Class Outline: PE 300 Leisure Time Outdoor Pursuits Summer

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Class Location(s): Diddle Arena 2036, Mammoth Cave National Park and assorted outdoor areas in the region.

Class Description: This class emphasizes experiential learning of selected outdoor leisure time pursuits, applying environmental instruction for the purpose of application in school settings.

Course Objectives:
At the conclusion of this course, students will have:

1. An understanding of how to develop leisure time pursuits with minimum environmental impact.
2. Become acquainted with resources available for teaching outdoor leisure time pursuits.
3. Developed skills applicable for instruction in outdoor classrooms.
4. Received training in the Project Wild Program.
5. Completed the American Canoe Association Essentials of Canoeing-Tandem Level 2 Course.
6. Planned and Completed a Backpacking Trip.
7. Completed the Leave No Trace Program (LNT Awareness Workshop).
8. An understanding of how to use Map and Compass in land navigation.

Class Design: Class units involve experiential education in a variety of outdoor settings including a camping trip. Textbook purchases are mandatory and contain required reading assignments prior to summer segment of class. This class meets for an extended duration of time during the summer (approximately one week). Prior meetings (one day in April) are required.

Course Expenses:
1. Equipment: Will be provided by WKU Physical Education and Recreation Department (excluding sleeping bag).
2. Food: Is student's responsibility. We will plan a group camping trip.
3. Transportation: The class will run shuttles as part of the logistics learning experience. Students are required to furnish their own transportation.
4. Enrollment: Computer clearance is required prior to registration.

Required Texts:
PE 300 Field Manual -- WKU Bookstore
Student Evaluation:

* One Exam will be given on the first class meeting day in May. It will cover assigned readings from the Texts (100 pts.)
* A Project Wild Workshop will be completed and students will be evaluated on a project and presentation related to the Project Wild Curriculum (100 pts.)
* A final examination covering course units in (1) Canoeing, (2) Land Navigation, and (3) Low Impact Camping will be administered (300 pts). Proficient skills must be developed through course participation in order to successfully complete the course. Skills must be demonstrated prior to taking the written final.

• Attendance and participation is mandatory. • Students missing a 1/2 day session will be penalized two letter grades.

Scale:  
450-500 = A  
400-449 = B  
350-399 = C  
300-349 = D

Student Disability Services

In compliance with university policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Office for Student Disability Services in Downing University Center, A-200. The phone number is 270 745 5004.

Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.

PE 300

May 18-23  
June 8-13

April  
3:30-5:30 Mandatory Organizational Meeting
Intro/Expectations
Medical Forms, Trip Planning, Incident Procedure
Required Reading from Course Packet prior to May Class:
Outdoor equipment, food/ration planning, fly setting,
stove considerations, tent set-up.
Read The Camper’s Guide from cover to cover.
There will be a test of contents on first day of class.

Day 1, M)
9:00   Meet at Diddle Arena, Room 2036
9:10   Test over text: The Campers Guide
10:00  Intro & Camping/Canoeing/Land Navigation
       Equipment (List) Gear Demonstration
       Establish 3 person groups (granola recipe tomorrow)
10:30  Map & Compass Intro
       Shooting a Bearing & Terminology--
11:30  Intro Canoeing
       Safety- Hydrology
       Canoe/paddle materials & gear
       Video Session: “Uncalculated Risk”

Lunch   12:30  (on your own)
2:00-5:00  Canoeing- Flat Water on Three Springs Lake (Griffin Park)

Day 2 (, T)
8:00-10:00  Compass:  Bearings to map (Saranac Lake Exercise)
            Triangulation Exercise (Wildcat Hollow Map)
            Coordinates to maps exercise
10:30 Distribute Group Cook Gear
11:00 Stoves-- Stove Safety/Cook Site Set-up/Cooking
            (Stove Shakedown)
            Fly Set up
Lunch   12:00-    Crume Nature Park-  Cook Granola
               And/or bring a sack lunch as well as your individual eating gear.
               --Nutrition/Meals for Camping
               (Cook group meal plan required for camping trip 1:00 tomorrow)
2:30-5:30  Canoeing- Moving Water on Drakes Creek

Day 3 (, W)
8:00-12:00  Project Wild--Terry Wilson @ Jones-Jaggers
            Project Wild Presentations to be determined by 8:00 A.M. tomorrow
Lunch 12:00-1:00  (on your own)
1:00 “Canoe basics (Tandem Section)”
1:30-2:00 Campout expectations
   Shuttle Plans
   Tent Shakedown
   Equipment List: Hand out Group & Personal Gear
   Pack gear for shakedown tomorrow
   (Individual/group Equipment List handed in tomorrow @ 8:00 A.M.

3:00-6:00 Canoeing -Moving Water River Trip
   (Gaspar or Barren Dam)

Day 4 (, Th)

     8:00     Equipment Shakedown: Leave tomorrow
       Check Meal Plans/Equipment List
     9:00     Time Control Plan Exercise
     10:00    Practice Football Field (Applied skills)
     11:00    Video: "Margin for Error"

         Lunch Cookout 11:30 @ Keriakis Park
         Pot Luck-- Each group prepares a dish for the class
          (suggest using the NOLS Cookbook).
          Food Disposal/Dish Washing
          Hygiene/Bathing/Toileting
          Food Storage Options
     1:00     Keriakis Park Frisbee Golf Map

     2:00-6:00 Canoeing Moving Water River Trip
          (Gaspar) (Optional)

Day 5 (, F)

     Breakfast on your own prior to leaving
     8:00     Leave for MCNP
     9:00     Stop on way at Cedar Sink Trail Walk
          Trail Walk---/ Time Control Plan
          Trail techniques
     11:00    Set up Camp @ Maple Springs (#6)
          Site Selection
          Water processing
     12:00    Lunch at camp site
     1:00-  4:00  Project Wild Group Presentations
     4:00-?    Trail Walk to Good Springs Church and/or Homestead Camp site?

     6:00-8:00  Supper
     8:30     Fire Considerations (No gathering Firewood after dark)
          Campfire Tales (socially acceptable stories)
          Final Review
     10:30    All quiet on the Western Front
Day 6 ( , SA)
6:00 Wake-up
6:00-8:00 Breakfast & Break camp
8:00 Leave for Green River Trip & Run shuttle (30 minutes). Leave extra car at Takeout for drivers to run shuttle after getting off of river (1 hour).

9:00 Paddle the Green River
(Note: No license is required to fish in Mammoth Cave National Park. No students will be allowed to hold up the group for individual fishing interests).
Lunch on River (Water Quality Project/Macro Invertebrates?)
2:00 (approximately) Take-out @ Mammoth Cave Ferry & Clean canoes
Return to Bowling Green
4:00 Equipment Clean-up and Check-in
No finals until all equipment is cleaned and checked in.
Final: Canoe Exam/Camping Exam/Map & Compass Exam
Option: You may take the final exam at 8:00 a.m. tomorrow...