



COURSE OUTLINE: NRT130 - ADVENTURE REC I

Prepared: Lawrence Foster

Approved: Bob Chapman - Dean

Course Code: Title	NRT130: ADVENTURE RECREATION I
Program Number: Name	5212: ADVENTURE RECREATION
Department:	NATURAL RESOURCES PRG
Academic Year:	2025-2026
Course Description:	Embark on an exhilarating exploration of regional outdoor adventures in our skills-oriented course. From Stand Up Paddle Boarding to Canoeing, Kayaking, and Rock Climbing, participants will immerse themselves in a comprehensive curriculum. Delve into the intricacies of adventure recreation regulations in Ontario and Canada under the guidance of industry leaders. Throughout the course, students will earn certifications in Stand Up Paddle Boarding, Canoeing, Kayaking, and Rock Climbing, validating their expertise in each discipline. Additionally, they will master essential techniques, commands, and signals while gaining proficiency in equipment maintenance and repair, ensuring readiness for any expedition.
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.
Substitutes:	NAR100
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 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 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	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.



this course:	<p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 3 Execute mathematical operations accurately.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
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Course Evaluation:	<p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>
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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.
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Books and Required Resources:	<p>Mountaineering Freedom of the Hills by Ronald C. Eng Publisher: The Mountaineers Books Edition: 9 ISBN: 978-1594851384</p>
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Course Outcomes and Learning Objectives:	Course Outcome 1	Learning Objectives for Course Outcome 1
	1. Demonstrate the proper types and use of clothing and equipment for related activities.	<p>1.1 Assemble a basic three layer clothing system.</p> <p>1.2 Characterize the differences between and demonstrate the care of different clothing materials, fibres and insulation.</p> <p>1.3 Evaluate advantages and disadvantages of different types of footwear and how to care for them.</p> <p>1.4 Organize and pack for a multi-day trip using a detailed packing list with specific requirements.</p>
	Course Outcome 2	Learning Objectives for Course Outcome 2
	2. Explain the importance of proper mental and physical preparedness and the principals of Leave No Trace camping.	<p>2.1 Demonstrate the physical and mental preparation.</p> <p>2.2 Demonstrate technical knowledge, skills, and judgment as the student gains experience.</p> <p>2.3 Demonstrate and explain the principals of LNT.</p>
	Course Outcome 3	Learning Objectives for Course Outcome 3
	3. Explain the relative safety considerations surrounding a variety of activities such as Canoeing, Kayaking,	<p>3.1 Analyze and demonstrate current safety regulations and laws as they pertain to the activities.</p> <p>3.2 Compare current standards from a variety of outfitters and industry leaders worldwide.</p>

	Hiking, Biking and Climbing.	3.3 Demonstrate the proper use of safety equipment for all activities. 3.4 Demonstrate the proper use of safety commands, signals and conventions used in each activity. 3.5 Evaluate methods and techniques used by different industry leaders to mitigate risk while maintaining the elements of adventure.
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Demonstrate skills specific to each discipline.	4.1 Assess how to pack, secure and distribute weight efficiently. 4.2 Demonstrate how to set up and adjust equipment. 4.3 Identify parts and use of equipment. 4.4 Repair and maintain equipment. 4.5 Assess and apply strokes used in kayaking and canoeing. 4.6 Demonstrate launching and beaching methods. 4.7 Apply rescue techniques for canoe, kayak and climbing. 4.8 Analyze correct body position. 4.9 Differentiate best equipment, techniques and procedures for a variety of applications.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	50%
Interviews	10%
Self Leadership	10%
Tests	30%

Date: August 20, 2025

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