PE 100 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 112 Swiftwater Rescue (Cross-listed with ODS 112)

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 114 Backpacking in Southeast Alaska (Cross-listed with ODS 114)

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 115: Winter Backpacking in Southeast Alaska (Cross-listed with ODS 115)

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 116 Introduction to Rock Climbing (Cross-listed with ODS 116)**

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 117 Ice Climbing (Cross-listed with ODS 117)**

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 118 Avalanche Hazard and Recognition (Cross-listed with ODS 118)**

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 119 Introduction to Fly Fishing, Tying, and Casting (Cross-listed with ODS 119)**

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 120 Wilderness First Responder  (Cross-listed with ODS 120)
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 133 Introduction to Sea Kayaking  (Cross-listed with ODS 133)
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 148 Backcountry Skiing and Snowboarding  (Cross-listed with ODS 148)
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 205 Backcountry Navigation and Travel  (Cross-listed with ODS 205)
1. Upon successful completion of this course, students will be able to:
2. Identify risks and hazards associated with travel away from the trail or road system and demonstrate knowledge of appropriate risk management techniques.
3. Demonstrate the ability to use a topographic map and a compass to plan and follow routes in the backcountry.
PE 216 Rock Climbing Level 2 (Cross-listed with ODS 216)
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 217 Ice Climbing Level 2 (Cross-listed with ODS 217)
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 218 Avalanche Hazard and Evaluation – Level 2 (Cross-listed with ODS 218)
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 219 Intermediate Fly Fishing, Tying, and Casting (Cross-listed with ODS 219)
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 221 Glacier Travel and Crevasse Rescue Fundamentals (Cross-listed with ODS 221)

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 222 Mountaineering 1 (Cross-listed with ODS 222)

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 233 Expedition Sea Kayaking (Cross-listed with ODS 233)

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 243 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 244 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.