

# ADVENTURE EDUCATION (AP)

## AP 2010 Foundations of Adventure Education (3)

Provides a first hand experience on the use of adventure programming for personal growth and the building of a healthy community. Challenges students to explore their personal connection with the natural world via a wilderness solo experience. Helps students explore the field of Adventure Education as a potential profession for themselves. Topics include: rationale and benefits of Adventure Education's application in recreation, education, developmental and therapeutic settings; professional preparation requirements; public land resources; environmental issues; trends in Adventure Education. Additional course fee required. Falls and Springs.

Prerequisite(s): Adventure Education majors and minors only.

## AP 2210 Adventure Education Teaching Theories and Methods (3)

Covers learning theories and teaching methods pertinent to Adventure Education. Topics include: child and adolescent development; lesson plan design; creation of engaging and experiential lessons; instructional skills; physical, cognitive, and affective methods of instruction; group management; and learning assessment. Springs.

Prerequisite(s): Adventure Education majors and minors only.

## AP 2300 Rock Climbing Fundamentals (3)

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. Introduces students to the skills and risk management associated with rock climbing. Topics may include: selection and use of equipment; management of rock climbing sites; belaying; building climbing anchor systems; and performing basic rescues.

## AP 2309 Rock Climbing Fundamentals (3)

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. Introduces students to the skills and risk management associated with rock climbing. Topics may include: selection and use of equipment; management of rock climbing sites; belaying; building climbing anchor systems; and performing basic rescues. Falls, Winterims, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

## AP 2400 Canoe Paddling Fundamentals (3)

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. Introduces students to the skills and risk management associated with flat water and moving water canoeing. Topics may include: selection and use of equipment; paddling strokes; portaging techniques; group management relevant to canoeing in lake and river environments; movement analysis. Falls and Springs.

## AP 2409 Canoe Paddling Fundamentals (3)

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. Introduces students to the skills and risk management associated with flat water and moving water canoeing. Topics may include: selection and use of equipment; paddling strokes; portaging techniques; group management relevant to canoeing in lake and river environments; movement analysis. Falls, Winterims, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

## AP 2500 Natural History and Ecology for Adventure Educators (3)

Explores the natural history and ecology of natural communities in the Northeastern US, with an emphasis on the North Woods. Provides a foundation of ecological literacy for the Adventure Educator by studying specific ecosystems in the region. Skills developed include creation of a nature journal, identification and classification of flora and fauna, and the promotion of nature-connectedness. Additional course fee required. Springs.

Prerequisite(s): AP 2010.

## AP 2900 Outdoor Orientation Leadership (3)

This course focuses on developing and planning collegiate Outdoor Orientation programs for the purpose of student and personal development. The concepts taught in this class include: History and benefits of outdoor orientation, principles of student engagement, community building, elements of planning and execution of a back country trip in a natural environment. This course includes an outdoor overnight experience. Springs.

## AP 3101 Immersion Wilderness Expedition (4)

Part of the Fall Immersion Semester. Presents an in-depth coverage of the planning, logistical preparation, risk management, technical and environmental skills of extended wilderness travel. Students plan, organize, and participate in a series of wilderness trips lasting from 4 to 15 days. Topics include: Leave No Trace ethics; backpacking; canoe camping; nutrition; meal planning; outdoor cooking; stove use; campsite selection; modern and traditional technology used in wilderness expeditions; map and compass navigation; route finding on and off trail; river crossing; bear camping; weather prediction. Students must have proper personal clothing and equipment for extended backcountry travel. Additional course fee required. Falls. (TECO)

Prerequisite(s): AP 2210.

Corequisite(s): AP 3201, AP 3301, and AP 3401.

## AP 3109 Wilderness Expedition (4)

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. Presents an in-depth coverage of the technical and environmental skills of extended wilderness travel. Students participate in a wilderness trip lasting from 2 to 4 weeks. Topics may include: Leave No Trace ethics, backpacking, canoe camping, nutrition, meal planning, outdoor cooking, stove use, campsite selection, modern and traditional technology used in wilderness expeditions, map and compass navigation, route finding on and off trail, river crossing, bear camping, and weather prediction. Students should have proper personal clothing and equipment for extended backcountry travel. Does not satisfy the PSU Technology Connection. Falls, Winterim, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

## AP 3201 Immersion Human-Nature Relationship (3)

Part of the Fall Immersion Semester. Focuses on exploring the evolution of human's relationship with the natural world. Through readings, documentaries, and nature-based experiences, students study the role of nature in society and the Adventure Education profession. Students are invited to explore their personal relationship with the natural world. Falls.

Prerequisite(s): AP 2210.

Corequisite(s): AP 3101, AP 3301, and AP 3401.

**AP 3210 Environmental Education - Theory and Practice (3)**

A course for anyone interested in teaching for the environment, sustainability or conservation. Introduces students to Environmental Education (EE) as a profession and pedagogy. Topics include history and philosophy of EE; formal vs. non-formal EE; teaching about controversial topics; curricula available for EE; EE in a diverse society; careers in EE. Extensive practice teaching EE lessons; may include field experience. Falls Odd.

**AP 3301 Immersion Adventure Leadership and Group Management (4)**

Part of the Fall Immersion Semester. Presents an in-depth coverage of the theory and applications of outdoor leadership skills and small group management. Topics include: judgment and decision making; field-based risk management; leadership theory and models; leadership styles; small group development phases; group behavior and dynamics; group members' roles; small group management strategies. Additional course fee required. Falls.

Prerequisite(s): AP 2210.

Corequisite(s): AP 3101, AP 3201, and AP 3401.

**AP 3309 Adventure Leadership and Group Management (4)**

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. Presents an in-depth coverage of the application of outdoor leadership skills and expedition behavior. Topics may include: judgment and decision making; field-based risk management; leadership theory and models; leadership styles; expedition behavior; small group development phases; group behavior and dynamics; group members' roles; small group management strategies. Students should have proper personal clothing and equipment for extended backcountry travel. Falls, Winter, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

**AP 3310 Lead Rock Climbing (3)**

Advanced outdoor technical skill course focusing on techniques and procedures to conduct rock climbing experiences requiring lead climbing. Topics include: selection and placement of active and passive climbing protection; route finding; lead climbing; belaying a lead climber; multiple pitch climbing; complex climbing-anchor building; rescue systems and instructional strategies for climbing. Additional course fee required. Falls. Prerequisite(s): AP 2210, (AP 2300 or AP 2309), and (AP 3301 or AP 3309).

**AP 3319 Lead Rock Climbing (3)**

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. An advanced outdoor technical skill course focusing on techniques and procedures to conduct rock climbing experiences requiring lead climbing. Topics may include: selection and placement of active and passive climbing protection, route finding, lead climbing, belaying a lead climber, multiple pitch climbing, complex climbing-anchor building, rescue systems, and instructional strategies for climbing. Falls, Winterim, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

**AP 3320 Adventure Education Philosophy and Theory (3)**

Provides an exploration of the history, philosophy, ethics, research, and theories related to Adventure, Outdoor, and Experiential Education. Focuses mostly on the theories and models explaining intrapersonal attributes such as self-efficacy, attribution theory, motivation, and arousal theories. Explains the "why" and "how" behind the "what" professional Adventure Educators do. Students develop writing skills related to the profession through multiple writing assignments including a personal philosophy statement and an academic research paper. Additional course fee required. (WRCO)

**AP 3400 Wilderness First Responder (4)**

Provides the knowledge needed to handle medical emergencies requiring extended care in remote settings. Students who successfully complete the course and pass the WFR exam receive a Wilderness First Responder certificate good for 3 years. Students also have an opportunity to receive CPR certification. Uses a combination of lectures, scenarios, and rescue simulations. Additional course fee required. Springs.

**AP 3401 Immersion Wilderness First Responder (4)**

Part of the Fall Immersion Semester. Provides the knowledge needed to handle medical emergencies requiring extended care in remote settings. Students who successfully complete the course and pass the WFR exam receive a Wilderness First Responder certificate good for 3 years. Students also have an opportunity to receive CPR certification. Uses a combination of lectures, scenarios, and rescue simulations. Additional course fee required. Falls.

Prerequisite(s): AP 2210.

Corequisite(s): AP 3101, AP 3201, AP 3301.

**AP 3409 Wilderness First Responder (4)**

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. Provides the knowledge needed to handle medical emergencies requiring extended care in remote settings. Students who successfully complete the course and pass the WFR exam receive a Wilderness First Responder certificate good for 3 years. Students might also have an opportunity to receive CPR certification. Uses lectures, scenarios, and rescue simulations. Falls, Winterim, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

**AP 3410 Whitewater Kayaking (3)**

Advanced outdoor technical skill course focusing on techniques and procedures to conduct river kayaking experiences in moving and whitewater environments. Topics include: river rescue techniques; kayaking strokes; Eskimo roll; kayaking instructional strategies. Additional course fee required. Falls.

Prerequisite(s): AP 2210, (AP 2400 or AP 2409), and (AP 3301 or AP 3309).

**AP 3419 Whitewater Kayaking (3)**

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. An advanced outdoor technical skills course focusing on techniques and procedures to conduct river kayaking experiences in moving and whitewater environments. Topics may include: river rescue techniques, kayaking strokes, Eskimo roll, and kayaking instructional strategies. Falls, Winterim, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

**AP 3500 Adventure Processing and Facilitation (3)**

Provides the skills and knowledge necessary for facilitating personal growth and group development using indoor and outdoor experiential adventure programs for a variety of client types: educational, professional/corporate, and therapeutic. Topics include: basic facilitation skills; group development stages; group discussion strategies; active listening; processing experiences; frontloading; metaphors; transfer of client learning. Students develop and facilitate a program with a community group. Additional course fee required. Springs.

Prerequisite(s): AP 2210 (may be concurrent).

**AP 3510 Outdoor Skills Clinical (1)**

Designed to assure basic skill competencies in climbing, paddling, camping, and land navigation. Students are tested on a series of basic outdoor skills. No formal instruction is provided. Not open to students who have earned credit for AP 3600. Pass/No Pass. Falls and Springs. Prerequisite(s): (AP 2300 or AP 2309), (AP 2400 or AP 2409), and (AP 3101 or AP 3109).

**AP 3610 Wilderness Therapy (3)**

This course is designed to introduce and educate students to the growing field of wilderness therapy. Students will learn about the history, theory, and ethical practice of Wilderness therapy. Topics include: development of wilderness therapy, current research, essential skills, and personal development. Students will write their own personal growth plan to pursue employment in the field of wilderness therapy. Falls.

**AP 3709 Winter Backcountry Travel (3)**

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. An advanced outdoor technical skill course focusing on techniques and procedures to conduct winter backcountry expeditions. Students participate in a wilderness trip lasting 2 to 4 weeks. Topics may include: equipment selection, winter traveling and camping skills, risk management strategies in winter environment, snowshoes and/or backcountry ski traveling techniques, building snow shelters, building and using a snow sled. Students are required to provide proper clothing and personal gear for winter backcountry travel. Falls, Winterim, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

**AP 3710 Adapted Adventure Programming (3)**

This course will be both theoretical and practical with a concentration in adaptive program implementation and design. Throughout the course an emphasis will be placed on the philosophy of Adaptive Adventure, as well as the techniques and practices used to accomplish it when working with students with physical disabilities or neural behavioral disorders. Springs.

**AP 3810 Alpine Mountaineering (3)**

An advanced outdoor technical skill course focusing on techniques and procedures to conduct basic mountaineering experiences. Topics include: snow, ice, and alpine climbing; avalanche awareness; use of technical equipment such as crampons ice axes, snow pickets and ice screws. Students are required to provide proper clothing and personal gear for winter backcountry travel. Additional course fee required. Springs. Prerequisite(s): AP 2210, (AP 2300 or AP 2309), (AP 3301 or AP 3109), and (AP 3400 or AP 3401 or AP 3409 or current WFR).

**AP 3819 Alpine Mountaineering (3)**

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. An advanced outdoor technical skill course focusing on techniques and procedures to conduct basic mountaineering experiences. Topics include: snow, ice, and alpine climbing; avalanche awareness; use of technical equipment such as crampons, ice axes, snow pickets, and ice screws. Falls, Winterim, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

**AP 3880 Adventure Education Practicum (1-3)**

Gives students a practical experience in Adventure Education. In consultation with an Adventure Education faculty member, the student is placed with an approved program or organization in order to gain experience with 1 or more professionals. The Practicum requires 45 hours of work per credit. May be repeated for credit for a maximum of two times. Pass/No Pass. Instructor permission required.

**AP 3890 Adventure Education Clinical (1-3)**

Provides students practical experience with an Adventure Education program or organization. In consultation with an Adventure Education faculty member, the student is placed with an approved program or organization, typically outside the PSU setting, in order to gain experience with 1 or more professionals. The Clinical requires 45 hours of work per credit. Repeatable for a maximum of 6 credits. Falls, Springs, and Summers.

Prerequisite(s): Adventure Education major; completion of 27 credits in Adventure Education courses; completion of 30 days of documented leadership and instruction experience; approval of the instructor of the Department Chair.

**AP 3950 Special Topics in Adventure Education (3)**

Focuses on a different Adventure Education related topic or skill. Topics may include: Women Outdoor Leadership, Outdoor Orientation Programs; Outdoor Education for Classroom Teachers. Skills may include: Search and Rescue; Outdoor Primitive Skills; Fitness and Conditioning for Adventure Educators. May be repeated more than once with a different topic. Additional course fee required. Falls and Springs.

**AP 3959 Special Topics in Adventure Education (3)**

Part of a NOLS outdoor skills training experience. Students registering for this course need to register and pay for a NOLS course. The PSU cost per credit is reduced for this course. An advanced course that focuses on a different Adventure Education related skill. Skills may include sea kayaking, rafting, caving, canyoning, desert hiking, mountain biking, sailing, scuba diving, backcountry skiing, backcountry snowboarding, avalanche training, etc. May be repeated with a different topic. Falls, Winterim, Springs, Summers.

Prerequisite(s): approval of Adventure Education Program Coordinator.

**AP 4200 Teaching Assistantship in Adventure Education (3)**

Allows students to serve as a teaching assistant in a selected Adventure Education course. Students take active leadership roles by planning, sequencing, and teaching content knowledge, skills or value related lessons. Students receive supervision and feedback on their leadership, instructional planning, and teaching skills. Students also participate in a weekly seminar on teaching. Students may need to be involved in field-based trips lasting 1 to 15 days and must schedule their other courses accordingly. May be repeated for a maximum of 6 credits. Not open to students who have earned credit for AP 4300. Falls and Springs.

Prerequisite(s): completion of at least 27 credits in Adventure Education courses including AP 2210, (AP 3510 or AP 3600), (AP 3301 or AP 3390), and (AP 3400 or AP 3401 or AP 3409 or current WFR); permission of the instructor.

**AP 4600 Risk Management in Adventure Education (3)**

Students study the management of risk in Adventure Education programs. Topics include: risk theory; administrative risk management strategies; legal issues; legal documents; AEE accreditation standards; staff recruitment, hiring and training. Includes a community service project related to program risk management and a mock trial based on a true critical incident in Adventure Education. Additional course fee required. Springs.

Prerequisite(s): completion of at least 27 credits in Adventure Education courses.

**AP 4880 Adventure Education Internship (6-12)**

Culminating experience for the Adventure Education major. In consultation with an Adventure Education faculty member, the student is placed with an approved program or organization outside the PSU setting in order to gain a variety of on-the-job professional experiences. Each internship credit represents 45 hours of experience, so students should plan for a minimum of 7 weeks of full-time experience. Some internship sites may include housing, meals and/or a small stipend. Falls, Springs, Summers.

Prerequisite(s): minimum grade of C in AP 4200 or AP 4300; completion of 60 days of documented leadership/instruction experience; taken before the semester immediately prior to graduation.

**AP 4910 Independent Study (1-3)**

A student-initiated research project on a selected topic agreed to by a Department faculty tutor. Consent required of the instructor who will supervise the independent study and the Department Chair.