

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
PRLS 316 001—Leadership and Outdoor Education
Fall 2015

DAY/TIME:	Fridays 10:30 a.m. – 1:10 p.m.	LOCATION:	Bull Run Hall 132
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.

NATURE OF COURSE DELIVERY

Face-to-face

PROFESSIONAL ASSOCIATION STANDARDS

Upon completion of this course, students will meet the following professional accreditation standards from the *Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT)*:

7.01	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.

Graham, John (2015). *Outdoor Leadership: Techniques, Common Sense & Self-Confidence*. Seattle, WA: The Mountaineers Books.

EVALUATION

Requirements	Possible Points
Mid-term Exam	100
Semester Project	100
Class Participation	100
Class Assignments	100
TOTAL	400

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 2015

DATE	TOPIC	ASSIGNMENTS
Friday September 4	Review Syllabus, course texts Homework Assignment	Read: Outdoor Leadership Read: Preface, Chap1-2 Essay on Leadership <i>(On Campus Challenge begins Sept 6)</i>
Friday September 11	Introduction to class objectives and goals. Review homework. History of Outdoor Recreation and Leisure Interrelationship with Experiential Education Ice – breaker activities	Read: Outdoor Education Preface, Chap 1-2
Friday September 18	Nature Nexus Experiential Education: Models and Practice	Read: Outdoor Leadership Chap 9, 10,11
Friday September 25	Team Development -Meet @ The EDGE, 10:00am (green & white tent)	

Friday October 2	Debrief EDGE Program Guest Speaker-Virginia Wine Who participates in outdoor recreation? What are the barriers? What are the benefits? What does the research say?	Read: Outdoor Leadership Chap 7,8, 12
Friday October 9	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 9:30 am. Day Hike at Great Falls	Read: <i>Outdoor Education</i> Chap 3, 4 Complete: StrengthFinder Assessment-on line and
Friday October 16	Outdoor Lesson: Nature Exploration and Reflections @ The EDGE Strengths Assessment Review Review Leadership Styles	Read: <i>Outdoor Education</i> Part II (<i>On Campus Challenge ends Oct. 17</i>)
Friday October 23	Outdoor Lesson: Introduce Leave No Trace Principles - LNT Natural resource based recreation, wilderness and wild-land resources, resources management concepts and issues.	
Friday October 30	Create Your Own Adventure-student teams	Prepare in class presentations
Friday November 6	Team Adventure Presentations-student teams	Read: <i>Outdoor Education</i> Part III
Friday November 7	Introduction to creating Outdoor Recreation Lesson Plans Tips, techniques, teaching strategies sharing and discussion Begin planning Outdoor Recreation Lesson Plans	
Friday November 13	Work in planning teams Review DRAFT with Professor Mid-term review	
Friday November 20	Mid-Term	
Friday November 27	THANKSGIVING – NO CLASS MEETING TODAY	
Friday December 4	Class presentations of Outdoor Recreation Lesson Plans	
Friday, December 11	Class presentations of Outdoor Recreation Lesson Plans	
Friday, December 18	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/the-mason-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.

