

Physical Education Elective: *Lifelong Outdoor Sports*

Instructor:

Mr. Knowles Home #: 479-2029 Email: *natefalling@hotmail.com*

Course Syllabus

Class Time: Wednesdays 12:10-2:40

(To maximize field time we may occasionally leave on a trip into the field after the 4th period class ending at 11:35. In that case we would need to eat lunch en route.

So plan on bringing a mobile lunch!)

** There will also be 1-2 required overnight or weekend trips each semester.*

Course Description:

This class is not only designed to meet physical education requirements, but is also designed to introduce you to the great world of outdoor sports. The skills and knowledge that you gain in this class are meant to make you comfortably proficient in outdoor sports that you very well may participate in for the rest of your life. Since the class includes 2-4 trips per year, a large portion of the material covered both in class and in assigned readings is directly related to, and in preparation for, the backcountry trips. Below is a broad overview of what you can expect course subject material to follow.

Fall (1st Quarter) – Outdoor Basics & Wilderness Skills **OR** Intermediate Rock Climbing

Late Fall/Winter (2nd Quarter) – Backpacking and Wilderness Travel

Winter – (3rd Quarter) Cross Country Skiing, Winter Travel and Camping

Spring – (4th Quarter) Flat-water Canoeing and Basic River Canoeing **OR** Biking

Required

*The National Outdoor Leadership School's **Wilderness Guide**, by*

Text:

Mark Harvey. 1999. A Fireside Book. Published by Simon & Schuster.

** There will also be additional assigned readings on relevant topics from various magazines, books, internet sites, etc...*

Lab Fee: \$50

(This money is used to help defray the extra costs of transportation, equipment, activities and food for trips.)

Possible Course Objectives and Focuses

<i>Hard Skills</i>	<i>Soft Skills</i>	<i>Knowledge</i>	<i>Personal Qualities</i>
Rock Climbing Techniques	Listening Skills	Self and Abilities	Self-Awareness
Basic Camping/Outdoor Skills	Speaking Skills	Other People	Focus
Paddling Techniques	Problem Solving	Outdoor Equipment	Perseverance
Basic 1 st Aid/Rescue	Dealing w/Groups	Goal Setting	Confidence
Hiking and Snowshoeing	Respect	Outdoor Skills	Responsibility
Backcountry Trip Planning	Initiative	Hazard Evaluation	'People Skills'

Course Requirements and Evaluation

Written Quizzes/Practical Tests/Homework-----	35%
Attendance, Participation, Preparedness, and Citizenship-----	35%
Personalized Fitness Program-----	30%

Written Quizzes/Practical Tests/Homework (35%):

Homework will be assigned that follows in-class subject material and activities. Periodically, you will also be given quizzes to evaluate your understanding and retention of information covered during class or in the required reading. Since this class is very hands on, there will also be ongoing skill benchmarks that are tested with practical tests. Both of these evaluation methods are meant as a means to look at what you have learned as well as to peak and maximize your learning potential.

Attendance (10%), Participation (10%), Preparedness (10%), and Citizenship (5%),:

A large portion of this class is taught and facilitated in the outdoors. Since the outdoors is an unfamiliar academic surrounding for many, it is very important that you keep in mind that we are still very serious about our pursuit of knowledge. Active participation and attentiveness to the task at hand is expected and will be observed and evaluated. Since the class meets only once a week attendance is also taken into consideration in the grading process. Students who have unexcused absences can expect to have this affect their grades and are responsible for any assignments or materials that can be made up.

Since this is an outdoor sports class, you should expect to spend significant amounts of class time in the outdoors and thus will encounter severe weather conditions. You must be prepared to go out into whatever weather 'mother nature' may throw our way and you will be evaluated as to your preparedness by both 'mother nature' and myself.

Personalized Fitness Program (30%):

Each student will design a personalized fitness program at the beginning of the school year. It must have specific goals and focuses and has to be cleared through the teacher. You will then be graded on a weekly basis on your success in implementing your personalized fitness program.

Suggested Clothing Checklist

This winter our class will be spending quite a bit of time in the outdoors and should be prepared to dress accordingly. When dressing for winter weather here in Vermont it is important to dress in layers to compensate for fluctuating weather temperature as well as internal changes in temperature. Due to its wicking ability, quick-drying nature and breathability, synthetic material like polyester and polypropylene is far superior to cotton in cold weather. Purchasing proper outdoor clothing is an investment that will continue to pay off for a very long time and will help to make your outdoor experiences much more fun and productive. To help in remembering and assembling the proper clothing that you will be needing I have compiled the following list, all of which should be obtained in preparation for winter activities.

- () Synthetic Long underwear top and bottom (polypropylene, polyester, or silk)
- () Synthetic socks (Smart wool, polypropylene, polyester, silk, etc...)
- () Wool socks
- () Wool or fleece pants
- () Wool or fleece shirt/jacket
- () Winter jacket
- () Shell pants (Wind and water proof, like Gore-Tex, coated nylon, etc...)
- () Shell jacket (Wind and water proof, like Gore-Tex, coated nylon, etc...)
- () Warm winter boots
- () Warm winter hat/toque/beanie
- () Neck warmer
- () Warm winter gloves/mitts

Clothing Materials/Characteristics:

Cotton—Very absorbent, ventilates well, loses insulating quality when wet, promotes heat loss, and dries slowly.

Wool—Very absorbent, dries, and maintains insulating quality when wet.

Down—One of the best insulators per unit weight, compresses easily, and loses all insulating quality when wet.

Polyester—Doesn't absorb water and dries quickly. (fleece, pile, synthetic long underwear, polar guard, Lycra, Capylene, etc...)

Nylon—Strong, abrasion-resistant, breathable (used for shells, jackets, wind pants and also rain gear when coated with polyurethane)

Gore-Tex—Waterproof, breathable, very expensive (Has billions of pores that allow water vapor to pass through but not water in liquid form.)

Local Outfitting Stores

The Barre Army & Navy Store

Address: 955 North Main Street
Barre, VT 05641

Phone #: (802) 479-2289 or
(800) 448-7965

Web Site: www.vtarmynavy.com

Onion River Sports

Address: 20 Langdon Street
Montpelier, VT 05602

Phone #: (802) 229-9409 or
(802) 229-2221

Web Site: www.onionriver.com

Outdoor Gear Exchange

Address: 191 Bank Street
Burlington, Vermont 05401

Web Site: www.gearx.com

Phone #: (802) 860-0190

Internet Stores

Sierra Trading Post

Address: 5025 Campstool Rd.
Cheyenne, WY 82007-1898

Order by Phone: 1-800-713-4534

Web Site: SierraTradingPost.com