

PE S100 – Health and Fitness

Upon successful completion of this course, students will be able to:

1. Identify state and national health standards, focusing on Skills for a Healthy Life state standards and how to navigate them on the web.
2. Complete a health behavior inventory and self-analyze and summarize personal wellness status.
3. Reflect and comment on weekly wellness readings and web searches, relating to nutrition, diet, food labels, fitness, exercise, body image awareness, media influences and common health problems for K-12 grades.
4. Research and present a final paper on health and fitness topic of interest.

PE S112 – Swiftwater Rescue (Cross-listed as ODS S112)

Upon successful completion of this course, students will be able to:

1. Identify and utilize standard water rescue equipment.
2. Develop white water reading and hazard assessment skills.
3. Demonstrate basic whitewater rescue skills: knots, mechanical advantage, and in-water rescues.
4. Identify and employ rope rescue systems.

PE S114 – Backpacking in Southeast Alaska (Cross-listed as ODS S114)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with backpacking in Southeast Alaska and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for backpacking equipment.
3. Identify steps for prevention, recognition, and treatment of hypothermia.
4. Employ navigation and travel techniques for backcountry travel on trail systems.
5. Employ effective backcountry cooking techniques and identify common hazards associated with backcountry cooking.
6. Identify and employ minimal impact practices.

PE S115 – Winter Backpacking in Southeast Alaska (Cross-listed as ODS S115)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with winter backpacking in Southeast Alaska and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for winter backpacking equipment.
3. Identify steps for prevention, recognition, and treatment of hypothermia and frostbite.
4. Demonstrate avalanche evaluation and rescue techniques at an avalanche awareness level.
5. Employ navigation and travel techniques for backcountry travel on trail systems in winter.
6. Employ effective backcountry cooking techniques and identify common hazards associated with backcountry cooking.
7. Build appropriate snow shelters.
8. Identify and employ minimal impact practices.

PE S116 – Introduction to Rock Climbing (Cross-listed as ODS S116)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with rock climbing and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for rock climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using top-rope anchors.
5. Demonstrate belay techniques.
6. Demonstrate techniques of ascent and descent.

PE S117 – Ice Climbing (Cross-listed as ODS S117)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with ice climbing and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for ice climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using top-rope anchors.
5. Demonstrate belay techniques.
6. Demonstrate techniques of ascent and descent in crampons.

PE S118 – Avalanche Hazard and Recognition (Cross-listed as ODS S118)

Upon successful completion of this course, students will be able to:

1. Select a safe route and minimize exposure using avalanche travel protocols.
2. Recognize instabilities in the snowpack using observations and tests.
3. Interpret and draw elementary pit profiles. (Hand hardness, basic grain type and stability tests).
4. Apply simple decision tools in avalanche terrain.
5. Conduct a mock companion recovery.

PE S119 – Introduction to Fly Fishing, Tying, and Casting (Cross-listed as ODS S119)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with fly-fishing and demonstrate knowledge of appropriate risk management techniques
2. Give a brief historical overview of fly-fishing.
3. Demonstrate proper selection of, use, and care for fly-fishing equipment.
4. Demonstrate basic fly-fishing techniques.
5. Identify and practice minimal impact practices.

PE S120 – Wilderness First Responder (Cross-listed as ODS S120)

Upon successful completion of this course, students will be able to:

1. Demonstrate understanding of the obligations and limitations of care at the WFR level.
2. Provide full assessments of patients at the WFR level.
3. Provide treatment and care for patients in a wilderness setting at a level appropriate to WFR training.

PE S133 – Introduction to Sea Kayaking (Cross-listed as ODS S133)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with sea kayaking and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for sea kayaking equipment.
3. Write a float plan.
4. Identify considerations in loading and rigging a sea kayak.
5. Demonstrate basic techniques for launching, landing, entry, and exit of kayaks.
6. Demonstrate kayak strokes and maneuvering.
7. Perform wet exits, self-rescue and partner-rescue techniques.

PE S148 – Backcountry Skiing and Snowboarding (Cross-listed as ODS S148)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with backcountry riding and demonstrate knowledge of appropriate risk management techniques
2. Give a brief historical overview of backcountry riding.
3. Demonstrate proper selection of, use, and care for backcountry riding equipment.
4. Demonstrate basic backcountry skiing/snowboarding travel techniques.
5. Demonstrate avalanche evaluation and rescue techniques at an avalanche awareness level.
6. Prepare and trip plan for backcountry skiing /snowboarding on a day with minimal avalanche risk.

PE S205 – Backcountry Navigation and Travel (Cross-listed as ODS S205)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with travel away from the trail or road system and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate the ability to use a topographic map and a compass to plan and follow routes in the backcountry.

PE S216 – Rock Climbing Level 2 (Cross-listed as ODS S216)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with rock climbing and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for rock climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using anchors.
5. Place and clean protective gear as one is climbing.
6. Demonstrate belay techniques.
7. Demonstrate rock climbing techniques.

PE S217 – Ice Climbing Level 2 (Cross-listed as ODS S217)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with ice climbing and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for ice climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using top-rope anchors.
5. Demonstrate belay techniques.
6. Demonstrate techniques of ascent and descent in crampons and using ice tools on steep ice.
7. Build proper ice anchors.
8. Demonstrate technical skill in placing protection and anchor points and while climbing.

PE S218 – Avalanche Hazard and Evaluation – Level 2 (Cross-listed as ODS S218)

Upon successful completion of this course, students will be able to:

1. Plan group travel and systematically manage hazards in avalanche terrain.
2. Observe and record field observations.
3. Perform and document a test profile.
4. Forecast instability and danger rating based on snowpack and weather conditions and trends.
5. Demonstrate effective communication and actions regarding human factors in all elements.
6. Conduct mock multiple-burial companion recovery.

PE S219 – Intermediate Fly Fishing, Tying, and Casting (Cross-listed as ODS S219)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with fly-fishing and demonstrate knowledge of appropriate risk management techniques
2. Give a brief historical overview of fly fishing.
3. Demonstrate proper selection of, use, and care for fly-fishing equipment.
4. Demonstrate basic fly-fishing techniques that take into account complex weather and water conditions.
5. Demonstrate knowledge of how fish interact with their environment and find food.
6. Identify and practice minimal impact practices.

PE S221 – Glacier Travel and Crevasse Rescue Fundamentals (Cross-listed as ODS S221)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with glacier travel and demonstrate knowledge of appropriate risk management techniques
2. Demonstrate proper selection of, use, and care for typical glacier travel gear.
3. Tie selected knots and know their uses in glacier travel and rescue and demonstrate a proper belay.
4. Demonstrate proper crampon technique.
5. Build snow and ice anchors in a variety of conditions.
6. Demonstrate self-rescue and partner-rescue techniques.

PE S222 – Mountaineering 1 (Cross-listed as ODS S222)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with mountaineering and demonstrate knowledge of appropriate risk management techniques
2. Identify typical features of the mountain environment.
3. Demonstrate proper selection of, use, and care for standard mountaineering equipment.
4. Demonstrate basic technical skills: knots, belay, ice ax, and crampon use in a variety of conditions.
5. Demonstrate how to build snow anchors.
6. Demonstrate a basic understanding of mountain weather patterns and activities appropriate to weather conditions.
7. Demonstrate techniques for dealing with extreme weather.

PE S233 – Expedition Sea Kayaking (Cross-listed as ODS S233)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with sea kayaking and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for sea kayaking equipment.
3. Write a float plan covering multi-day trips.
4. Identify considerations in loading and rigging a sea kayak.
5. Demonstrate basic techniques for launching, landing, entry, and exit of kayaks.
6. Demonstrate kayak strokes and maneuvering.
7. Perform wet exits, self-rescue and partner-rescue techniques.
8. Plan and implement multi-day sea kayaking trips paying attention to navigation, tides and weather conditions.

PE S243 – Introduction to Outdoor Leadership

Upon successful completion of this course, students will be able to:

1. Demonstrate a basic understanding of current theories of teambuilding, decision making, and problem solving in outdoor group settings.
2. Demonstrate a basic understanding of the legal obligations of professional leadership in a backcountry setting.
3. Demonstrate the ability to begin to make on professional leadership roles in outdoor settings.

PE S244 – Outdoor Leadership

Upon successful completion of this course, students will be able to:

1. Demonstrate a basic understanding of current theories of teambuilding, decision making, and problem solving in outdoor group settings.
2. Demonstrate a basic understanding of the legal obligations of professional leadership in a backcountry setting.
3. Demonstrate the ability to begin to take on professional leadership roles in outdoor settings.
4. Demonstrate a thoughtful approach to issues and personal goals relating to outdoor pursuits.
5. Develop and plan a significant outdoor expedition.
6. Develop a fitness and nutrition plan suitable to prepare one for an outdoor expedition