

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
PRLS 316 001—Outdoor Education and Leadership
Fall 2014

DAY/TIME:	Fridays 10:30 a.m. – 1:10 p.m.	LOCATION:	248 Bull Run Hall
PROFESSOR:	Susan L. Johnson	EMAIL ADDRESS:	sjohnsoi@gmu.edu
OFFICE LOCATION:	Freedom Aquatic & Fitness Center & Skyline Fitness Center	PHONE NUMBER:	703-993-3761
OFFICE HOURS:	Wednesday 2:00 – 4:00 p.m. (by appointment only)	FAX NUMBER:	703-993-8478

PREREQUISITES

None.

COURSE DESCRIPTION

Focuses on promotion of lifelong health and fitness via noncompetitive and informal outdoor activities. Introduces safety, skills, and leadership techniques. Covers sustainable use, conservation, and stewardship of natural resources.

COURSE OBJECTIVES

At the completion of this course, students should be able to:

1. Discuss the need for outdoor education/recreation in American society today by:
 - a. Understanding the history of leisure in American culture.
 - b. Identifying the psychological benefits of outdoor recreation and education.
 - c. Collecting and documenting current articles relating to leisure, health, and outdoor recreation trends.
 - d. Identifying the differences among national, regional, and local conservation agencies and their roles in outdoor recreation/education.
 - e. Identifying ways outdoor recreation activities benefit youth in schools to become self-motivated learners.
2. Learn the essentials of group building and team building by:
 - a. Participating as a class in Group Initiative activities
 - b. Identifying and defining the theories which support the educational benefits of experiential education.
 - c. Being involved in and learning a variety of team building activities to incorporate into classroom learning or classroom activities to promote mutual respect, support for others, and cooperative participation.
3. Develop and plan an outdoor recreation lesson for school aged youth:
 - a. Converting course material and field experience into an Outdoor Recreation lesson plan which incorporates Fairfax County Program of Studies for Physical Education.
 - b. Teaching an activity from your lesson plan to fellow students through an in-class presentation.
4. Learn a variety of outdoor skills and develop an appreciation for the outdoors by:
 - a. Developing a "Leave No Trace" land ethic through direct involvement in outdoor recreation activities.
 - b. Practicing and participating in hands-on outdoor recreation and outdoor education activities.

COURSE OVERVIEW

We are all held to the standards of the George Mason University Honor Code. Because your contributions are so important to this course, we will all be expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments are due at the beginning of class on the specified date due. **Papers received AFTER 10:30 a.m. will be considered late and receive a 20% deduction in points per 24 hour period.** If you have an extreme emergency or are participating in a pre-approved university-sponsored function, there may be some exceptions. However, you'll need to discuss these issues with me prior to the due date in order to be considered for exception. I also recommend you make back-up copies of your assignments since computers have been known to crash.

Communication is an important part of this course; therefore, I ask that you check Blackboard **each morning for course communications**. Be particularly aware of weather announcements.

Upon completion of this course, students will meet the following competencies of the National Recreation and Park Association Council on Accreditation:

7.0	Students graduating from the program shall demonstrate the following entry-level knowledge: a) the nature and scope of the relevant park, recreation, tourism or related professions and their associated industries; b) techniques and processes used by professionals and workers in these industries; and c) the foundation of the profession in history, science and philosophy.
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REQUIRED READINGS

Gilbertson, K., Bates, T., McLaughlin, T. & Ewert, A. (2006). *Outdoor Education: Methods and Strategies*. Champaign, IL: Human Kinetics.

Louv, R. (2008). *Last child in the woods: Saving our children from Nature-Deficit Disorder*. Algonquin Books.

LAB FEE:

Several activities will be conducted outside of the classroom. Students must remit a non-refundable **Lab Fee of \$50**

This course requires a (lab/course) fee of \$50.00. Fees can be paid online by Visa or Master Card at <http://rht.gmu.edu/course-fees> or by check made payable to George Mason University and turned in at the SRHT office suite BRH 220 PWC. Please pay online by Friday, September 5, 2014.

Requirements	Percentage
Exam	20
Semester Project	25
Class Participation	25
Class Assignments	30
TOTAL	100%

Grading Scale

A+ = 98 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A = 94 – 97	B = 84 – 87	C = 74 – 77	F = 0 – 59
A- = 90 – 93	B- = 80 – 83	C- = 70 – 73	

PRLS 316 COURSE SCHEDULE – Fall 2013

Last revised: August 23, 2014

DATE	TOPIC	ASSIGNMENTS
Friday August 29	Introduction to class objectives and goals. Team building activities. Review course materials. Introduce journal.	
Friday September 5	History of Outdoor Recreation and Leisure The value of outdoor education/recreation Interrelationship of Experiential Ed	Read: “The Creation of Outward Bound,” by Joshua L. Miner (handout) Complete: StrengthFinder Assessment-on line
Friday September 12	Strength Finder Assessment Review	Read: <i>Outdoor Education</i> Chap 1 & 2
Friday September 19	Experiential Education: Models and Practice	Read: <i>Outdoor Education</i> Chap 3, 4 & 5
Friday September 26	Team Development I-Meet at The EDGE	Read: “The Sense of Wonder,” by Rachel Carson (handout) and <i>Last Child</i> Chap 1
Friday October 3	Team Development II – Meet at The EDGE Debrief from Teambuilding Activity	Read: <i>Last Child</i> Chap 2, 3 & 4

Friday October 10	Individual field trips (class not held in classroom)	Read: <i>Last Child</i> Chap 5 & 6; <i>Outdoor Education</i> Chap 6
Friday October 17	Outdoor lesson: hiking at Bull Run Mountains Conservancy—meet at PW campus at 10:30 am to be at BRMC by 11:00 am (see http://www.brmconservancy.org/area_map.html)nt trends & economic factors	Read: <i>Last Child</i> Chap 7 & 8; <i>Outdoor Education</i> Chap 7 JOURNAL #1 DUE
Friday October 24	Natural resource based recreation, wilderness and wild-land resources, resources management concepts and issues. Outdoor Activity-to be announced	Read: <i>Outdoor Education</i> Chap 8 <i>Last Child</i> Chap 9 & 10
Friday October 31	Outdoor Lesson: Introduce Leave No Trace Principles - LNT activities	Read: <i>Outdoor Education</i> Chap 9 & 10
Friday November 7	Outdoor lesson: Rock climbing at Great Falls National Park Meet at GFNP (the Virginia side; see http://www.nps.gov/grfa/planyourvisit/directions.htm) climber's parking lot at 11:00 am. (TENTATIVE)	Read: <i>Outdoor Education</i> Chap 12 <i>Last Child</i> Chap 11 & 12
Friday November 14	Field Trip Presentations-student teams Introduction to creating Outdoor Recreation Lesson Plans Tips, techniques, teaching strategies sharing and discussion Final Exam review & discussion	Read: <i>Last Child</i> Chap 13 & 14 FIELD TRIP DISCUSSION
Friday November 21	Final Exam review Continue with Outdoor Recreation Lesson Plans	JOURNAL #2 DUE
Friday November 28	THANKSGIVING – NO CLASS MEETING TODAY	Read: <i>Last Child</i> Chap 15 & 17
Friday December 6	Class presentations of Outdoor Recreation Lesson Plans	Read: <i>Last Child</i> Chap 18, 19 & 20
Friday, December 12	Class presentations of Outdoor Recreation Lesson Plans Happy Holidays!	

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class

unless otherwise authorized by the instructor.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

