CAPILANO UNIVERSITY

COURSE OUTLINE		
TERM: Fall 2023	**COURSE NO: REC 148**	
INSTRUCTOR:	**COURSE TITLE: Introduction to Wilderness Travel**	
OFFICE: LOCAL: **E-MAIL:**	**SECTION NO(S):**	**CREDITS: 3**
OFFICE HOURS:		
COURSE WEBSITE: eLearn		

Capilano University acknowledges with respect the Lilwat7úl (Lil'wat), xʷməθkʷəyəm (Musqueam), shíshálh (Sechelt), Sḵwx̱wú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) people on whose territories our campuses are located.

COURSE FORMAT
60 hours of class time delivered over two weeks.

COURSE PREREQUISITES
None

CALENDAR DESCRIPTION
This course provides an overview of the field skills for the developing outdoor leader. Students are introduced to wilderness travel, outdoor living, navigation, environmental ethics, and leadership. This course is the foundation from which all other skills courses will build. Students will develop skills for planning and managing hiking activities to lead a one-day trip into basic hiking terrain. Successful students will earn the Outdoor Council of Canada Field Leader (Hiking) Certification.

NOTE:
REC 148 is equivalent to REC 157. Duplicate credits will not be granted for this course and REC 157.

REQUIRED TEXTS AND/OR RESOURCES
Outdoor Council of Canada Manual provided through the course eLearn site.
Allen & Mike's Really Cool Backpackin' Book – Travelling & camping skills for a wilderness environment!

COURSE STUDENT LEARNING OUTCOMES
On successful completion of this course, students will be able to do the following:
1. Plan an effective day hike route using a topographic map, compass, and route card.
2. Select and learn how to properly use clothing and equipment for overland activities.
3. Plan nutritional requirements necessary when designing menus for backcountry outings
4. Prepare and provide meals suitable in the backcountry.
5. Select, set up, maintain and break down campsites with consideration for the environment and adherence to backcountry conservation practices.

6. Apply appropriate decision making techniques in an outdoor environment.

COURSE CONTENT

Day	TOPICS
1	Introduction to Wilderness Travel
2	Wilderness navigation and topographic map interpretation
3	Technical considerations in gear and clothing
4	Camp craft - Leadership for camp management and operations
5	Trail craft - Risk Management 'Show and tell' your clothing and equipment
6	Trip planning – differences between day trips, multi-days and expeditions. Food planning and Leave no trace - Food Waste and Dishwashing
7	Route finding and navigation
8	Environmental ethics for wilderness travel
9	Human and wildlife interaction management
10	Situational awareness Reflection

EVALUATION PROFILE

Assessment	% of Final Grade
1. Participation and Professionalism	0-10%
2. Assignments	40-80%
3. Quizzes/Mid Term/Final	20-50%
TOTAL:	**100%**

Participation, Engagement & Professionalism
The participation, engagement and professionalism mark components such as classroom/field engagement, group participation and leadership skills including demonstration of outdoor skills readiness.

GRADING PROFILE

A+ = 90-100	B+ = 77-79	C+ = 67-69	D = 50-59
A = 85-89	B = 73-76	C = 63-66	F = 0-49
A- = 80-84	B- = 70-72	C- = 60-62	

Incomplete Grades

Grades of Incomplete "I" are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

Late Assignments
Assignments are due at the beginning of the class on the due date listed unless otherwise noted in the course syllabus. If you anticipate handing in an assignment late, please consult with your instructor beforehand. See course syllabus for penalties associated with late assignments.

Missed Exams/Quizzes/Labs etc.
Make-up exams, quizzes and/or tests are given at the discretion of the instructor. They are given only in medical emergencies or severe personal crises. Some missed labs or other activities may not be able to be accommodated. Rescheduling will not be allowed for reasons such as holidays or work conflict, nor shall re-scheduling be possible after exams have been graded and returned. Please consult with your instructor. Final Exams are to be written on the date and time scheduled.

Attendance
Students are expected to attend all classes and associated activities. See course syllabus for penalties related to missed classes**.**

English Usage
Students are expected to proofread all written work for any grammatical, spelling and stylistic errors. Instructors may deduct marks for incorrect grammar and spelling in written assignments.

Electronic Devices
Students may use electronic devices during class for note-taking only or when working in groups on tasks assigned by the instructor.

On-line Communication
Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or eLearn; please check both regularly. Official communication between Capilano University and students is delivered to students' Capilano University email addresses only**.**

UNIVERSITY OPERATIONAL DETAILS

Tools for Success
Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: https://www.capilanou.ca/student-life/

Capilano University Security: download the [CapU Mobile Safety App](https://www.capilanou.ca)

Policy Statement (S2009-06)

Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Academic Integrity, Academic Probation and other educational issues. These and other policies are available on the University website.

Academic Integrity (S2017-05)
Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy and procedures S2017-05 Academic Integrity for more information: https://www.capilanou.ca/about-capu/governance/policies/

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

Academic dishonesty is any act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

Cheating: Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:
- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

Fraud: Creation or use of falsified documents.

Misuse or misrepresentation of sources: Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

Plagiarism: Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

Self-Plagiarism: Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

Prohibited Conduct: The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

Sexual Violence and Misconduct

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

> Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence and Misconduct Policy and B.401.1 Sexual Violence and Misconduct Procedure (found on Policy page https://www.capilanou.ca/about-capu/governance/policies/)

Emergencies: Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.

DEPARTMENT OR PROGRAM OPERATIONAL DETAILS

See course syllabus