



UNIVERSITY OF OREGON – PHYSICAL EDUCATION AND RECREATION

OUTDOOR PURSUITS LEADERSHIP TRAINING PROGRAM

The Outdoor Pursuits Leadership Training Program is designed to provide training and experience in safe and responsible leadership of outdoor pursuits activities. The Program includes skills courses in a variety of land and water-based outdoor activities, professional development courses in environmental education, adventure education, outdoor leadership, and field leadership experiences. Participation in the Program is exciting and challenging, providing opportunities for skill enhancement, personal growth, leadership development and exploration of the region's exceptionally beautiful and diverse outdoor resources.

Those seeking employment as outdoor leaders are strongly encouraged to attain "state of the art" proficiency and appropriate specialty certification in at least one outdoor pursuit. Additional related course work is recommended for students whose goals include professional leadership. Recommended subjects include the natural sciences, athletic injuries, backcountry medicine, business, teaching and counseling.

Policies Governing the Leadership Training Program

1. The Program consists of a minimum of 28 credits, of which a minimum of 15 are upper division credits.
2. Program participants must achieve a passing grade in all courses. All courses offered on a graded basis must be taken graded. Non-credit courses can be applied towards completion of the leadership training program if the student meets the same course requirements as that of a credit student. This includes meeting attendance requirements, submission of written work by the specified deadlines and achieving a passing grade in course exams.
3. Credit students have enrollment priority. Non-credit enrollment requires the consent of the course instructor.
4. Program participants must attain the objectives of every course. When weather or other factors preclude attainment of course objectives, repetition of the course may be required.
5. Participants with exceptional skills and/or recent experience in equivalent courses may negotiate with the Program Directors for partial or complete waiver of up to three credit hours of skills course requirements. No other exceptions are allowed since the skills courses provide exposure to current teaching methods and to a variety of teaching styles.

LEADERSHIP TRAINING PROGRAM REQUIREMENTS

I. SKILLS COURSES

A. The following courses must be taken:

<u>Course #</u>	<u>Course Title</u>	<u>Term Offered</u>	<u>Credits</u>
PEOL 285	Wilderness Survival	F, W, Sp and Su	1
PEOL 392	Backcountry Survival	Fall	1

B. Select a minimum of 11 of any of the following courses, including **not less** than one outing course from each of the first four groups, **and** one course from group #5:

<u>Course #</u>	<u>Course Title</u>	<u>Term Offered</u>	<u>Credits</u>
1. Backpacking Courses			
PEOL 286	Backpacking Preparation	Fall and Spring	1
PEOL 351	Backpacking 1	Spring	1
PEOL 355	Ultralight Backpacking	Spring	1
PEOL 356	Backcountry Navigation	Fall	1
2. Mountaineering Courses			
PEOL 288	Mountaineering Preparation	Spring	1
PEOL 361	Mountaineering 1	Spring	1
PEOL 290	Mountain Rescue Preparation	Fall	1
PEOL 364	Mountain Rescue Techniques	Fall	1
PEOL 363	Ice Climbing	Fall	1
3. Rock Climbing Courses			
PEOL 251	Rock Climbing 1	Fall, Winter, Spring, Summer	1
PEOL 292	Rock Climbing 2	Fall, Winter and Spring	1
PEOL 297	Rock Climbing 3 Preparation	Fall and Spring	1
PEOL 298	Rock Climbing 3 Outing	Fall and Spring	1
PEOL341	Introduction to Lead Climbing	Spring	1
PEOL 199	High Angle Rescue Preparation	Winter	1
PEOL 366	High Angle Rescue Outing	Winter	1
4. Snow-based Courses			
PEOL 292	Snowcamping Preparation	Winter	1
PEOL 371	Snowcamping 1	Winter	1
PEOL 294	Ski Touring Preparation	Winter	1
PEOL 381	Ski Touring 1	Winter	1
PEOL 296	Avalanche Safety Preparation	Winter	1
PEOL 391	Avalanche Safety Outing	Winter	1
5. Water-based Courses			
PEOW 261	Kayaking 1	Spring	1
PEOW 361	River Rescue Techniques	Spring	1

II. FIRST AID TRAINING

A. Current first aid/cpr certification is required to lead wilderness and backcountry outings. Documentation of course completion must be submitted to a Director.

B. Successful completion of an approved Wilderness First Aid course is needed to fulfill the requirements of the OPP Leadership Training Program. Documentation of course completion must be submitted to a Director. Completion of a Wilderness First Responder (WFR) course is highly recommended.

III. PROFESSIONAL DEVELOPMENT COURSES

A. Adventure Education

<u>Course #</u>	<u>Credits</u>	<u>Notes</u>
PEOL 451	3	Offered Fall Term only

This course examines and explores factors and variables that contribute to the growth and development of outdoor leaders participating in adventure education experiences. The emphasis is helping students become more effective team leaders and group members. Content includes: semantics and definitions, communication and feedback, leadership theory, group dynamics, history and philosophy, ethical issues, risk and accidents, and leading and debriefing experiential activities.

B. Principles of Outdoor Leadership

<u>Course #</u>	<u>Credits</u>	<u>Notes</u>
PEOL 455	3	Offered Winter Term only

This course provides the skills and knowledge necessary for safe and responsible field leadership. Topics include the planning process, liability issues, clothing and equipment requirements, risk management, transportation and field leadership techniques. The course consists of a lecture/discussion series, substantial readings, and a three-day field outing. The three-day outing includes a challenging overnight survival exercise using minimal gear and clothing.

C. Environmental Education

<u>Course #</u>	<u>Credits</u>	<u>Notes</u>
PEOL 453	3	Offered Spring Term only

The focus of this course is on the natural history of Oregon, with an emphasis on grass/scrubland, coastal and old growth coniferous ecosystems. Classroom sessions, labs and outings provide opportunities to learn about the environment and to practice teaching in an outdoor setting. Course topics include natural history, ecological concepts, environmental interpretation, semantics and definitions, and teaching strategies for outdoor settings.

IV. LEADERSHIP EXPERIENCE

Students gain hands on experience by assisting with the leadership of OPP courses and field outings. **Participation in a minimum of six one-credit practicums is required**, as explained below. Consent of the course instructor and a program director is required for admittance into a practicum experience. All practicum students enroll in PEL 409 - Practicum Outdoor. A director will request a specific practicum name from the Registrar's Office after registration.

A. Assistant Leader - three (3) credits

Requirements include three one-credit, on-campus and/or backcountry assignments. Students are encouraged to acquire the broadest possible range of experience by leading a variety of activities in different settings and seasons.

Selection Criteria For Assignment As An Assistant Leader:

- A passing grade in Wilderness Survival (exception - rock climbing courses conducted at the rock climbing wall);
- A passing grade in the course being led or *exceptional* experience in the subject area;
- Current Wilderness First Aid/CPR certifications - (exception - rock climbing courses conducted at the rock climbing wall).
- Van clearance/certification is preferred for courses/outings that require State Motor Pool vans.

Leadership responsibilities vary according to the nature of the course, course goals and objectives, the participants, and the terrain and weather conditions.

Assistant Leaders are responsible for:

1. Meeting with the leadership team prior to the course/outing to ensure a thorough understanding of course content, goals and objectives, evaluation procedures, safety policies, procedures and plans, and to determine the best role for the assistant based on needs, interests and abilities.
2. Assisting the course instructor with the logistics associated with conducting a course or outing, including: Completing and collecting paperwork; picking up, loading, unloading, and driving vans; conducting equipment and clothing inspections; managing equipment, and other tasks as required by the course instructor.
3. Leading, instructing and supervising students in course/outing activities. Responsibilities will not be assigned that are beyond the assistant leader's skill and experience, and without his/her consent. Assistant leaders are responsible for informing the course instructor of any factors that may interfere with or limit their ability to accept leadership, instructional, and/or supervisory responsibilities.
4. Meeting with the leadership team after the course/outing to critique outing/course leadership and performance, and to assist in student evaluations.

B. Group Leader OR Assistant Instructor - two (2) credits

Requirements include **EITHER** two, one-credit field leadership assignments as a group leader of an approved backcountry outing **OR** one assignment as an assistant instructor of an approved course. Assistant instructorships require enrolling for two one-credit practicums.

1. Group Leader Assignments

Selection Criteria For A Backcountry Field Assignment:

- A passing grade in Wilderness Survival;
- A passing grade in the course being led or *exceptional* experience in the subject;
- Recent familiarity with the site and route of the outing, preferably as a leader of a previous OPP outing;
- Current Wilderness First Aid/CPR certifications.
- Van clearance/certification is preferred.

In addition to the requirements of the assistant leader position described above, a Group Leader is responsible for:

1. Supervising one or more assistant leaders and a designated student group in the field. The course instructor will assign responsibilities that s/he believes the group leader is qualified to accept. The group leader is responsible for informing the instructor of any factors that may limit, or interfere with his/her ability to accept the assigned responsibilities. No group leader will be assigned responsibilities without her or his consent.
2. Serving as the liaison between designated field groups and the course instructor, keeping the instructor informed of group competence and performance, and assuming a primary leadership role during emergency response or any issue related to group health and performance when the course instructor is not present.

II. Assistant Instructor Assignments

Selection Criteria For An Assistant Instructor Assignment:

- A passing grade in Wilderness Survival (exception - rock climbing courses conducted at the rock climbing wall);
- A passing grade in the course being led or *exceptional* experience in the subject;
- Recent familiarity with the site and/or route of the course, normally as a leader of a previous OPP course;
- Current Wilderness First Aid/CPR certifications (exception - rock climbing courses conducted at the rock climbing wall);
- Van clearance/certification is preferred for courses/outings that require State Motor Pool vans.

An Assistant Instructor is responsible for:

1. Meeting with the course instructor prior to the beginning of a course to ensure a thorough understanding of course content, schedule, goals and objectives, evaluation procedures, safety policies, procedures and plans, and to determine the assistant instructor's leadership responsibilities based on course needs, and the leaders experience, interests and abilities.
2. Assisting the course instructor with the logistics associated with conducting a course or outing, including: Completing and collecting paperwork; picking up, loading, unloading, and driving vans; conducting equipment and clothing inspections; managing equipment, and other tasks as required by the course instructor.
3. Leading, instructing and supervising students in course/outing activities. Responsibilities will not be assigned that are beyond the assistant leader's skill and experience, and without his/her consent. Assistant leaders are responsible for informing the course instructor of any factors that may interfere with or limit their ability to accept leadership, instructional, and/or supervisory responsibilities. It is understood, by the nature of this assignment, that the assistant leader will assume a higher degree of instructional responsibilities and a more interactive teaching role than an assistant leader of the same course.
4. Assisting with the grading of course assignments, assisting in student evaluations, and meeting with the course instructor as required to assess/critique the leader's performance.
5. Meeting with the course instructor at the conclusion of the course to assist in course grading, assess the assistant leader's performance, and provide feedback regarding instructional sessions, course content, organization and delivery.

C. Wilderness Survival Practicum - one (1) credit

Leaders are required to participate in no fewer than 30 hours of field leadership and other approved assignments, including a minimum of four map and compass outings (appr. 24 hours), and a combination of the following experiences (appr. 6 hours): Grading final exams, proctoring final exams, tutoring students, grading quizzes, maintaining the map and compass course, course logistics and other work approved by the course instructor.

- A. The above time examples are estimates. If for example, 26 hours are accrued on the map and compass course, only 4 hours of additional WS leadership experience is required.
- B. The required hours (30) for this assignment cannot be completed in one term. Students are required to register for this practicum during the term that the time requirement will be fulfilled. It is strongly recommended that you keep an ongoing record of the time spent in each component of this practicum experience.

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