

## **RTM 151F Wilderness Survival (2 units)**

Department of Recreation and Tourism Management  
California State University Northridge

**Note late start in semester**

**Redwood Hall 151 – 7:00-9:45 March 12th first class meeting.**

**Pre field class meeting on March 26.**

**Plus Field Location on April 4-6, 2008 (all day)**

**INSTRUCTOR:**

**COURSE NUMBER & TITLE:**

LSRC 151F: Wilderness Survival (1)

**COURSE DESCRIPTION:**

Prerequisite: None. Studies in the skills essential for short term wilderness survival in a variety of physical environments: shelters, water, edible plants and animals, and navigation. Emphasis on survival techniques with primitive technologies, environmental conservation, and safety. Arranged field trips are required.

**COURSE OBJECTIVES:**

At the conclusion of this course the student will:

1. Gain a greater understanding of and appreciation for the natural environment demonstrated through survival living skills and conservation techniques.
2. Develop the ability to anticipate and recognize life-threatening problems in the wilderness.
3. Develop the ability to solve such problems as body warmth, hydration, and energy consumption through the appropriate application of survival techniques and skills.
4. Develop self-confidence and self-awareness through accomplishments while exposed to challenging environments.

## **COURSE CONTENT:**

- I. Introduction to Survival
  - A. Overview: survival priorities
  - B. Mental attitude: the will to survive
  - C. Physiological: rule of threes
- II. Survival Shelters
  - A. Choice of location
  - B. Goals of the ideal shelter
  - C. Construction: techniques and materials
- III. Fire Making and Utilization
  - A. Importance of fires:
  - B. Fire Making: flint & steel & friction fires
  - C. Utilization: cooking & warmth
  - D. Safety considerations
- IV. Water
  - A. Needs
  - B. Sources
  - C. Purification
- V. Introduction to Primitive Technology
  - A. Stone tools: flintknapping, etc.
  - B. Wood tools: curing, carving, etc.
  - C. Bone working
  - D. Plant materials: rope making, basketry, etc.
- VI. Food
  - A. Nutritional requirements
  - B. Plants: identification and utilization
  - C. Animals: introduction to trapping, hunting, fishing
  - D. Fasting
- VII. Primitive Navigation and Wilderness Travel
  - A. When should you travel?
  - B. Simple navigational aids: sun, stars, planets, plant and animal indices.
- VIII. Environmental Concerns/ Impact
- IX. Special Topics
  - A. Snow survival
  - B. Desert survival
  - C. Individual and group survival

## **METHODS OF INSTRUCTION:**

1. Methodology: Lectures and experiential laboratory sessions will enable students to develop the skill competencies necessary for a safe outcome in surviving short term wilderness emergencies.

2. Schedule of Instruction: The class meets for 30 hours of instruction as a 2 unit class. The course is run in a non-traditional intensive format to maximize learning through experiential education methods. The class begins with face to face orientation and introductory lectures, followed by several on-line lectures (virtual class meetings), then there is a mandatory pre-field class meeting on campus, and finally the three day experiential class in a wilderness setting.

Specifics for Spring 2008. Note late start in semester –

First class meeting is in **Redwood Hall 151** at 7:00-9:45 pm on March 12<sup>th</sup>.

The class then moves to on-line class meetings between 3/12 and 3/26/08.

The second face to face meeting will be on March 26 for pre-field class meeting.

Three day field class meeting in the Sierra on April 4-6, 2008. (all day)

## **METHODS OF EVALUATION:**

Examinations: . . . . . 25%

Field Experiences . . . . . 75%

1. Examinations: One examination will be given to test comprehension of reading material and class lectures.

2. Field Experiences: Students will be expected to satisfactorily perform the techniques and skills referenced in the class outline. The class sessions and weekend field trip will enable them to develop and master the appropriate survival skills.

## **TEXT:**

Brown, Tom. Tom Brown's Field Guide to Wilderness Survival. New York: Berkley Books, 1987.

## **FIELD CLASS INFORMATION AND MISC:**

### **A. Grading Criteria**

1. The CSUN criteria for grading will be strictly followed including that a “A” represents “Outstanding” work and “an innovative application of the subject matter.” Refer to CSUN catalogue for additional details.

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.”

**4. Students may not attend the field trip if they have not attended the pre-trip meeting or met with the Instructor to review field class information.** In addition to being adequately prepared for the environmental demands of the field setting, this mandatory attendance is required because of release forms and insurance verification form which must be completed PRIOR to attending field trip.

#### B. Student Discipline

Inappropriate conduct by students (such as consuming alcohol on field trip and/or any other safety violation) is subject to discipline as provided in Sections 41301 through 41304 of Title 5, California Administrative Code. Refer to CSUN catalog for further details.

#### C. Field Trip Equipment and Student Costs

These are general guidelines – specific and final information on the field class trips are provided at the campus meeting prior to the field weekend.

Travel: Students are encouraged to car pool for financial and environmental reasons. Student choices to car pool are the full responsibility of the students. **PROOF OF CAR INSURANCE** (if driving) is required by the university. **Students can indicate insurance coverage on the form provided at the pre-class meeting.**

Detailed explanation of this gear and any university issued gear will be provided at the pre-field class meeting.

Field trip sites can change based on weather or other environmental conditions. At this point the field site is expected to be in the Southern Sierras, Sequoia National Forest.

Students must meet the instructor at the designated field site location identified at the pre-trip meeting. If students are late they will not attempt to locate the rest of the class in the wilderness nor are students allowed to depart from the field class experience early.

Ground cloth/Ensolite Pad

Rain Gear

Food/Water (no alcohol!)

Day Pack

Water Bottles

Clothes:

Loose-fitting & flexible pants and shirts

Warm clothes (pile or wool sweater/ wind gear).

Sunscreen/ Sun glasses

Personal toiletries

D. Expenses the student can expect:

- a. Gas cost will vary depending on vehicle and current prices. Round trip travel may be 300 miles. Costs will be reduced if shared with car pool.
- b. Camp fee = \$1/night x 2 nights
- c. Food = a limited list of food items will be distributed for a minimal charge to students – perhaps \$7.00
- d. Equipment rentals = None, CSUN can provide all essential trip gear.