



Expedition Alaska

Course: OS 11000 B01 Introduction to Wilderness Skills
Semester: Fall Block 2021 (dates and agenda subject to change)
Credit Hours: 4
Meeting Times: August 23-27, 9:00am-5:00pm, August 29-September 17 IN FIELD
Course Fee: \$175 (to cover hiking portion of course)

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Course Description:

OS 11000 is an introduction to the skills necessary for safe, efficient wilderness travel, including expedition planning, equipment, rations, camping, travel on both water and land, and hazard recognition. Students should expect to be in the field the majority of the class traveling in remote, off trail terrain. Lab fee required, equipment, and transportation costs. The course is divided into two discrete segments: water and land.

The course is part of Expedition Alaska, introducing students to the Core Competencies of APU: Effective Communication (EC), Ethical Engagement (EE), Scientific Inquiry (SI), Critical Thinking (CT), and Cultural/Historical Perspectives (CH). The course also introduces the Outdoor Studies Competencies: Recreational Programming, Expedition Leadership, Public Lands Awareness, Educational Curricula, and Ethics/Professionalism. Course content is: 1.) Wilderness Travel and Living skills based on Leave No Trace Principles; 2.) Outdoor Professionalism based on Expedition Behavior; 3.) APU and OS Core Competencies

Learning Objectives: For students to demonstrate:

- Camping skills including tent and tarp pitching, cooking, stove use, and minimum impact camping techniques (CT, EE)
- Wilderness Travel skills including map reading, compass use, route finding, campsite selection, paddling skills, hiking skills, and river crossings (CT, SI)
- Care and proper use of equipment (CT, EE)
- Positive and appropriate expedition behavior (SI, CT, EE)
- Wilderness trip planning (EC, CT, SI)
- Sound judgment (CT, EE)
- An understanding of and ability to present on one topic in Natural History (EC, SI, CH)
- An understanding of land management issues of the areas the course travels in (CH, SI)
- Ability to plan and carry out a short wilderness trip with friends in the Alaska backcountry, either in the mountains or on their own after this trip (EC, CT, EE)

Instructional/Delivery Method

This class begins with orientation, introduction to theory, and hands-on skills development, followed by 3 weeks of in-the-field experiential learning.

Required Texts Reading packet with required articles (provided)



Attendance & Participation

The student must attend all class meetings and outings, demonstrate knowledge of all presented skills, and complete all of the assignments for the class. The student will also demonstrate sound judgment and expedition behavior while preparing for and participating in class activities. No tobacco, alcohol, or non-prescription drugs are allowed on the course.

Risk Management

Travel: This course travels in a remote wilderness setting where medical services and communication with civilization are not readily available. Students on this course are expected to act in a professional manner. They will be expected to understand, be aware of, and avoid the hazards of the area. If an incident does occur the group will act as a team to provide the best care for the patient as possible. Independent student group travel is a possibility if weather, route, and student abilities allow.

Emergency Contact: For family emergencies only families can contact APU's intown coordinator at 907-562-0791. APU will then assist the family in contacting the course.

Group Dynamics: Students understand that we will be working together in close proximity for an extended time. Each person will do their best to take care of themselves and others, being aware of their behavior in order to be respectful traveling companions. Good expedition behavior requires that each individual take care of themselves so in order to better take care of others in a selfless way.

Fitness: Each student should be able to carry at least a 50lb pack over rough terrain off trail and long days averaging 8 hours of travel. This includes climbing steep passes over scree and boulders, crossing cold, swift rivers, and bushwhacking through thick alder and willow. Students should also be able to control a fully loaded canoe on moving water, and have basic swimming skills. If you have any doubts about your physical ability to complete the course or allergies to food or medications, or chronic injuries such as a bad back or knees please let the instructors know.

Alcohol, Drugs, Tobacco, Phones: We aim to have as safe a course as possible. To this end no alcohol, tobacco, illegal drugs or phones/musical listening devices are allowed.

Insurance: All students must show proof of major medical insurance (insurance card and/or fill out and send in Student Insurance application) and sign a waiver before being allowed on the course.

Grading and Assignments

1st assignments:

- Estimate mileage, elevation gain and loss for both the canoeing and hiking section.
- Submit class and study topic
- Submit on Bus ride: a. First five days of Journal; b. First five days of Field Notebook

1. *Journal* (EC, CT, EE) 10% Due 9/16

Your journal should allow you to answer questions 10 years from now about your route, weather, what you learned and experienced on this expedition. It will include:

- Summary of the day
- Personal reflections on the expedition
- Significant things learned
- Assignments

2. *Field Notebook* (EC, SI) 10% Due 9/16

The Field Notebook will have outlines of classes, which you can use as a basis for teaching the same or similar class in the future. It will include:

- Detailed outlines for each formal class
- Drawings and sketches related to formal and informal classes

3. *Skills Demonstration* (EC, SI) 30% Ongoing

- Trip Planning
- Camping skills
- Travel Skills
- Care of self



- Care of equipment
- Thoughtful judgment

4. *Leadership and Expedition Behavior* (CT, EE, SI, CH) 30% Ongoing

- Appropriate
- On time
- Positive
- Asks good questions
- Involved in class
- Helpful and respectful of others

5. *Natural History Presentations & Study* (EC, CH, SI) 20% Ongoing

- Presentation: (10%) One short (5 minutes) presentation on a natural history subject (ie: "A Teachable Moment") followed by a longer (20-30 minutes) presentation on the same subject.
- Study: (10%) In pairs select one natural history topic (eg: weather, geology, mammals, birds, plants, edible/medical plants, fish/aquatic life, and human impacts) approved by the instructors that will be present in our area of travel. During the trip count abundance and size of your topic on daily intervals, recording them in your journal. Draw pictures, collect samples, make notes on elevation, aspect, count numbers of species or signs in a plot, and record behavior. At the end of the course enter data into a spreadsheet and analyze 2 variables: e.g. altitude and abundance. Develop a poster that describes the plant or animal, displays your findings, and analyzes what you have learned. Due 9/17 with a short oral summary.

A=100-90%: Completes and receives an "A" grade in the above assignments and demonstrates competency in all skills covered in the course and has the ability to help others learn most subjects in the course. All written work is turned in on time and complete. Natural History class is 30 minutes, material is well prepared, and class is presented in an "Interpretative" style, e.g.: utilizes interactive techniques. An "A" student should be able to organize and lead a short trip of her/his peers in the Alaska backcountry.

B=89-80%: Students completes and receives a "B" average in the above assignments and demonstrates competencies in all skills covered. Written work is satisfactory. Natural History class is at least 20 minutes and shows some degree of preparation. A "B" student should be able to participate in a short backcountry trip with his/her peers.

C=79-70%: Student completes the course and shows basic, good decision-making rules, but does not turn in written work. Natural history class is short and ill prepared. A "C" student should be able participate in an organized outing with some supervision.

D=69-60%: Student finishes the course but does not turn in written work, does not complete a class, shows poor decision-making skills and practices poor expedition behavior. Presentation is short or non-existent. A "D" student needs more work on skills, EB, and planning before going on a non-educational trip.

F=59% or below: Student is dropped from the course due to poor decision-making skills, not following guidelines and course rules. An "F" student needs to retake the class, or similar outing, before going on a non-educational trip.

Agenda & Schedule:

Census Date (last day to DROP): August 29
 Withdrawal Date (last day for W on transcript): September 16

Dates	Itinerary	Notes
8/23-27, 9:00am-5:00pm	On APU Campus, GH 315	Introductions, expedition organization, and skill introductions
8/29	Travel with Expedition Alaska courses to Eagle, Alaska	On bus 'first assignments'
8/30-9/8	Canoe section on Yukon River: Eagle to Circle, Alaska	



9/8	Night camping n Healy AK	prepping for hiking section
9/9-9/16	Hiking Section in Chugach Mountains, east of Anchorage	
9/17	On APU Campus, GH 215	Clean up and Presentations

Active Learning

Active learning refers to the process of deep understanding that come from interactive and reflective education rather than rote memorization and information recall. For this class, active learning involves in-field as well as in-class experiential learning, with the expectation of application to expedition leadership.

Communications Expectations

All official communication regarding the course and APU information goes through APU email. Students are expected to be reading email prior to the course starting and for any portion of the course where meetings are held on campus. For the field portion of the course, there are different expectations regarding communications, which will be established prior to leaving the campus.

Technical Requirements & Applications

For technical assistance with APU's Blackboard, MyAPU, the Student Portal, contact the IT Helpdesk: 907.564.8350, ithelpdesk@alaskapacific.edu

UAA/APU Consortium Library

Developing the essential competency of Critical Thinking, APU students are challenged to grow their information literacy, analyzing and evaluating sources for truth claims, methodologies, and perspectives. The Consortium Library contributes significantly to the information literacy of our community with rich collections and references, as well as expert staff and online services.

- Website: <http://lib.uaa.alaska.edu/> Phone: 907-786-1871
- Ask-a-Librarian: <http://lib.uaa.alaska.edu/research/ask/>
- To activate your library privileges (for both online and onsite access), contact the IT Department.

Disability Support Services

In accordance with the Americans with Disabilities Act of 1990, it is the policy of Alaska Pacific University to make reasonable accommodations for qualified students with disabilities. If a student with a disability needs reasonable accommodations, the student must notify the Assistant to the Dean of Students in a timely manner. Once the student notifies the Assistant to the Dean of Students, processes and procedures for documenting a disability will be provided to the student upon request. Once the student provides the required documentation to the Assistant to the Dean of Students, the interactive process for developing reasonable accommodations will begin; this process involves the Assistant to the Dean of Students meeting or talking with the student about his or her needs prior to providing the student with a reasonable accommodation approval or denial letter. Students will be notified, in writing, by the Assistant to the Dean of Students when the request for reasonable accommodations is approved or denied. It is the student's responsibility to present the approval letter, documenting the approved reasonable accommodations with respect to the University course, to the faculty member.

To receive reasonable accommodations with respect to a University course, a student must follow the process described above. Faculty members are not expected to make reasonable accommodations for students who have not been officially approved for reasonable accommodations by the Assistant to the Dean of Students. The Assistant to the Dean of Students will not discuss reasonable accommodations for any student with a faculty member, without prior written consent from that student.



For more information please contact Kaili Martin, Assistant to the Dean of Students (kamartin@alaskapacific.edu; 907-564-8287).

Honor Policy

APU is a community of learners in which all enjoy freedoms and privileges based upon mutual trust and respect as well as a clear sense of responsibility. Students are expected to do all work assigned, to do it honestly and with integrity. Cheating on examinations, plagiarism, or submitting the work of others as one's own are specific examples of prohibited conduct. Students who engage in such activities will be subject to disciplinary measures, which may include failure in the course or expulsion from the university.

