

**Canterbury High School**  
Ottawa-Carleton District School Board  
**Physical Education Department**  
Semester I & II – 2010 / 11 – Course Outline

---

**Course Title:** Outdoor Education  
**Course Code:** PAD 30  
**Prerequisite:** None

**Grade Level:** 11  
**Credit Value:** 1.0

**Teacher:** T. Allen

**Course Overview** 110 hours

This full credit course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. The course is built around trips based on human-powered modes of transportation: cycling, hiking, canoeing and cross-country skiing. A number of the trips involve overnight stays in wilderness settings. Participation in outdoor education provides increased knowledge of the outdoors, its use and protection; improved personal and group skills in planning, logistics, camping, nutrition and menu planning, equipment maintenance, safety and first aid. Weekly classes focus on the teaching the knowledge, skills and planning needed for participating on the trips.

**Course Expectations**

<b>Strand</b>	<b>Expectations</b>
Physical Activity	-demonstrate knowledge of guidelines and strategies -demonstrate knowledge of skills and equipment required for activity -e.g. skills development and preparation for trips
Active Living	-demonstrate competence in applying skills to trip situations -demonstrate proper use of equipment -demonstrate good judgement regarding safety for self and others -e.g. trips
Healthy Living	-demonstrate knowledge of nutrition and menu planning -explain strategies to promote healthy lifestyle choices and relationships with others -show awareness of the issues surrounding substance use and abuse and the factors affecting human sexuality
Living Skills	-identify appropriate (positive) action in new situations -demonstrate understanding of anger management and conflict resolution -use appropriate social skills and positive attitudes when dealing with others or faced with difficult situations

## Teaching Strategies

This course incorporates outdoor and experiential education into all activities within the course. Students will have the opportunity to participate in all aspects of trip planning as well as well as experiencing the variety of excursions that we undertake. Trip planning will take place during the weekly classes as well as on the students individual time between classes.

## Assessment and Evaluation Strategies

Students will be assessed on their preparedness, participation, effort, attitude and improvement both during the weekly classes as well as on our excursion.

## Evaluation Summary

Category	Weighting	Activity
Application	40	Course Trips
Knowledge/Understanding	15	Class Activities
Communication	15	Class Activities
Thinking	15	Environmental Project and Exit Interview
Summative Assignment	15	Trip Planning Project

## Attendance:

Because regular attendance is an integral part of learning and assessment, irregular attendance may jeopardize a student's ability to earn a credit in a particular course. Students will be responsible for all materials studied in classes. Teachers will assist students in catching up but are not expected to re-teach the missed work.

## Learning Skills:

The report card provides a record of the learning skills demonstrated by students in every course, in the following five categories: **Works independently, Teamwork, Organization, Work Habits, and Initiative**. The separate evaluation and reporting of learning skills in these five areas reflects their critical role in student achievement of the curriculum expectations.

## Academic Honesty:

If a student participates in academic fraud (e.g., cheating on tests, plagiarism in assignments), he/she is deemed not to have met the expectations associated with that particular grading activity.