

Fall 2021 | NRM 161

## Introduction to Wilderness Leadership

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Danielle Bessent

Phone: (907) 474-6027

E-mail: [dbessent@alaska.edu](mailto:dbessent@alaska.edu)

Office Hours- OA office M, W, F 8am-12pm

Please use your UA email for all communication regarding this class

: This course is designed to provide students with the fundamental skills needed to lead a group of individuals in a backcountry environment. Throughout the semester students will develop their technical skills, group management techniques, risk assessment tools, and much more. Course material will focus on current theories and principles used in the outdoor recreation and education field. The development of a student's hard skills (equipment use, navigation, shelter construction, etc.) and soft skills (leadership, group management, decision making, etc.) will assist in the development of the student's character. The course includes three separate hiking/backpacking trips with one day trip. These trips require that students be prepared physically and mentally.

A significant portion of the course will be spent in the field, thus students must be in good physical condition and prepared physically to hike on rough terrain with a heavy pack for long days. Technical gear such as tents, packs, stoves and sleeping bags are available for free through the Outdoor Adventures office; however the student must provide footwear and personal clothing. This course is designed with the intention of training students to lead wilderness trips in a variety of situations including through the Outdoor Adventures office.

: Students should leave with the ability to lead a group of their peers into the backcountry, provide a fun and educational experience to them and return them safely at the end of this trip. Students should be able to begin to master this demanding and dynamic skill. Students will have the opportunity to grow and learn through a series of challenging experiences.

This course will combine lecture, group discussions, and hands-on activity that will allow us all to learn from each other. This shared learning experience will often require you, the student, to lead the discussion or teach a topic based on your experience. We will provide students with information and skills that will be put to use right away in an actual field environment. Students should come to class prepared to work, discuss, move around and be outside.

Brooks 104A

Tuesday and Thursday from 2:00-3:30

Classes run August 24- November 18

Overnight Field Experiences: September 4-5, October 16-17 or October 30-31

The overnight trips start early Saturday morning and don't return until just after dinner on Sunday night.

NRM 161 is worth 3 credits and each student will be assigned a letter grade.

|                              |     |
|------------------------------|-----|
| Attendance and Participation | 100 |
| Paper 1                      | 100 |
| Paper 2                      | 100 |
| Paper 3                      | 100 |
| Trip plan                    | 50  |
| Lesson plan                  | 50  |
| <b>High</b>                  |     |



*Final and 1 Quiz (100+50=150 total)*

Quiz 1 will be the concepts discussed in the first half of the class and the Final will be on the concepts discussed in the second half of the class.

Honesty is a primary responsibility of you and every other UAF student. The following are common guidelines regarding academic integrity:

1. Students will not collaborate on any quizzes, in-class exams, or take-home assignments that contribute to their grade in a course, unless the course instructor grants permission. Only those materials permitted by the instructor may be used to assist in quizzes and examinations.
2. Students will not represent the work of others as their own. A student will attribute the source of information not original with himself or herself (direct quotes or paraphrases) in compositions, theses, and other reports.
3. No work submitted for one course may be submitted for credit in another course without the explicit approval of both instructors.

Students will receive many forms of feedback, constructive criticism and assess. o tuct s bmitn atan

| Intro to Wilderness Leadership Schedule |   |   |
|---|---|---|
|   | Tuesday   | Thursday  |
| Week 1                                  | 8.24- Introduction/Syllabus review<br>Wilderness leadership Lecture<br><i>HW- Read chapter 1 (p.1-17)</i>   | 8.26- Clothing demo<br>Packing / fitting a backpack   |
| Week 2                                  | 8.31- Tents and stoves outside<br><i>HW- Read chapter 2 (p.19-38)</i>   | 9.2- Pre-trip meeting DEMO<br>You all will do this for your trips<br>Tents and stove overview                               |
| Trip 1                                  | 9.4-9.5- Granite tors backpacking   |   |
| Week 3                                  | 9.7-<br>Frank lecture<br>Trends in Outdoor Recreation<br>Navigation tools   | 9.9-<br>Mark lecture<br>HW- Personality tests,<br><a href="#">16 personalities</a><br><a href="#">OCEAN Big 5</a>           |
| Week 4                                  | 9.14- Importance of debrief<br>Personality in leadership<br>HW- Read chapter 5 (p.83-99)<br><a href="https://gatherfor.medium.com/maslow-got-it-wrong-ae45d6217a8c">https://gatherfor.medium.com/maslow-got-it-wrong-ae45d6217a8c</a> | 9.16-<br>Leadership styles<br>Group dynamics<br><br><a href="#">HW- Listen to "Ignorance for Dummies"</a><br>Read chapter 3 |
| Week 5                                  | 9.21- Awareness & Decision making ("discuss ignorance")<br>food, fuel, LNT, Bear safety<br>HW: <a href="https://vimeo.com/58936038">https://vimeo.com/58936038</a>  | 9.23- Teaching and facilitation<br>HW- Read chapter 7 (p.123-138)   |
| Week 6                                  | 9.28- Communication group Activity  | 9.30-<br>Teaching Presentations   |
| Week 7                                  | 10.5-<br><br>Risk Management<br><i>HW- Read chapter 11 (p.201-212)</i>  | 10.7- Quiz 1<br>HW- trip plan for 10.16 (group 1)<br>HW- Read chapter 6 (p.101-121)   |
| Week 8                                  | 10.12- Expedition Behavior & planning activity<br><i>HW- Read chapter 13 (p.227-237)</i><br><i>Speaker series @ 4</i><br>HW- <a href="#">emotional intelligence9</a>  | 10.14-<br>Student led pre-trip (group 1)  |
| Trip 2                                  | 10.16-10.17- Jack River Backpacking   |   |

