

## OUTDOOR EDUCATION 11/12

***Students must fill out an application for this course.***

Credits: 4

***Purpose:*** The focus of Outdoor Education is to use the outdoors as a way to develop student character through education, hands-on experiences, and challenging outdoor adventures. This course will have a holistic approach focused on education, skill development, and spiritual enlightenment through personal growth and community interaction. Students will be placed in situations that challenge their mental, physical, emotional and spiritual depth in a challenging but safe environment. We seek to use the outdoors to place students in situations where they are forced to push their own limits, be intentional in their relationship with God, rely on those around them (their community), and build deep friendships in a trustworthy environment. Students who successfully complete this program will have the confidence, knowledge and skills to safely pursue further outdoor adventures on their own and with others.

***Outline:***

- team building/leadership development
- navigation
- first aid certification
- trip preparation and meal planning
- camping basics (back country ethics)
- day hiking trips (at least 2)
- fall 4 day backpack expedition
- spring 4 day trip
- winter camp out
- cross country skiing
- snow shoe hike
- climbing
- flora and fauna

***Skills Developed:*** Students will learn camping theory, leadership/team building, backcountry basics, paddling theory, winter trip theory and basic sport climbing techniques. Students will earn their level 1 emergency first aid, pleasure craft operating card, and belay licence

***Assignments:*** Students will be required to take part in all trips and expeditions. Students need to maintain a field journal which will be a log of the all activities, trips, reflections, and information covered during the year. Student will take tests in first aid, pleasure craft operation and sport climbing.

***Expected Homework:*** Required participation in all class activities and trips

***Field Trips:*** The whole class is a field trip

***Prerequisites:*** You must complete the application process (written and interview) and be accepted into the course. Priority is given to grade 12 students. Limit of 12 (up to 14) people.

***Materials Requires:*** All students will be required to supply their own hiking boots, basic clothing layers (no cottons), head lamp, water proof jacket, backpack, sleeping bag, utensils and food for all trips. All pieces of equipment must receive teacher approval. Note that backpacks and sleeping bags can be rented.

***Course Fee:*** \$550.00 covers all group rental equipment (snow shoes, kayaks, etc), transportation, activities and certifications.