

East Northumberland Physical Education Department - Outdoor Education

Course Code: PAD30/40

Course Type: Open

Credit Value: 1.0

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Course Website: <https://pad301.weebly.com/>

Course Description

- This course will focus on the development of skills for participation in a variety of outdoor recreational activities, including self-reliance, ethics, personal development, decision making, teamwork and planning. It will also serve as an introduction to a wide variety of outdoor activities. These activities will include: canoeing, hiking, snowshoeing, rock climbing and others that promote lifelong healthy active living.
- Students will acquire knowledge and skills related to the environment in which the activities take place in order to minimize the impact of those activities on the environment. Students will be expected to **actively** participate in outdoor excursions throughout the course and will experience at least one overnight and one extended multi-day canoeing field trip.
- Students will also earn industry standard certifications including canoeing (ORCKA BC 1/2 & CT1), GPS (Green Check Level 1), Standard First Aid and CPR (Red Cross)**, WHMIS**, Pleasure Craft Operator Card (BOATsmart)**, and Leave No Trace Camping Techniques. (** Must be enrolled in SHSM)

Physical Training/Conditioning

- Students will be expected to **actively** participate in **all** outdoor excursions &/or physical training throughout the course.
- Daily/weekly physical activity (ie., runs/hikes, sports, GLO games, etc.) will be incorporated into class.
- This course will be treated as a Physical Education class; therefore, participation will make up most of the student's mark.

Classroom Sessions

- A significant portion of this class will also be spent in the classroom. Major topics that will be covered include:

Environmental Issues	Climbing Techniques & Knots
Standard & Wilderness First Aid	Backcountry Food Prep & Nutrition
Group Dynamics and Leadership	Orienteering, Geo-caching, & GPS use
Camping Strategies/Trip Planning	Basic Canoe Skills and Safety
Clothing Properties and Outdoor Equipment	Risk Management & Safety

Cost

- The cost of this course will be **\$325**. This cost will cover **everything** (aside from personal clothing & food) throughout the course.

Assessment and Evaluation

Formative Assessment – 75%		
Knowledge / Understanding	<ul style="list-style-type: none"> apply their knowledge of guidelines and strategies that can enhance their participation in recreational and sport activities use ethical strategies to enhance their performance in specific situations and conditions <p style="text-align: center;">- Tests - Quizzes</p>	10%
Thinking / Inquiry	<ul style="list-style-type: none"> identify the factors that contribute to positive relationships with others identify strategies to minimize potentially dangerous situations <p style="text-align: center;">- Projects - Assignments</p>	10%
Communication	<ul style="list-style-type: none"> demonstrate responsibility for personal safety and the safety of others demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers <p style="text-align: center;">- Logs - Journals</p>	10%
Application	<ul style="list-style-type: none"> participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation <p style="text-align: center;">- Active Participation in Class and on trips - Leadership Skills</p>	35%
Fitness Testing	<p style="text-align: center;">- Pre-Test (3%) - Mid-Term (7%)</p>	10%
Summative Assessment – 25%		
	<ul style="list-style-type: none"> OE Practical Exam (This exam will consist of a GPS Orienteering & Cook-off Challenge) 	5%
	<ul style="list-style-type: none"> Canoe Trips (Algonquin - 14%, Kawartha - 6%) 	20%

PAD 30/40 Student Expectations

- Students are required to attend class regularly, dress according to the weather, maintain a positive attitude, to participate in physical activities to their fullest potential and submit all assigned work.
- All our field trips involve an element of risk and requires risk assessment to keep everyone safe, this includes all participants. If a students' attitude, conduct and/or behaviour would put them or others at risk on a field trip, this student will not be allowed to attend/participate. An alternative assignment will be provided in this case.

“A person never ‘conquers’ nature, but can learn to respect the risks and develop the skills to work with her demanding conditions” — Gary & Joanie McGuffin —