

**DEPARTMENT OF EXERCISE, SPORT, AND LEISURE STUDIES
UNIVERSITY OF TENNESSEE, KNOXVILLE
PHYSICAL EDUCATION ACTIVITY PROGRAM**

COURSE TITLE: Outdoor Leadership (2 credits) **INSTRUCTOR:** Benjy Darnell
COURSE/SECTION #: PE 200/ **COURSE TIMES:** Thursday 9:40 AM-12:00 PM
OFFICE HOURS: TRECS 20 974-4249
COURSE DESCRIPTION: This course consists of a dual focus on outdoor leadership development and administration practices of outdoor programming. *This course is offered on an instructor permission basis. Please contact the instructor to enroll in this course.

OBJECTIVES:

Upon completion of the course, each student should:

1. understand, be able to practice and articulate outdoor leadership principles
2. understand individual and group dynamics as it relates to outdoor leadership
3. understand and be able to practice a variety of teaching and facilitation skills
4. understand and practice sound decision making and risk management skills
5. understand, be able to develop and implement outdoor pursuits and pertinent risk management plans
6. develop and be able to demonstrate proficiency in certain outdoor skills

MAJOR TOPICS AND ACTIVITIES:

1. **Backcountry Skills:** Backcountry travel; Cooking; Leave No Trace Principles; Trip planning, preparation and implementation
2. **Leadership Skills:** Decision making; Teaching methods; Group dynamics; Group management; Risk Management
3. **Wilderness Emergency Skills:** Emergency procedures; Self awareness/care; Wilderness First Aid (only required for those wishing to become a SOLE trip leader)
4. **Field Experience:** Two(2) Day trips and One (1) Weekend trip
5. **Student Led Outdoor Pursuit:** Outdoor program offered to the U.T. community. Class will be divided into teams and will be responsible for program development, creating a logistics and risk management plan and finally implementing and leading

EVALUATION PROCEDURES:

Participation and engagement in course: 40%
Attendance: 30%
Skills proficiency: 30%

GRADE SCALE:

Pass = 70-100%
No Credit = 0-69%

PHYSICAL LIMITATIONS:

Please speak with your instructor if you have any physical condition which may limit your capacity to complete all of the activities of this course.

ATTENDANCE POLICY:

Students are allowed to miss no more than one (1) 150 minute class. Participation in field experiences is mandatory in order to receive a passing grade. If you are planning on working with the SOLE program, then other certifications and field components will be required.

COURSE LAB FEE (not including SOLE portion):

The lab fee for this course is \$90 which includes equipment and travel for all trips; LNT certification.

THIS COURSE MAY NOT BE REPEATED FOR ADDITIONAL CREDIT.