HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE NUMBER & TITLE:  PE 1380: Outdoor Activities
CREDITS:  1 (0 Lec / 1 Lab)
PREREQUISITES:  None

CATALOG DESCRIPTION:
Outdoor Activities includes outdoor recreational activities such as adventure ropes, rock
climbing, snowshoeing, cross-country skiing, and hiking on the Superior Trail. This
class is held at an environmental learning center with an emphasis on environmental
awareness.

OUTLINE OF MAJOR CONTENT AREAS:
1.  Introduction
   A.  Orientation to Environmental Learning Center
   B.  Clothing and equipment
   C.  Responsibilities
      1.  Kitchen duty
      2.  Recycling
      3.  Energy conservation
      4.  Partner assistance
2.  Adventure ropes
   A.  Terminology
   B.  Safety
   C.  Equipment
   D.  Rope course procedure
3.  Beginning rock climbing
   A.  Terminology
   B.  Safety
   C.  Equipment
   D.  Rules of communication
   E.  Belayer’s responsibilities
   F.  Rock climbing procedure
4.  Beginning cross country skiing
   A.  History
   B.  Equipment selection
   C.  Clothing
   D.  Safety
   E.  Beginning skiing techniques
5.  Snowshoeing
   A.  History
B. Types of snowshoes
C. Safety
D. Technique
E. Outdoor hike

6. Trail hiking
   A. Safety
   B. Clothing and footwear
   C. Terrain
   D. Environmental awareness
   E. Superior Trail trek

**COURSE GOALS/OBJECTIVES/OUTCOMES:**

1. Students will define appropriate terminology for: adventure ropes, rock climbing, snowshoeing, hiking, cross country skiing.
2. Students will attend and participate in each assigned activity.
3. Students will perform the following assigned responsibilities at the learning center.
   Students will kitchen duty, recycling, energy conservation, and partner assistance.
4. Students will apply safety procedures during each activity.
5. Students will identify appropriate clothing and footwear for each activity.
6. Students will identify the appropriate terrain for each activity.
7. Students will demonstrate respect for the environment.
8. Students will identify the different types of snowshoes.
9. Students will select and wear properly fitted equipment.
10. Students will demonstrate basic skills and procedures for each activity.
11. Students will employ rules of communication for rock climbing.

**MNTC GOALS AND COMPETENCIES MET:**

N/A

**HCC COMPETENCIES MET:**

Working Productively and Cooperatively
Communicating Clearly and Effectively
Thinking Creatively and Critically
Practicing Cultural Economic, Environmental Sustainability

**STUDENT CONTRIBUTIONS:**

Students are expected to attend all lectures and working sessions, participate in all activities and discussions, listen to and follow directions, complete assignments on time,
and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

ADDITIONAL INFORMATION:
This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Students must adhere to the environmental learning center rules of conduct. No chemical substance use is allowed. Transportation is provided by HCC and students must utilize this service.

The special fee will be assessed at the registration. This fee will include transportation, lodging, and meal costs.

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<th>AASC APPROVAL DATE:</th>
<th>December 13, 2016</th>
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<tr>
<td>REVIEW DATE:</td>
<td>December 2021</td>
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