

RTM 150 Online Introduction to Outdoor Education and the Backcountry

Department of Recreation and Tourism Management
California State University Northridge

2017 Spring

Class meetings will be online

INSTRUCTOR:

Office: Redwood Hall – Room 260
Office Hours: On line by appointment

Questions:

Phone: 818-677-3202
Website:

COURSE DESCRIPTION:

RTM 150 is an introduction to outdoor education. This course covers backcountry travel including the elements of camp selection, trip preparation, backcountry navigation, equipment usage, and nutrition education. Emphasis will be on proper use of equipment and safety of participants in the natural environment.

COURSE OBJECTIVES:

1. Gain a greater understanding of and appreciation for the natural environment by demonstrating low impact skills while traveling in the out of doors.
2. Apply safe techniques for operation of backpacking equipment such as stoves, water filters and fire making.
3. Develop navigational skills and safe backcountry travel techniques.
4. Develop self-confidence and self-awareness in conjunction with an understanding of the needs of others in the group.
5. Gain a greater understanding of human physiological needs in the backcountry (proper hydration, nutrition, and fitness)

COURSE CONTENT:

- I. Introduction
 - A. Planning and information gathering
 - B. Preparation: mental and physical
 - C. General requirements of resource management agencies
- II. Regulation of body temperatures
 - A. Heat transfer mechanisms
 - B. Heat production
 - C. Insulations principles and materials
 - D. The layering system
- III. Cold emergencies
 - A. Hypothermia: symptoms, treatment
 - B. Frostbite: symptoms, treatment
 - C. Prevention

COURSE SCHEDULE:

- IV. Water and heat emergencies
 - A. Bodily requirements for hydration
 - B. Dehydration and heat exhaustion
 - C. Hyperthermia: symptoms, treatment
 - D. Water: sources and purification
- V. Altitude
 - A. Acute Mountain Sickness (AMS)
 - B. High Altitude Pulmonary Edema (HAPE)
 - C. High Altitude Cerebral Edema (HACE)
 - D. Acclimatization and prevention
- VI. Environmental considerations
 - A. Minimal impact philosophy
 - B. Ecosystems and environment sensitivity
 - C. Animals and human visitors
 - D. Minimum impact camping and travel techniques
- VII. Environmental hazards
 - A. Weather
 - B. Snakes and reptiles
 - C. Mammals
 - D. Ticks, scorpions, spiders
 - E. Fires
- VIII. Backcountry travel techniques
 - A. Navigation with map and compass
 - B. Hiking techniques: conserving energy
 - C. Crossing water hazards
 - D. Safety
- IX. Food in the Backcountry
 - A. Nutritional and caloric requirements
 - B. Menu suggestions: freeze dried/ dehydrated
 - C. Cooking techniques
 - D. Preparation, packaging and storage
- X. Basic first aid
 - A. Safety: judgment
 - B. True emergencies: bleeding & breathing
 - C. Snakes, Ticks, Allergic Reactions
- XI. Short term survival
 - A. Priorities
 - B. Shelters
 - C. Water & Food

METHODS OF INSTRUCTION:

This class will combine on-line lectures, readings, and observe experiential activities designed to develop the knowledge and skills necessary for safe and environmentally sensitive experiences in the backcountry.

METHODS OF EVALUATION:

Weekly Assignments and Quizzes = 80%

On-line Research Project = 20%

TEXTBOOK: Recommended: Mountaineering Freedom of the Hills.

IMPORTANT DATES:

Quiz Dates must be completed according to the on-line information.

FIELD CLASS INFORMATION AND MISC CLASS POLICIES:

Grading Criteria and Policy

1. The CSUN criteria for grading will be strictly followed including that an “A” represents “Outstanding” work and “an innovative application of the subject matter.” Refer to CSUN catalogue for additional grade definition.
2. An Incomplete ("I") is assigned only as specified by Instructor and upon consultation and approval of the Instructor. Incompletes are normally not permitted.
3. For Credit/No Credit grading, student must be doing passing work to receive “credit.” Credit/No Credit grading option must be requested on SOLAR by the appropriate deadline.

Course Policies and Guidelines:

~~Strike out~~ indicates this traditional guideline for my classes is not so relevant for the online instruction of this particular class.

1. Students’ participation is vital to successful learning. Therefore, students are expected to attend the class regularly, arrive on time (if face to face instruction), take notes, complete reading assignments on schedule, and actively participate in discussions and other learning activities.
2. In order to create a safe, welcoming, and productive learning environment, students are expected to respect each other, the facilities and equipment. Abusive, violent, disrespectful or disruptive behavior will not be tolerated. Students are referred to the policies and regulations section of the University Catalog for university policies and code of conduct information.
- ~~3. Cellular phones, pagers and other electronic devices not being used for instructional purposes should be kept off during class.~~
- ~~4. If you miss class, make arrangements with peers to collect class information, announcements and materials. Information will not be repeated for those who are tardy or absent.~~

5. **Contacting the professor: Rules of the Email Road**
- Dr. Al Wright (feel free to call him Al) should be contacted with his CSUN email (awright@csun.edu or alan.wright@csun.edu). If you contact me with an individual question I will always reply to whatever address was the source of the email.
 - Students are encouraged to ask questions of the professor in class time whenever possible to limit the email traffic where ever possible.
 - The professor is a little too busy to sit at his computer screen 24/7 to provide instant email response. On some weekends he is in the wilderness with total freedom from email tyranny. I will respond to your email in a reasonable amount of time.
 - Always read your syllabus and the moodle/canvas platform course information to secure answers to your question prior to 'shooting me an email'.
6. **Late Assignment:** Late assignments will be accepted with a penalty of 10% off per day. Assignments submitted more than three days late will not be accepted without prior arrangement with the instructor. No assignments will be accepted after the last official day of class. Assignments are considered 'late' if not submitted by to moodle by midnight of the assigned date.
7. **Make-up Work:** Make-up assignments or exams will be given **only** when students meet the following conditions:
- i. Absences caused by hospitalization, death in the family, or other emergencies must be documented within 48 hours of your return to class. Acceptable documentation includes a letter from a physician, a newspaper obituary, or a memorial service program.
 - ii. Absences for official University activities (e.g., athletics, band, and TBA labs) must be documented and approved in advance.
- Please contact the instructor if you have any questions regarding your eligibility to make up for an assignment.
8. **Academic Honesty:** According to the University's policy on academic honesty, no form of academic dishonesty will be tolerated. Any student found cheating, plagiarizing a written assignment, or committing any other infraction against CSUN's policy will either receive a failing grade for the assignment and the course and be reported to the University with potential request for additional disciplinary action. Please refer to <http://www.csun.edu/studentaffairs/faculty> for additional information.
9. Students are advised to consult with campus services to receive assistance if they have concerns regarding skills in areas such as writing or studying or computer skills (see Student Resources below).
10. Students are encouraged to be proactive and seek out the instructor as soon as they have any concerns about the class or their performance. The end of the semester is too late to take action to bring up a grade.
11. All written assignments must be typed, double spaced, 12-point font, 1 inch margins and should follow the American Psychological Association (APA) style (6th ed.).

All written work must meet the following criteria before instructor evaluation:

- a. Be typed with adequate margins and spacing using APA format unless otherwise indicated by the instructor to follow a different format for the specific assignment.
- b. Be clear, organized, and a logical development of the student's ideas.
- c. Avoid vagueness and unsupported generalization.

d. NEVER use another person's ideas, phrases, sentences, or terms without acknowledging the source since this is plagiarism and is subject to an F grade and possible dismissal from the program. The student may be subject to more severe university discipline. Please refer to the California Code of Regulations and the University Catalog.

e. Be thoroughly proofread (and correction of errors) if you expect an A.

f. Work is expected to be original and created specifically for this class by the student.

12. Microsoft Word or Word Perfect is the ONLY acceptable document format for online or email submission of a written assignment. The following format should be used when naming the file: Course number_last name_first name_short title (for example: RTM550_smith_jimmy_bookreport2). Assignments will be submitted through the moodle platform unless otherwise noted.

13. Note: the most recent (and accurate) version of this syllabus exists on the course website

14. Having now listed many 'policies and procedures' necessitated by our increasingly complex and frequently absurd cultural framework – remember that learning should be fun (at least most of the time) – so speak up if you are not having fun yet! ;)

STUDENT RESOURCES

Disability Resources and Educational Services (DRES). In keeping with the University's policy, reasonable accommodation is provided for students with disabilities that might affect their course participation or assignment completion. Any student with disabilities should contact DRES at 818-677-2684 or dres@csun.edu. DRES is located in Bayramian Hall room 110 (BH 110). Please visit www.csun.edu/dres/index.php for additional information and/or assistance. The National Center on Deafness (NCOD) is located on Bertrand Street in Jeanne Chisholm Hall and can be reached at (818) 677-2054 or Videophone: (818) 671-4443. You are not required to disclose your disability to me in order to receive accommodation during this course.

Learning Resource Center (LRC) and Writing Center. The LRC is committed to helping students become better writers, critical thinkers, and communicators by providing face-to-face and electronic consultation, tutorials, reference manuals, and links to Web writing resources. As part of the LRC, the Writing Center staff is available to help students during the conception, research, drafting, or revision stages of a paper. Students may visit the Oviatt Library 3rd Floor, East Wing or call 818-677-2033 to make an appointment. Walk-ins are available on a limited basis. For additional information and/or assistance, please visit <http://www.csun.edu/undergraduate-studies/learning-resource-center>

University Counseling Services (UCS). Students sometimes experience significant confusion and distress when trying to manage school, work, relationships, and family responsibilities. UCS provides free and confidential consultations to help students deal with academic stress, relationship problems, family/roommate conflicts, personal growth, crisis events (e.g., rape, divorce, assault) and other mental health issues (e.g., anxiety, depression, suicidal ideation). Students may visit UCS in Bayramian Hall room 520 (BH 520) or call 818-677-2366 (V), 818-677-7834 (TTY) for an appointment. UCS is located on the web at www.csun.edu/counseling.