

# Physical Education Credit Option



Stevens students can satisfy a Physical Education requirement through participation in the Outdoor Adventure Program. To earn credit during the fall 2007 or spring 2008 semester, one must participate in a minimum of three trips out of six that are offered during the course of the semester. Students may also receive one physical education credit by participating in either the winter, spring or summer break trips. Participants in the program must attend an orientation session at the beginning of each semester. The number of students permitted to enroll in the program is unlimited. A student may earn P.E. credit in the Outdoor Adventure Program in both the fall and spring, but not during the same academic year. A fee of \$90.00 will be charged to all students that sign up for the Outdoor Adventure Program. This fee includes payments for all activities, instruction and transportation. There may be additional charges for rental equipment, depending on the activity. The \$90.00 is non-refundable in whole or in part, regardless if you attend all six trips or only the required three. Individuals who are not interested in the P.E. course may participate on a trip-by-trip basis. Individual trip fees will be announced during each semester.

# Outdoor Leadership

The objective of this class is to familiarize students with terminology, proper equipment, practical use of maps, compass and other equipment to enjoy outdoor adventure trips in a safe and comfortable manner. A large part of this class will also focus on decision making skills, and case analysis of errors in judgment by outdoor recreation leaders.

Session 1: Introduction to the four types of leadership styles.

Session 2: Topographical maps.

Session 3: Weather systems

Session 4: Trip planning and preparation

Session 5: Decision-making models and review of case study scenarios.

Session 6: Decision-making models and review of case study scenarios.

Session 7: Emergency response plans

Session 8: Introduction to "Leave No Trace" principles.

