

WILDERNESS SURVIVAL DESCRIPTION - WINTER TERM 2010

<http://opp.uoregon.edu/wild/wildsurvival.html>

Wilderness Survival is the Outdoor Pursuits Program's entry or "gateway" course. It is designed to prepare students for participation in a wide range of outdoor pursuits activities, and is a prerequisite to participation in our wilderness and backcountry courses.

INSTRUCTOR CONTACT INFORMATION AND OFFICE HOURS

Instructor: *Michael Strong*

Office/Telephone: *186 Esslinger Hall - 346-1048*

Office Hours: *Tuesday: 2:00 - 3:50 & Wednesday: 1:00-1:50*

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OBJECTIVES

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of this course, students should be able to:

- Identify the main mechanisms of heat loss and gain and maintain comfort during activity in adverse weather conditions.
- Demonstrate the ability to read a topographic map, specifically: Interpret topographic map description and designations, use the map's scale to measure distance, read contour lines, recognize landform features, and estimate elevation gains and losses.
- Demonstrate the ability to perform basic map and compass skills, specifically: measuring and plotting bearings on a topographic map.
- Demonstrate an understanding of basic backcountry safety and survival skills, including trip planning considerations, equipment selection, outdoor travel and survival skills, encounters with wild animals, and what to do if lost.
- Explain the general effects of altitude illness on human performance.
- Describe the direction of the common Pacific Northwest storm tracks and the influence of Oregon topography on precipitation patterns. Describe the appropriate steps for maximizing safety during a lightning storm.
- Demonstrate an understanding of the causes, prevention and treatment of cold injuries (hypothermia and trench foot), heat injuries, dehydration, heat exhaustion), and sun injuries (sunburn and snow-blindness).
- Explain the nutrition and hydration requirements necessary for a safe and enjoyable backcountry experience. Explain the advantages and disadvantages of using chemicals, boiling and filtration as methods for treating backcountry water sources.
- Describe the backcountry ethics associated with leave no trace (LNT) travel and camping. Identify the major impacts resulting from human use of wilderness and backcountry areas, and describe methods for minimizing these impacts.
- Describe the management focus of the four federal agencies responsible for managing wilderness and backcountry recreation lands.

EVALUATIVE CRITERIA

Quizzes - 45 pts: 40 points from quizzes on the previous class' material – 8 points per quiz – top 5 scores recorded (6 quizzes total)
5 points – first day quiz

Worksheet: 15 points - specific to map and compass skills

Final Exam: 40 points – comprehensive exam covering all course topics.

GRADING SCALE

A+ = 100-96, A = 95-93, A- = 92-90; B+ = 89-86, B = 85-83, B- = 82-80; C+ = 79-76, C = 75-73, C- = 72-70; D = 65-69; F = <65

If your final score is between grading categories (e.g. 93-92, 80-79, etc.), the letter grade will be rounded up if the score is .5 and greater, and rounded down if it is less than .5.

GRADING REQUIREMENTS AND INFORMATION - NOTE: THIS IS A GRADED COURSE. PASS/NO PASS IS NOT AN OPTION.

1. A minimum overall grade of C- is required on the COMBINED course evaluative criteria in order to register for, and participate in OPP courses for which Wilderness Survival is a prerequisite - in other words, all of our backcountry-oriented courses. If you earn a D or F, you will be automatically blocked from registering for a backcountry-oriented course during the online registration process. An overall grade of D cannot be made up - the course must be repeated if you plan on participating in any course for which WS is a prerequisite.
2. You must achieve a minimum score of 70 percent on the final examination. **If you earn an overall grade of 70 percent or better in the course, but fail the final examination, you fail the course.** TAKE THE FINAL EXAM SERIOUSLY. Expect to pass the exam only if you have thoroughly reviewed the question pools, and are completely confident of your ability to demonstrate proficiency in map reading and basic map and compass use.

IN-CLASS QUIZZES

1. Six in-class quizzes on the previous class' lecture content AND readings will be conducted during classes #2 through #7. Eight points are assigned per quiz. You can apply your five highest scores to your grade. If you attend a class, but miss the quiz because you left early or arrived late (if the quiz is conducted at the front or tail end of the class), you lose the points.
2. Quizzes CANNOT be made up except for DOCUMENTED family and/or medical issues.
3. Attendance will not be taken. If you miss more than two class quizzes, however, your chances of passing the course are extremely slim, unless you ace the worksheet and the final examination.

MAP AND COMPASS WORKSHEET

1. The worksheet must be submitted by the deadline specified on the course schedule. Worksheets submitted late WILL NOT be accepted, NO EXCEPTIONS. Worksheets are graded immediately after submission and scores posted to the website soon thereafter.
2. Worksheets will not be reviewed in class. Worksheets will be handed back during the class session following the submission date. DO NOT discard your worksheet until after you have checked to see that the right score has been entered into blackboard.
3. Allow a sufficient amount of time to complete the worksheet. A good score on the worksheet will likely put you in good position for the final exam and reinforce the skills required to pass the exam. A poorly completed and incomplete worksheet will GREATLY reduce the likelihood that you will pass this course.

NOTES:

1. Laptop computer and cell phone use (including text messaging) is prohibited during classroom sessions!

GOOD ATTENDANCE AND STUDY SKILLS ARE REQUIRED TO PASS THIS COURSE!

COURSE SCHEDULE OF EVENTS - WINTER TERM 2010

Date(s)	Subject	Readings/Quiz Prep and Notes
Jan. 05/06	Course introduction, grading and expectations Thermoregulation and dressing for the outdoors.....	Course description/syllabus 'Thermoregulation' and 'Dressing for the Outdoors' by M. Strong
Jan. 12/13	Nutrition & hydration Cold Injuries Heat and sun-induced injuries	'Nutrition & hydration requirements for outdoor activity' by M. Strong 'Cold Injuries' by M. Strong 'Heat and sun-induced injuries' by M. Strong
Jan. 19/20	Maps and map reading Introduction to the compass	Part one of 'Map and compass' by M. Strong Part two of 'Map and compass' by M. Strong
Jan. 26/27	Map and compass techniques..... Navigating by Nature	Part three of 'Map and compass' by M. Strong 'Navigating by Nature' by M. Strong
Feb. 02/03	Wilderness defined / wilderness management..... Backcountry ethics and practices.....	'Wilderness' by M. Strong 'NOLS LNT Program Principles' 'Camp hygiene' by Buck Tilton 'Backcountry hygiene suggestions for women' by T. Giovannoni 'Water treatment' by M. Strong
Feb. 09/10	Safety and survival techniques and equipment..... Animal/plants/insect hazards.....	'Survival tips for the Pacific northwest' by J. Blanchard & M. Strong Bears and Cougars' by J. Blanchard and M. Strong 'Poison Oak' by M. Strong 'Ticks and Lyme disease' by M. Strong
	Worksheets due at the START of class!	Note the late penalty! See course description for details.
Feb. 16/17	Outdoor activity at altitude Introduction to weather and lightning Final exam preparation	'The air out there' by M. Strong 'Lightning' by M. Strong
Feb. 23/24	Final examination	Bring your compass, a ruler, a pen and calculator Please complete online course evaluation

COURSE RESOURCES

1. You are required to provide the following course resources:
 - a. Course packet containing the required readings for the course, lecture notes and supporting documents, quiz pools and outing information. The course packet can be obtained from **EITHER** the UO Bookstore **OR** via the course website. Most web site documents are password-protected. The password is provided in the first class session.
 - b. Compass: for in-class practice sessions and completing the worksheet and final examination. Compasses are available on from the Student Recreation Center for \$10.
 - c. Ruler, calculator and pencil for practicing map and compass skills, completing the worksheet and taking the final exam.
 - d. Paper for in-class quizzes.
2. The first aid book '*Backcountry First Aid and Extended Care*' is a recommended book, which is available from Rec Stores in the SRC.
3. The course Blackboard site will be used **ONLY** for posting scores on quizzes and the worksheet (immediately after being graded). If you do not have access to Blackboard, you will not be able to view your quiz scores online.
4. The lectures cover most but not all of the material. The readings contain information pertinent to lectures and quizzes.