

HHPA 115 : WILDERNESS TRAINING: BEGINNING

Transcript title

Wilderness Training: Beginning

Credits

1

Grade mode

Standard letter grades

Contact hours total

30

Other hours

30

Description

Introduces a variety of outdoor activities, which may include: rock climbing, whitewater rafting, kayaking, canoeing, snowshoeing, caving, hiking, and cross-country skiing. Develops basic skills in outdoor activities and learns about appropriate preparation for participation.

Learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of wilderness activities to develop overall physical fitness and enhance sport activities.
3. Select and use proper clothing and equipment that will enhance personal safety in various outdoor environments and conditions.
4. Demonstrate and participating in the "leave no trace" philosophy.
5. Demonstrate basic techniques required to participate proficiently and safely in non-motorized land and water wilderness activities such as rafting, kayaking, canoeing, hiking, rock-climbing, caving, snowshoeing, and cross-country skiing.

Content outline

Rock climbing
Whitewater rafting
Kayaking
Canoeing
Wilderness navigation
Cave exploring
Survival and shelter day
Snowshoeing
Cross-country skiing

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student. Some equipment may be provided by COCC.

Grading methods

This course will include attendance in the grading and may include written work, quizzes, journal projects and other assignments.

General education/Related instruction lists

- Health