,2,3)
4. Acquire basic cross country ski touring techniques, and demonstrate these techniques using the diagonal stride to move forward, to turn, and to move uphill and downhill on various terrain and trails. (NHCC ELO 1,3)
5. Acquire basic snowshoeing techniques, and demonstrate these techniques by moving forward, up, and down hills on snowshoes on various terrain and trails. (NHCC ELO 1,3)
6. Identify basic winter first aid concerns, prevention, and treatment, including frostbite, hypothermia, and dehydration. (NHCC ELO 1,3)
7. Review and describe basic winter food concerns including nutrition, preparation and production of a meal.
8. Demonstrate an understanding of outdoor leadership roles and skills, and implement these roles and skills through practical application and transference. (NHCC ELO 1,2,3)
9. Exhibit an understanding of the 7 Leave No Trace (LNT) principles, and have the ability to distinguish between them. (NHCC ELO 1,2,3)

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.