

## **PED 172 OUTDOOR LIVING**

### **COURSE DESCRIPTION:**

Prerequisite: none

Corequisite: none

This course is designed to acquaint the beginning camper with outdoor skills. Topics include camping techniques such as cooking and preserving food, safety, and setting up camp. Upon completion, students should be able to set up campsites in field experiences using proper procedures. Students also learn backpacking techniques and how to prepare for overnight backpacking trips. This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement. Course Hours Per Week: Lab, 2. Semester Hours Credit, 1.

### **LEARNING OUTCOMES:**

Upon completion of this course, the student will be able to:

- a. Learn and practice basic camping techniques for base camping and backpacking, planning camping and hiking trips, proper cooking, food storage techniques and menu planning, proper and safe use of wood tools, selecting fire wood cooking and heating
- b. Understand and implement camping and backpacking safety rules and procedures, camping and backpacking safety rules
- c. Understand personal safety and basic survival rules
- d. Develop and awareness and care of the environment through practicing low impact camping and backpacking techniques.
- e. Demonstrate knowledge and safe use of camping and backpacking equipment.

### **OUTLINE OF INSTRUCTION:**

#### **I. Week One, Two, Three**

##### **A. Rope and Knots**

- 1) knots
- 2) splicing
- 3) lashing
- 4) type and care of rope

#### **III. Weeks: Four, Five, Six**

##### **A. Knots, Lashing, and Pioneering Quiz**

##### **B. Orienteering map and compass reading setting up and following orienteering courses**

#### **III. Weeks: Seven, Eight, Nine**

- A. Orienteering quiz
- B. Fire building, wood selection, cooking fires
  - 1) heating fires
  - 2) wood tools, menu planning, base camp
  - 3) backpacking and trail
  - 4) outdoor cooking and clean up
  - 5) cooking with utensils cooking without utensils

IV. Weeks: Ten, Eleven

- A. Wood Tools and Cooking Quiz
- B. Camping and Hiking Equipment
  - 1) tents, packs, sleeping bags
  - 2) camping equipment
  - 3) backpacking equipment
  - 4) stoves and lanterns
  - 5) Week ten fire building, wood tools and cooking quiz

V. Weeks: Twelve, Thirteen

- A. Outdoor Safety
- B. Lost and found
- C. Snakes and spiders
- D. Poison plants

VI. Weeks: Fourteen, Fifteen

- A. Hiking Field Trips

VII. Week: Sixteen

- A. Camping, Hiking and Safety Quiz

**REQUIRED TEXTBOOKS AND MATERIALS:**

None

**STATEMENT FOR STUDENTS WITH DISABILITIES:**

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.