

	School of Applied Arts
	PHED 225
	Northern Outdoor Pursuits and Leadership
	Term: 202202 Number of Credits: 3
Course Outline	

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COURSE DESCRIPTION

This course will introduce participants to various winter outdoor pursuits, including hiking, cross country & downhill skiing, snowboarding, fat biking, winter survival, and winter camping. Instruction will focus on the principles of outdoor leadership, team building, decision making and risk management in a northern environment. Students will develop knowledge & skills for leading group activities in the northern outdoors.

COURSE REQUIREMENTS

Prerequisite(s): None

RELATED COURSE REQUIREMENTS

Physical Requirements

This course is an introduction to outdoor pursuits in the north and students are not required to have previous experience or skills in the course activities.

Due to the nature of the course activities however, students will experience physical challenges that can include, but are not limited to, moving up steep terrain, being out in the cold, and in changing weather conditions for multiple days. Embracing these challenges with a positive spirit is critical to having a successful experience on this course.

EQUIVALENCY OR TRANSFERABILITY

Receiving institutions determine course transferability. Find further information at:

<https://www.yukonu.ca/admissions/transfer-credit>

LEARNING OUTCOMES

Students will develop skills, and an understanding in/of:

- physical activities available in Northern winter outdoors including, cross country skiing, downhill skiing, snowboarding, snowshoeing, fat-biking, hiking and winter camping
- leadership roles, planning and responsibilities in outdoor settings
- personal leadership style and development
- psychology of team building, group dynamics and risk management

- winter survival and travel skills
- equipment and clothing requirements for winter activities
- environmental ethics & leave no trace in outdoor activities

COURSE FORMAT

Weekly breakdown of instructional hours

Class is Fridays from 9:00 – 4:00. There is a mandatory weekend camping trip during the term. The schedule is subject to change due to weather conditions and availability of resources. Students should come to every class prepared to be outdoors, regardless of the weather or temperature. In addition to the Friday class, there will be several assignments to be completed outside of class time and students should set aside 3 hours each week for this work.

Lastly, students should plan for an overnight trip (i.e. Friday to Sunday) at a midpoint in the schedule class.

Delivery format

This course will be delivered in a face-to-face format and participation is mandatory. Due to the condensed format and the learning outcomes of the course (e.g. outside and physical), it is imperative that students are fully engaged with the material and participate to the best of their ability.

EVALUATION

Leadership and Engagement	25%
Skill Facilitation/Presentation	15%
Self-Assessment	20%
Outdoor Management Assignment	40%
Total	100%

COURSE WITHDRAWAL INFORMATION

Refer to the YukonU website for important dates.

TEXTBOOKS & LEARNING MATERIALS

There is no required textbook. However, readings will be assigned and provided by the instructor.

ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one’s own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

ACADEMIC ACCOMMODATION

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website). It is the student's responsibility to seek these accommodations by contacting the Learning Assistance Centre (LAC): LearningAssistanceCentre@yukonu.ca.

TOPIC OUTLINE (subject to change)

Feb. 10	Course Introductions And Local hike	Instructor Led
Feb. 17	Fatbiking	Student Led
Mar. 3	Kick Sledding	Student Led
Mar. 10	Snowboarding (or skiing)	Student Led
Mar. 17-19	Winter Camping	Instructor and Student Led
Mar. 24	Snowshoeing	Student Led
Mar. 31	Local Hike and Tobogganing	Student Led