



School District of Marshfield **Course Syllabus**

Course Name: Outdoor Pursuits

Length of Course: Semester

Credits: .5

Course Description:

Develop the knowledge and skills necessary to participate in many outdoor fitness, sport, and recreational activities. Outdoor pursuits units include hiking, water games, backpacking, mountain biking, archery, scuba, snorkeling, climbing skating, camping, snow shoeing, winter games, and cross country skiing.

Learning Targets:

Movement Competencies

- Demonstrates skill development
 - Demonstrates proper mechanics needed for success in target sports such as archery and disc golf.
 - Operates a bike, safely and skillfully in a natural environment
 - Navigates a kayak or canoe skillfully and safely in calm water using a variety of paddling strokes across a pool or pond.
 - Demonstrates skills for starting, stopping, falling, and turning while participating in lifetime activities such as cross country skiing, snow shoes, and biking,
- Demonstrates advanced skill application
 - Identifies, explains and applies climbing techniques while on the wall both horizontal and vertically.
 - Properly loads and fits a backpack.
 - Identifies areas on the school grounds to collect fire making materials and explains the sequence.
 - Explains the skill progression from simple to complex in designing a camp site.

Understanding movement concept and principles

- Demonstrates cognitive understanding to motor skill development
 - Identifies and corrects errors in alignment in target sports based on self and teacher assessment.
 - Identifies proper warm-up and cool-down procedures as they affect performance and injury prevention.
 - Develops an appropriate conditioning program designed to improve fitness level contingent on the hiking conditions and environment

Participates regularly in physical activity

- Chooses to be physically active
 - Accumulates twenty minutes of moderate to vigorous physical activity during physical education five days per week.
 - Accumulates twenty minutes of moderate to vigorous physical activity outside of physical education class five or more days per week.
 - Monitors physical activity through the use of available technology: pedometers, heart rate monitors, activity logs, tri-fit, etc.
- Sets goals for a physically active lifestyle
 - Establishes goals by identifying strengths and weaknesses using personal fitness assessments.
 - Demonstrates effective time management skills that allow opportunities for physical activity during a busy day.
 - Practice goals set to maintain or reach the healthy fitness zone in test recorded.

Achieves and maintains a health-enhancing level of physical fitness

- Assesses and manages personal health behaviors
 - Applies the principles of exercise (FITT)
 - Identifies a variety of activities and how often they should be done to improve all health-related fitness components.
 - Perform physical fitness test achieving healthy zone levels
 - Self –assesses the five health-related fitness components (aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition.
 - Maintains heart rate in determined heart rate zone for 20 minutes.
 - Complete a stretching routine including large muscle both dynamic and static with bands.

Exhibits responsible personal and social behavior

- Develops personal responsibility

- Adjusts participation level and personal behavior to make activities inclusive for everyone.
- Works with peers willingly, regardless of skill level and individual differences in partner and small group situations.
- Makes safe decisions to self and peers, regarding activity, dress, and use of equipment.
- Uses class time efficiently when improving on skill or fitness level.
- Develops social responsibility
 - Demonstrates respect, concern and empathy for the safety of self and peers in team building, spotting and belaying activities.
 - Demonstrates communication, cooperation and support needed to encourage peers regardless of gender, age or skill level.

Values physical activity

- Values physical activity as part of a healthy lifestyle
 - Understands the importance of activity outside of school for the physical and emotional benefit.
 - Understands the importance of activity outside of school for disease prevention.
 - Recognizes the value of activity to reduce stress, improve mood and maintain healthy body composition.

First Quarter

1. Class Introduction (1 week)
 - A. Issues lockers, review policy and expectations
 - B. Fill out emergency contact and personal health information
 - C. Issue fitness card and complete pre-test
2. Canoe/Kayak (2 weeks)
 - A. Field Experience
 - 1) Loading and securing boats on trailer
 - 2) Transporting and unloading to prep for water
 - 3) Packing supplies and preparing to paddle
 - 4) How to plan successfully for personal experience
3. Personal Fitness Profile – Tri-Fit (2 weeks)
 - A. Muscle strength and endurance
 - 1) How to test (push-up – curl-up)
 - 2) Practice exercises that improve both muscle strength and endurance
 - B. Body composition
 - 1) How to test (BMI and skinfold)
 - 2) Practice activities that improve body composition
 - C. Flexibility

- 1) How to test (sit and reach)
 - 2) Practice exercises that improve flexibility for all major muscle groups
- D. Cardiovascular Endurance
 - 1) How to test (pacer, mile run)
 - 2) Practice exercises that improve aerobic capacity using a heart rate monitor
 - 3) Understand the difference between aerobic and anaerobic
- E. Design goals on current levels of fitness and creating future goals to maintain or achieve healthy fitness zone requirements
- 4. Disc Golf (1 week)
 - A. Rules and etiquette
 - B. Scoring and technique
 - C. Strategies
- 5. Road Biking (1 week)
 - A. Fitness Benefits
 - B. Safety criteria and road rules
 - C. Stops, starts, turn signals and riding strategies
 - D. Pre and post ride inspection with basic maintenance
- 6. Archery (10 days)
 - A. Safety procedures – bows, arrows with whistle commands
 - B. 11 steps to successful shooting
 - C. Determine eye dominance
 - D. Design string bow for draw length

Second Quarter

- 7. Camp Site Set-up (3 weeks)
 - A. Tent Set-up
 - B. Fire and Cooking
 - C. Backpack loading and carrying
 - D. How to dress for the elements (layering)
 - E. Geocaching/maps and compass
- 8. Climbing Wall (2 weeks)
 - A. Tie knots, belay technique, set-up and facilitation
 - B. Traverse with balance, spotting, stance and verbal support
- 9. Water Games (1 week)
 - A. Scuba diving / Snorkeling Safety
 - B. Skills - clearing mask and snorkel
 - C. Breath and regulator control
- 10. Outdoor Winter Activities (2 weeks)
 - A. Snow Shoe
 - B. Cross Country Ski
 - 1) Inspecting equipment for size and safety
 - 2) Learn to start, stop and turn.

- 3) Demonstrate traditional skiing techniques
 - C. Ice Skating / Broomball
- 11. Final/Review Tri-fit Report
 - A. Hand-out tri-fit report, explain test results and answer any questions
 - B. Fill-out seven day exercise sheet and nutritional calories intake chart
 - C. Review questions on final and take both physical and written portion.
 - D. Fill-out semester exit form regarding class improvements and suggestions

Third Quarter

- 12. Class Introduction (1 week)
 - A. Issues lockers, review policy and expectations
 - B. Fill out emergency contact and personal health information
 - C. Issue fitness card and complete pre-test
- 13. Outdoor Winter Activities (2 weeks)
 - A. Snow Shoe
 - B. Cross Country Ski
 - 1) Inspecting equipment for size and safety
 - 2) Learn to start, stop and turn.
 - 3) Demonstrate traditional skiing techniques
 - C. Ice Skating / Broomball
- 14. Personal Fitness Profile – Tri-Fit (2 weeks)
 - A. Muscle strength and endurance
 - 1) How to test (push-up – curl-up)
 - 2) Practice exercises that improve both muscle strength and endurance
 - B. Body composition
 - 1) How to test (BMI and skinfold)
 - 2) Practice activities that improve body composition
 - C. Flexibility
 - 1) How to test (sit and reach)
 - 2) Practice exercises that improve flexibility for all major muscle groups
 - D. Cardiovascular Endurance
 - 1) How to test (pacer, mile run)
 - 2) Practice exercises that improve aerobic capacity using a heart rate monitor
 - 3) Understand the difference between aerobic and anaerobic
 - E. Design goals on current levels of fitness and creating future goals to maintain or achieve healthy fitness zone requirements
- 15. Climbing Wall (2 weeks)

- A. Tie knots, belay technique, set-up and facilitation
- B. Traverse with balance, spotting, stance and verbal support
- 16. Water Games (1 week)
 - A. Scuba diving / Snorkeling Safety
 - B. Skills - clearing mask and snorkel
 - C. Breath and regulator control

Fourth Quarter

- 17. Archery (10 days)
 - A. Safety procedures – bows, arrows with whistle commands
 - B. 11 steps to successful shooting
 - C. Determine eye dominance
 - D. Design string bow for draw length
- 18. Camp Site Set-up (3 weeks)
 - A. Tent Set-up
 - B. Fire and Cooking
 - C. Backpack loading and carrying
 - D. Geocaching/maps and compass
- 19. Road Biking (1 week)
 - A. Fitness Benefits
 - B. Safety criteria and road rules
 - C. Stops, starts, turn signals and riding strategies
 - D. Pre and post ride inspection with basic maintenance
- 20. Canoe/Kayak (2 weeks)
 - A. Field Experience
 - 1) Loading and securing boats on trailer
 - 2) Transporting and unloading to prep for water
 - 3) Packing supplies and preparing to paddle
 - 4) How to plan successfully for personal experience
- 21. Disc Golf (1 week)
 - A. Rules and etiquette
 - B. Scoring and technique
 - C. Strategies
- 22. Final/Review Tri-fit Report
 - A. Hand-out tri-fit report, explain test results and answer any questions
 - B. Fill-out seven day exercise sheet and nutritional calories intake chart
 - C. Review questions on final and take both physical and written portion.
 - D. Fill-out semester exit form regarding class improvements and suggestions

Core Resources:

Outdoor Pursuits

- Outdoor Education Methods and Strategies, Human Kinetics (2006)
- Hiking and Backpacking, Human Kinetics (1994)
- Mountain Biking, Human Kinetics (1994)
- Be an Expert with Map and Compass The Complete Orienteering Handbook, Wiley Publishing, Inc. (1994)
- Canoeing and Camping Beyond the basics, The Globe Pequot Press (2000)
- Fitnessgram/Activitygram Test Administration Manual, The Cooper Institute, (2004)