

**West Linn–Wilsonville School District**  
**Health & Physical Education – Course Statement**

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| <b><u>Course Title: Outdoor Education</u></b>      |               |
| <b>Length of Course:</b>                           | Semester      |
| <b>Number of Credits:</b>                          | 1             |
| <b>Grade Level:</b>                                | 9, 10, 11, 12 |
| <b>Prerequisites:</b>                              | None          |
| <b>CIM Work Samples Offered in Course:</b>         | None          |
| <b>Date of Description/Revision:</b> February 2007 |               |

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| <b>Course Overview</b>  |  |
| <p>Outdoor Education teaches an understanding of the environment and promotes an awareness of regional outdoor recreational opportunities through a hands-on approach. Emphasis is placed on exploring the outdoors while experiencing different methods of exercise and fitness with a focus on life-long outdoor pursuits such as biking, hiking, orienteering, rock climbing, scuba diving, and snowshoeing. Units of study include survival skills, land navigation, wilderness medicine, and the local area watershed. Students conduct research in the field and classroom, and participate in various outdoor skills activities such as making survival shelters. Several “adventuresome” field trips are integral elements of the course (and are scheduled to minimize lost class time in students’ other courses).</p>                      |  |
| <b>Essential Questions</b>  | <b>Concepts providing focus for student learning</b> |
| <ul style="list-style-type: none"> <li>• How can we use the outdoors for recreational and fitness activities?</li> <li>• How do we use the outdoors with minimal negative impact on the environment?</li> <li>• What safety and survival skills are essential when using wilderness areas?</li> <li>• How does a healthy environment relate to a healthy human population?</li> </ul>   |  |
| <b>Proficiency Statements</b>   |  |
| <p>Upon completion of course, students will be able to:</p> <ul style="list-style-type: none"> <li>• Differentiate between standard first aid and wilderness medicine, and demonstrate those skills in a practical outdoor setting.</li> <li>• Explain a variety of ways that one can participate in fitness activities in the outdoors.</li> <li>• Demonstrate various skills essential to survive in the wilderness if lost.</li> <li>• Demonstrate skills necessary for land navigation and topographic map reading.</li> <li>• Explain how healthy waterways are essential for a healthy environment, and how humans can impact, both positively and negatively, their environment.</li> <li>• Complete a variety of physical education activities in a non-traditional setting (the wilderness) at an average to above-average level.</li> </ul> |  |

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| <b>General Course Topics/Units &amp; Timeframes</b>  |  |
| A. First Aid & Wilderness Medicine<br>B. Outdoor/Wilderness Fitness Activities<br>C. Outdoor/Wilderness Survival Skills<br>D. Land Navigation & Topographic Maps<br>E. Local Watershed & Waterways<br>F. Field Trips (periodically through the course) |  |
| <b>Resources</b>   |  |
| • Text: <i>The Complete Wilderness Training Book</i> , Hugh McManners, DK Publishing Inc., 1998  |  |