



COURSE OUTLINE: ARL104 - SUPERIOR EXPEDITION

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Approved: Bob Chapman - Dean

Course Code: Title	ARL104: SUPERIOR EXPEDITION
Program Number: Name	5212: ADVENTURE RECREATION
Department:	NATURAL RESOURCES PRG
Academic Year:	2025-2026
Course Description:	ARL104 Superior Expedition is an immersive 5-day course set on the secluded shores of Lake Superior, offering students the unique experience of exploring this inland sea by kayak. Participants will learn essential skills for planning, packing, and navigating the rugged shorelines of Lake Superior. Through hands-on instruction and real-world practice, students will gain confidence and expertise in expedition planning and execution. Join us for an unforgettable adventure, mastering the art of kayaking in one of North America's most breathtaking natural environments.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Vocational Learning Outcomes (VLO's) addressed in this course:	5212 - ADVENTURE RECREATION
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Demonstrate clear, concise and industry appropriate written, spoken and visual communication skills.
	VLO 2 Identify, discuss, organize and assess common Flora & Fauna species found throughout ON, including biological and physiological characteristics.
	VLO 3 Describe how the six park systems in Ontario are managed and operated.
	VLO 4 Identify and evaluate the requirements for leading and participating in expeditions or field exercises using a variety of Adventure Recreation activities.
	VLO 5 Start and manage a career in the Adventure Recreation and Parks field.
	VLO 6 Demonstrate a sound understanding of the significance of the Adventure Recreation and Parks Industry including relevant legislation, trends and issues.
	VLO 7 Describe the scientific method and how it shapes our understanding of the ecology of the natural world.
	VLO 8 Demonstrate an understanding of sustainable development and apply the foundations in the natural environment.
	VLO 9 Safely operate and maintain equipment used in Adventure Recreation and Park operations.
	VLO 10 Evaluate and apply current technologies and mathematical concepts used to collect, manage and analyze data.
	VLO 11 Analyze, evaluate and apply subjective and objective safety considerations for



Adventure Recreation and Parks activities.

Essential Employability Skills (EES) addressed in this course:

- EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 3 Execute mathematical operations accurately.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Satisfactory/Unsatisfactory
&
A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Other Course Evaluation & Assessment Requirements:

Academic success is directly linked to attendance. Missing more than 1/3 of class hours in a semester shall result in an F grade for the course.

Books and Required Resources:

Mountaineering Freedom of the Hills by Ronald C. Eng
Publisher: The Mountaineers Books Edition: 9
ISBN: 978-1594851384

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate proficiency in sea kayaking fundamentals.	1.1 Demonstrate fundamental knowledge of kayaks, safety gear and paddles. 1.2 Demonstrate knowledge of injury prevention. 1.3 Demonstrate rescue skills including: - Wet exit - T rescue - Emptying a swamped kayak - Towing - Assisted and unassisted re-entry 1.4 Demonstrate technical paddling skills including: - Lifting and carrying kayak - Beach landing and entry - Strokes forward, reverse, sweep and draw - Bracing, edging and sailing
Course Outcome 2	Learning Objectives for Course Outcome 2



	2. Demonstrate proficiency in canoeing.	2.1 Demonstrate fundamental knowledge of canoes, safety gear and paddles. 2.2 Demonstrate knowledge of injury prevention. 2.3 Demonstrate rescue skills including: - T rescue - Emptying a swamped canoe - Towing - Assisted and unassisted re-entry 2.4 Demonstrate technical paddling skills including: - Lifting and carrying canoe - Strokes forward, reverse, C stroke, J stroke and draw
	Course Outcome 3	Learning Objectives for Course Outcome 3
	3. Organize and deliver an interpretive program suitable for family audiences.	3.1 Understand the importance of good communication and team work skills in coordinating a campfire program. 3.2 Plan and organize, in cooperation with the group, an event or activity. 3.3 Demonstrate and deliver a professional program suitable for a park interpretive program environment.
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Plan and prepare for a 3 day paddling trip.	4.1 Demonstrate fundamental knowledge of daily nutritional requirements. 4.2 Create a safety plan for the trip. 4.3 Develop schedule and contingencies for trip.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	20%
Interviews	60%
Labs	20%

Date:

August 20, 2025

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

