



## COURSE OUTLINE: NRT225 - WILDERNESS SKILLS

Prepared: Lawrence Foster

Approved: Sherri Smith, Chair, Natural Environment, Business, Design and Culinary

<b>Course Code: Title</b>	NRT225: WILDERNESS SURVIVAL SKILLS
<b>Program Number: Name</b>	5212: ADVENTURE RECREATION
<b>Department:</b>	NATURAL RESOURCES PRG
<b>Semesters/Terms:</b>	21W
<b>Course Description:</b>	Students will be taught important aspects of Wilderness Survival. Proactive techniques such as filling a trip plan and developing an emergency action plan will be emphasized in order to prevent accidents from becoming long term survival situations. Survival techniques may include using a layering systems for warmth, building shelters, signals and lighting fires using natural and improvised resources. Students will be required to complete a three day winter survival exercise using only a small safety kit.
<b>Total Credits:</b>	4
<b>Hours/Week:</b>	4
<b>Total Hours:</b>	60
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	NRT214
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>5212 - ADVENTURE RECREATION</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	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 4 Identify and evaluate the requirements for leading and participating in expeditions or field exercises using a variety of Adventure Recreation activities.
	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.

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2020-2021 academic year.



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**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:**

Passing Grade: 50%, D

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: 8

Survive by Les Stroud  
 Publisher: 9780061373510  
 ISBN: Harper Collins

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1.0 Demonstrate the important aspects of wilderness survival.	1.1 Understand the importance of being careful and protecting yourself from harm in a wilderness survival setting. 1.2 Demonstrate abilities to signal for help using a variety of communication devices. 1.3 Choose an appropriate location for a long term shelter. 1.4 Build, maintain and carry a proper wilderness survival kit.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2.0 Develop a checklist of important clothing and equipment needed for conducting wilderness tours.	2.1 Understand the difference between low tech and high tech equipment, and the pros/cons of each. 2.2 Describe and demonstrate the importance of layering and use of quality fabrics for outdoor clothing. 2.3 Explain and list a variety of well-known manufacturers of quality outdoor equipment, such as: backpacks, tents, stoves, clothing, sleeping bags, water filters, and other necessary

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	items.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3.0 Learn to test potential foods and create a survival food to keep you warm.	3.1 Explain energy and nutritional requirements for survival. 3.2 Explain and demonstrate the edibility test. 3.3 Explain and demonstrate what nutrients are available from other sources such as plants and insects. 3.4 Demonstrate efficiency in calorie use. 3.5 Demonstrate proper hydration and nutrition for wilderness survival.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4.0 Build a fire from items found in the wilderness.	4.1 Understand and demonstrate proper fire making techniques using friction, lenses, electricity, chemicals and matches. 4.2 Describe methods of campsite selection, and reducing ones impact on the environment. 4.3 Describe how to plan ahead, prepare well, and prevent problems before they occur.
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5.0 Develop a safety and risk management plan.	5.1 Explain how common accidents occur on extended wilderness trips and inherent risks. 5.2 Create an emergency evacuation plan complete with phone numbers and locations of nearest medical facilities.
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
6.0 Describe and practice skills of wilderness survival.	6.1 Explain the importance of remaining calm and stationary in a wilderness emergency. 6.2 Describe the various types of shelters that can be built from natural materials, and the pros and cons of each. 6.3 Explain various methods of water collection, and their importance to wilderness survival. 6.4 Demonstrate a variety of fire-building techniques using natural and man-made materials 6.5 Describe at least five methods of land-to-air signaling techniques used for acquiring assistance. 6.6 Taste and describe a number of different edible trees and plants useful for sustaining ones energy. 6.7 Practice various camp skills including knots, lashing, tool making, snaring, use of natural materials and construction of shelters.
<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
7.0 Complete a 3 day survival trip.	7.1 Plan, hike and navigate to a preset destination. 7.2 Work safely while constructing a shelter. 7.3 Travel efficiently to conserve energy and water. 7.4 Find water sources. 7.5 Build a signal fire and ignite it within 2 minutes. 7.6 Build a warm shelter and sleep in it for 1 night, without any supplies.

#### Evaluation Process and

Evaluation Type	Evaluation Weight
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**Grading System:**

Assignments	40%
Labs	40%
Tests	20%

**Date:**

June 17, 2020

**Addendum:**

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

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