

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**COURSE OUTLINE**

**COURSE TITLE:** ADVENTURE RECREATION  
Canoeing, kayaking, hiking and biking.

**CODE NO. :** NAR100 **SEMESTER:** 3

**PROGRAM:** Adventure Recreation and Parks Technician

**AUTHOR:** Lawrence Foster

**DATE:** Sept 2010 **PREVIOUS OUTLINE DATED:** JAN. 2009

**APPROVED:** "B.Punch"

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**Chair** **DATE**

**TOTAL CREDITS:** 3

**PREREQUISITE(S):** NONE

**HOURS/WEEK:** 3 HRS x 16 WEEKS = 48 Credit Hours

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School of Technology, Skilled Trades & Natural Resources  
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**COURSE DESCRIPTION:**

- I. This specific skills-oriented course will cover the regional outdoor adventure activities of Hiking, Mtn Biking, Canoeing and Kayaking. Students will research the rules and regulations surrounding adventure recreation activities in Ontario and Canada as well as best practices put forth by industry leaders from around the world. Students will be expected to create trip and safety plans and develop contingency plans. Specific skills pertaining to Hiking, Mountain Biking, Canoeing and Kayaking will be the main focus of the course and students will have to demonstrate techniques, commands and signals for each discipline as well as maintain and repair their equipment.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will demonstrate the ability to:

1. **Explain the significance of outdoor recreation activities on Ontario's tourism industry.**

Potential Elements of the Performance

- Produce a list of outdoor recreational activities in the province.
- Research the impact of outdoor recreation from a past and present perspective.
- Research the impact of outdoor recreation on the future of Ontario's tourism industry.
- Describe how outdoor recreational programming fits into the adventure travel and ecotourism business .

This learning outcome will constitute 10% of the course's grade.

2. **Explain the relative safety considerations surrounding a variety of activities such as Canoeing, Kayaking, Hiking, Biking and Orienteering / Navigation.**

Potential Elements of the Performance:

- Describe current safety regulations and laws as they pertain to the activities
- Describe current standards from a variety of outfitters and industry leaders world wide.
- Demonstrate the proper use of safety equipment for all

activities.

- Demonstrate the proper use of safety commands, signals and conventions used in each activity.
- Describe methods and techniques used by different industry leaders to mitigate risk while maintaining the elements of adventure.
- Develop a trip plan
- Navigate during the trip.

This learning outcome will constitute 40% of the course grade.

### **3. Demonstrate skills specific to each discipline.**

Potential Elements of the Performance:

- Packing, securing and distribution of weight
- Set up and adjustment of equipment
- Identify parts and use of equipment
- Repair and maintenance of equipment
- Strokes used in kayaking and canoeing
- Launching and beaching methods
- Rescue techniques for canoe and kayak
- Climbing and descending on a mountain bike
- Clearing obstacles on a mountain bike

This learning outcome will constitute 40% of the course grade.

### **4. Plan and deliver an adventure recreation trip or activity.**

Potential Elements of the Performance:

- Choose a suitable location that provides attributes associated with adventure recreation activities.
- Develop a safety plan that demonstrates knowledge of safety concerns that pertain to the activity and the area.
- Create a contingency plan for the activity considering bad weather, injury, environmental sickness or absenteeism.

This learning activity will constitute 10% of the course grade.

## **III. TOPICS:**

- 1 Introduction to Adventure Recreation
- 2 Ontario geography and tourism
- 3 Employment Opportunities in Outdoor Recreation
- 4 Safety – regulations, standards, techniques, commands, signals
- 5 Safety plans
- 6 Trip planning and contingency

- 7 Equipment maintenance and repair
- 8 Canoeing
- 9 Kayaking
- 10 Hiking
- 11 Mountain Biking
- 12 Orienteering
- 13 Navigation

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

**None.**

**Recommended Resources**

**Ontario ministry guidelines for canoeing, kayaking and cycling.**

**RESOURCES Will Be Put on Reserve in the library as required.**

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## V. EVALUATION PROCESS/GRADING SYSTEM:

Theory test on adventure recreation opportunities in ON	10%
Attendance, Participation and Demonstration of Techniques	80%
Planning and Execution of Adventure Activity	<u>10%</u>
	100%

1. All field trips occurring during this course are **mandatory**. Students missing a field trip without prior consent of the instructor or without good reason will be **penalized up to 10%** of their overall course mark per trip.

2. **Students must demonstrate and adhere to all safety regulations that pertain to each activity.** Any student not following required safety regulations can be removed from the course at the instructors discretion.

3. Presentations and execution of adventure activities must be delivered in writing to the instructor a minimum of two weeks in advance prior to the trip. Failure to do so will result in a 0 for that activity.

The following semester grades will be assigned to students in postsecondary courses:

<b>Grade</b>	<b><u>Definition</u></b>	<b><i>Grade Point Equivalent</i></b>
A+	90 – 100%	
A	80 – 89%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

**VI. SPECIAL NOTES:**Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session. It is the departmental policy that once the classroom door has been enclosed, the learning process has begun. Late arrivers will not be granted admission to the room.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

**VI. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal form part of this course outline.