

PE 250: Introduction to Outdoor Leadership

Introduces the skills necessary for effective outdoor recreation leadership. Provides an overview of the outdoor recreation field, leadership theory, decision making skills, group dynamics and management, trip planning, first aid, navigation and environmental concerns (such as "leave no trace" principles and practices). Includes a required backpacking/camping trip, which promotes application of learned skills in a wilderness setting. Recommended: students should be able to walk with a heavy backpack over uneven terrain for at least 8 miles per day. Required: students must provide basic camping equipment for the planned trip and their own transportation to and from backpacking trailheads. Audit available.

Credits: 2

Program: [Physical Education](#)

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