

Course Outline for: EXSC 2253 Advanced Backpacking and Outdoor Leadership

A. Course Description

1. Number of credits: 2
2. Lecture hours per week: 2
3. Prerequisites: EXSC 1153 Backpacking and Wilderness Preservation
4. Corequisites: None
5. MnTC Goals: None

Good judgment and strong leadership skills are necessary for safe and effective group trip planning and facilitation. Basic backpacking skills and communication styles are reviewed and measured during practical experiences. Decision-making and problem-solving situations are practiced both in the classroom and during field experiences. This course requires an extended backpacking trip off-campus.

B. Date last reviewed/updated: March 2025

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. Analyze 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. Identify 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. Categorize basic tenets of outdoor law as it applies to trip leadership.

E. Methods for Assessing Student Learning

Methods for assessment may include, but are not limited to, the following:

1. Positive and productive class participation and demonstration of leadership skills
2. Journal writing assignments
3. Written and skill-based trip evaluation techniques
4. A final trip plan

F. Special Information

None