

University of Oregon • Physical Education and Recreation • **Outdoor Pursuits Program**  
**PEOL 455 - Principles of Outdoor Leadership**  
*opp.uoregon.edu*

**Outing Course Description**

*A. General Description*

Principles of Outdoor Leadership, is part of an integrated set of courses designed to prepare students for the leadership of safe and environmentally responsible outdoor pursuits programs. The course includes two hours of lecture and discussion per week, a challenging three day outing, required readings, a paper and presentation, and a final exam.

Lecture topics include liability, roles and responsibilities of leaders, field leadership, risk management in the field, and emergency procedures. One classroom period and a portion of the outing is reserved for van driver training. The outing includes instruction in teaching, leadership and group management, and may include travel on or off trail, in steep, rugged terrain, in rivers or swamps, in snow and/or at night. The outing includes a solo overnight survival experience using minimal gear.

*B. The Physical Environment*

The Principles of Outdoor Leadership course outing route traverses the largest area of dunes in the Oregon Dunes National Recreation Area, as well as spruce forests, swamps, dense brush bands, lakes, streams and ocean beaches. Winter weather on the Oregon Coast can change rapidly. Mild weather can quickly change to heavy rain, and high winds are common on the coast. The temperatures are usually mild, however low temperatures occasionally reach the freezing point in this area at this time of year.

Hazards encountered on our coastal hikes may include unexpected high "sneaker" waves, which have repeatedly in the past washed people off the rocks and into the sea, and stream crossings, which can be hazardous as currents change rapidly near the mouths of coastal streams. Tsunamis, though uncommon, are another risk of traveling along the beaches. Safe travel in these conditions requires proper clothing and equipment, careful navigation and route selection, and constant self-monitoring one's physical condition.  
d equipment, careful navigation and route selection, and constant self-monitoring one's physical condition.

**Prerequisites/Corequisites to Participation**

PEOL 285 Wilderness Survival and PEOL 351 Backpacking 1 Outing are prerequisites to participation. Backpacking experience equivalent to the PEOL 351 Backpacking 1 Outing may be accepted in lieu of taking the PEOL 351 Backpacking 1 Outing, at the discretion of the instructor. There are no exceptions to the PEOL 285 Wilderness Survival requirement.

All participants in PEOL 455 Principles of Outdoor Leadership must attend the first session, certain pre-outing sessions, and the post outing session. Those who have taken Principles of Outdoor Leadership in a previous term must attend the first session, certain pre-outing sessions, and the post outing session. However, those who have taken Principles of Outdoor Leadership in a previous term (and now have a "P" or "I" for this course on their transcripts) should not re-enroll in the course.

**Course Objectives**

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. In addition to meeting the objectives of prerequisite and corequisite courses, upon completion of this course participants should be able to demonstrate an understanding of:

- 1.) the primary roles and responsibilities of outdoor leaders,
- 2.) the concept of negligence as it applies to the leadership of outdoor pursuits programs,
- 3.) leadership styles, and an ability to employ styles and techniques appropriate for the circumstances,
- 4.) teaching methods, including techniques suitable for classroom settings and techniques applicable to field settings,
- 5.) the primary hazards in outdoor activities, and effective field measures for limiting the associated risks,
- 6.) the minimum clothing and equipment requirements for survival in a cool, wet and windy environment,
- 7.) the principles and practices of solo and group survival in a cool, wet and windy environment,
- 8.) basic search and rescue organization and procedures suitable for use in backcountry settings,
- 9.) group control techniques, including techniques for situations involving travel off-trail, at night, in foul weather, or when using water craft, and
- 10.) driving safety, including van driving, foul weather and back road driving, and emergency repairs.

## Evaluative Criteria

Students enrolled for credit will be graded in the following areas. The instructor will provide specific information.

*Gear and clothing preparation:* Arrive on time at the meeting point with all of the required items of clothing and equipment.

*Outing participation:* Full attendance, and compliance with OPP Attendance and Participation policies is required. You will also be evaluated on your personal organization and contribution to the group effort.

*Competence:* Competence must be demonstrated by demonstration of achievement of not less than 80% of the above listed course objectives.

To be considered for a passing grade, a student must:

- 1.) attend the first class session and not less than 7 of the remaining 9 lecture sessions,
- 2.) pass the final exam, and
- 3.) obtain a minimum score of 80 points on the evaluative criteria:

Attendance (@4 points per classroom session)	35
Outing preparation and performance	5
Gear list assignment	10 (form=5, content=5)
Scenario assignment and presentation	20 (form=5, content=5, presentation=10)
Final exam	<u>30</u>
	100 points

To be considered for a passing grade, participants must:

- 1) attend not less than 8 lecture sessions,
- 2) complete the paper and presentation,
- 3) attend the entire outing, and
- 4) pass the final exam

Final grades will be determined on the basis of a point system

## Demands, Requirements, Expectations, and Policies

It's imperative that you understand what is required of you in terms of preparation, fitness, physical comfort, attitude, and conduct. MOST IMPORTANT! Safety is our first concern and must be yours as well. Attend the outing only if you feel mentally and physically prepared and are willing and able to assume full responsibility for your own safety. Never assume that the leadership team knows everything, always make good decisions, or can solve every problem for you. Your safety depends upon your alertness and good sense. We encourage you to maintain a questioning attitude! If you are unsure of something, ask!

*A. Prior to participation in the outing you are required to:*

- 1.) Attend the required preparation sessions.
- 2.) Submit all required trip plan worksheets or other course assignments on time and in acceptable (passing) form,
- 3.) Meet the course fitness requirements by running 2 miles in less than 20 minutes during a pre-outing classroom session (or meet director approved alternative criteria),
- 4.) Read, understand, and sign the *Statement of Risk, Assumption of Risk, and Release of Liability* document, *Health Information* form, and *Outing Policies* document. Allow enough time to thoroughly read each document and bring any questions you may have to the course instructor.
- 5.) Arrive at the outing departure point on time and with all of the required clothing and equipment. It is your responsibility to meet the course instructor's gear and clothing specifications. We suggest that you verify the acceptability of each item well in advance of the departure date. The Outdoor Pursuits Program maintains a limited supply of certain items for student use at no charge. You must provide your own ski touring equipment. Rentals are available locally. You must also provide your own food. Transportation is covered in the cost of the course.

*B. As a participant in this outing course, you are expected to:*

- 1.) Monitor your health and comfort, eat and drink regularly, and inform your instructor if you become uncomfortable or exceed your limits of personal safety. Your enjoyment of the course will be improved by maintaining a positive attitude and by being mentally prepared for a new set of challenges each day,
- 2.) Know and practice minimum impact camping techniques specific to the winter environment,
- 3.) Refrain from using illicit drugs and alcohol, carrying firearms, and bringing pets of any kind. Our outing participation policies regarding alcohol, illicit drugs and firearms are "zero tolerance". Do not anticipate lenience or exceptions. Failure to abide by these policies may result in a permanent grade of "F" or "NP" in the course and and/or a formal complaint registered with the Office of Student Life,
- 4.) Wear a seat belt AT ALL TIMES while riding in State vehicles, and
- 5.) Remember that you are participating in a tax-supported public program. Help us maintain a good image by being sensible in attire and behavior when near members of the public.

*C. You will not be allowed to participate in the outing if you:*

- 1.) Miss any required preparation course sessions,
- 2.) Fail to submit the required worksheet(s) and/or written assignments,
- 3.) Fail the fitness test, or
- 4.) Arrive at the outing with inadequate equipment or if, in the instructor's opinion, your participation (for whatever reason) could compromise your or the group's safety.

*D. Estimated Time Commitment Required by this Course*

Note that this is a time consuming course! The following table includes estimates of the amount of time you will probably need to commit to each of the major aspects of the course. These estimates based on discussions with previous students.

1.) Lectures	20	hrs.
2.) Readings (minimum)	15	hrs.
3.) Outing preparation & post trip maintenance & repairs	5	hrs.
4.) Outing (scheduled activities only; 3 full days)	42	hrs.
5.) Paper or project	10	hrs.
6.) Exam preparation (minimum)	<u>8</u>	hrs.
Total:	100	hrs.

This course is an essential part of the leadership training program. We want you to get the most out of the experience, for your sake and for ours as well. Please take this course only when you are able to commit the necessary time and energy (approximately ten hours per week!) to the task.

*E. You are strongly encouraged to obtain health insurance prior to participation in this outing.*

**Policy On Issuing Incompletes**

In compliance with University policies, an "I" can be given only when a relatively minor part of a course is not completed. Therefore, if you do not participate in the outing, an "I" is not an option. If you cannot attend an outing, drop the course as soon as possible. Pay careful attention to withdrawal deadlines, as many of our outings occur late in the term.

**Refund Policies**

If participation is disallowed due to failure to meet the requirements for participation specified above, or because you chose not to participate in the outing for any reason other than a documented family or medical emergency, fees will NOT be refunded. Refunds are available only in the case of documented medical conditions or family emergencies. For documentation of non-medical emergencies, contact the Office of Student Life.

**Course Instructor**

Jim Blanchard: 172 Gerlinger Annex; 346-3399; jrb@oregon.uoregon.edu