

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 183 – OUTDOOR ADVENTURES I (2 CR.)

Course Description

Introduces outdoor adventure activities with emphasis on basic skills, preparation, personal and group safety, equipment selection and use, ecology, and field experience. Part I of II. Lecture 1 hour. Laboratory 2 hours. Total 2 hours per week.

General Course Purpose

To present basic skills in outdoor adventure activities, techniques for personal and group safety, and equipment selection and use.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running and using the arms and hands. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Execute basic skills in at least 3 of the following: rock climbing, canoeing/kayaking, caving, hiking and/or camping
- b) Exhibit safety awareness during participation in basic skills
- c) Appreciate wilderness environments and work toward their preservation
- d) Condition the body for strenuous outdoor activities
- e) Cooperate with other classmates in working toward common goals
- f) Evaluate equipment for quality and function
- g) Plan trips

Major Topics to be Included

- a) Basic skills in at least 3 of the following: rock climbing, canoeing/kayaking, caving, hiking, and/or camping
- b) Conditioning
- c) Terminology
- d) Equipment selection and use
- e) Trip planning
- f) Personal and group safety
- g) Wilderness ecology
- h) Field trips