

**Common Course Outline for:** *EXSC 2253 Advanced Backpacking & Outdoor Leadership*

**A. Course Description**

1. Number of credits: 2
2. Lecture hours per week: 2 hours  
Lab hours per week: None
3. Prerequisites: Successful completion of EXSC 1153
4. Co-requisites: None
5. MnTC Goals: None

*This course provides an understanding of trip leadership in a wilderness, backpacking setting. A review of backpacking skills, including equipment selection, food selection and cooking skills, and appropriate clothing selection will compliment additional trip planning skills. Good judgment is the underlying education objective of this course which is measured by practical decision-making and problem-solving activities both in the classroom and during field experiences.*

**B. Date last revised:** January 2019

**C. Outline of Major Content Areas**

1. Decision making, problem solving, and safety/risk management
2. Expedition behavior, group dynamics, and communication skills
3. Environmental ethics and basic outdoor law
4. Nutrition and rations planning
5. Equipment, clothing selection and review of camping skills
6. Weather, natural and cultural history of specific areas
7. Health and sanitation
8. Basic wilderness emergency procedures and techniques
9. Specialized travel and adventure activities

**D. Course Learning Outcomes**

Upon successful completion of the course, the student will be able to:

1. Demonstrate decision-making and problem-solving skills to ensure safety and enjoyment for self and other group members in an outdoor setting.
2. Describe expedition behavior and theories of group dynamics as applied to outdoor leadership.
3. Demonstrate personal hygiene practices, cooking skills, and basic camping skills in a wilderness setting, as applied to the Leave No Trace principles.
4. Plan an outdoor backpacking trip with respect to proper equipment, clothing, and food selection.
5. Recognize personal and group risks while emphasizing safety, weather concerns, and navigational skills.
6. Select appropriate adventure activities with respect to natural and cultural history of specific areas.
7. Demonstrate basic emergency procedures and treatment frequently occurring in outdoor settings.
8. Recognize basic tenets of outdoor law as it applies to trip leadership.

**E. Methods for Assessing Student Learning**

At the discretion of the Instructor, students will be evaluated on positive and productive class participation and leadership skills, journal writing assignments, written and skill-based trip evaluation techniques, and a final trip plan.

- F. Special Information** This course requires an additional fee for specific expenses of the mandatory class trip.