

PEO 285 - WILDERNESS SURVIVAL COURSE SYLLABUS

<http://opp.uoregon.edu/wild/wildsurvival.html>

Description

Wilderness Survival is the Outdoor Pursuits Program's entry or "gateway" course. It is designed to prepare students for participation in a wide range of outdoor pursuits activities, and is a prerequisite to participation in our wilderness and backcountry courses.

Instructor Contact Information

Instructor: *Michael Strong* Office/Telephone: *186 Esslinger Hall - 346-1048* E-mail: mstrong@uoregon.edu

Office Hours – **ALL TERMS** - *Tues. 1500-1550 & Wed. 1500-1550 (or by appointment)*

Learning Outcomes

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of this course, students should be able to:

- Identify the main mechanisms of heat loss and gain and maintain comfort during activity in adverse weather conditions.
- Demonstrate the ability to read a topographic map, specifically: Interpret topographic map description and designations, use the map's scale to measure distance, read contour lines, recognize landform features, and estimate elevation gains and losses.
- Demonstrate the ability to perform basic map and compass skills, specifically: measuring and plotting bearings on a topographic map.
- Demonstrate an understanding of basic backcountry safety and survival skills, including trip planning considerations, equipment selection, outdoor travel and survival skills, encounters with wild animals, and what to do if lost.
- Explain the general effects of altitude illness on human performance.
- Describe the direction of the common Pacific Northwest storm tracks and the influence of Oregon topography on precipitation patterns. Describe the appropriate steps for maximizing safety during a lightning storm.
- Demonstrate an understanding of the causes, prevention and treatment of cold injuries (hypothermia and trench foot), heat injuries, dehydration, heat exhaustion), and sun injuries (sunburn and snow-blindness).
- Explain the nutrition and hydration requirements necessary for a safe and enjoyable backcountry experience. Explain the advantages and disadvantages of using chemicals, boiling and filtration as methods for treating backcountry water sources.
- Describe the backcountry ethics associated with leave no trace (LNT) travel and camping. Identify the major impacts resulting from human use of wilderness and backcountry areas, and describe methods for minimizing these impacts.
- Describe the management focus of the federal agencies responsible for managing wilderness and backcountry recreation lands.

Evaluative Criteria

Quizzes - 45 pts: 40 points from quizzes on the previous class' material – 8 points per quiz – top 5 scores recorded (6 quizzes total)
5 points – first day quiz

Worksheet: 15 points - specific to map and compass skills

Final Exam: 40 points – comprehensive exam covering all course topics.

Grading Scale

A+ = 100-96, A = 95-93, A- = 92-90; B+ = 89-86, B = 85-83, B- = 82-80; C+ = 79-76, C = 75-73, C- = 72-70; D = 65-69; F = <65

If your final score is between grading categories (e.g. 93-92, 80-79, etc.), the letter grade will be rounded up if the score is .5 and greater, and rounded down if it is less than .5.

Grading Requirements and Information - NOTE: THIS IS A GRADED COURSE. PASS/NO PASS IS NOT AN OPTION.

1. A minimum overall grade of C- is required on the COMBINED course evaluative criteria in order to register for, and participate in OPP courses for which Wilderness Survival is a prerequisite - in other words, all of our backcountry-oriented courses. If you earn a D or F, you will be automatically blocked from registering for a backcountry-oriented course during the online registration process. An overall grade of D cannot be made up - the course must be repeated if you plan on participating in any course for which WS is a prerequisite.
2. TAKE THE FINAL EXAM SERIOUSLY. Expect to pass the exam only if you have thoroughly reviewed the question pools, and are completely confident of your ability to demonstrate proficiency in map reading and basic map and compass use.

In-Class Quizzes

1. Six in-class quizzes on the previous class' lecture content AND readings will be conducted during classes #2 through #7. Eight points are assigned per quiz. You can apply your five highest scores to your grade. If you attend a class, but miss the quiz because you left early or arrived late (if the quiz is conducted at the front or tail end of the class), you lose the points.
2. Quizzes CANNOT be made up. Period. Please do not ask for an exception. Attendance will not be taken. If you miss more than two class quizzes, however, your chances of passing the course are extremely slim, unless you ace the worksheet and the final examination.

Map and Compass Worksheet

1. The worksheet must be submitted by the deadline specified on the course schedule. Worksheets submitted late WILL NOT be accepted, NO EXCEPTIONS. Worksheets are graded immediately after submission and scores posted to the website soon thereafter.
2. Worksheets will not be reviewed in class. Worksheets will be handed back during the class session following the submission date. DO NOT discard your worksheet until after you have checked to see that the right score has been entered into Canvas.
3. Allow a sufficient amount of time to complete the worksheet. A good score on the worksheet will likely put you in good position for the final exam and reinforce the skills required to pass the exam. A poorly completed and incomplete worksheet will GREATLY reduce the likelihood that you will pass this course.

Additional Information

1. Laptop computer and cell phone use (including text messaging) is prohibited during classroom sessions!
2. You are required to provide the following course resources:
 - a. Course packet containing the required readings for the course, lecture notes and supporting documents, quiz pools and outing information. The course packet can be obtained from **EITHER** the UO Bookstore **OR** via the course website. Most web site documents are password-protected. The password is provided in the first class session.
 - b. Compass: for in-class practice sessions and completing the worksheet and final examination. Compasses are available for purchase from the Duck Store in the Student Recreation Center.
 - c. Ruler and pen or pencil for practicing map and compass skills, completing the worksheet and taking the final exam.
 - d. Paper for in-class quizzes.

3. The course Canvas site will be used ONLY for posting scores on quizzes and the worksheet (immediately after being graded). If you do not have access to Canvas, you will not be able to view your quiz scores online.
4. The lectures cover most but not all of the material. The readings contain information pertinent to lectures and quizzes.

Course Schedule

| Week | Subject | Readings/Quiz Prep and Notes |
|-------------|--|--|
| WK 1 | Course introduction, grading and expectations..... Thermoregulation and dressing for the outdoors | Course description/syllabus 'Thermoregulation' and 'Dressing for the Outdoors' by M. Strong |
| WK 2 | Nutrition & hydration..... Cold Injuries..... Heat and sun-induced injuries | 'Nutrition & hydration requirements for outdoor activity' by M. Strong 'Cold Injuries' by M. Strong 'Heat and sun-induced injuries' by M. Strong |
| WK 3 | Maps and map reading Introduction to the compass | Part ONE of 'Map and compass' by M. Strong Part TWO of 'Map and compass' by M. Strong |
| WK 4 | Map and compass techniques..... | Part THREE of 'Map and compass' by M. Strong Bring your compass to class! |
| WK 5 | Worksheets due at the START of class! Backcountry ethics and practices Wilderness | Note the late penalty! See course description for details. 'Leave No Trace Ethics' by M. Strong 'Water treatment' by M. Strong 'Wilderness' by M. Strong |
| WK 6 | Safety and survival techniques and equipment..... Plants/insect hazards | 'Survival tips for the Pacific northwest' by J. Blanchard & M. Strong 'Poison Oak' by M. Strong 'Ticks and Lyme disease' by M. Strong |
| WK 7 | Animal hazards Introduction to weather and lightning..... Outdoor activity at altitude | Bears and Cougars' by J. Blanchard and M. Strong (independent read) 'The air out there' by M. Strong 'Lightning' by M. Strong 'Altitude Illness' by M. Strong |
| WK 8 | Final examination | Bring your compass, a ruler, and a pen Please complete online course evaluation |

CONSISTENT PERFORMANCE IS REQUIRED TO EARN A GOOD GRADE IN THIS COURSE!