

1/10-day  
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**FORMAT 1**

Submit original with signatures + 1 copy + electronic copy to Faculty Senate (Box 7500).  
See <http://www.uaf.edu/uafgov/faculty-senate/curriculum/course-degree-procedures/> for a complete description of the rules governing curriculum & course changes.

**TRIAL COURSE OR NEW COURSE PROPOSAL**

**SUBMITTED BY:**

Department	RECR	College/School	CTC/CRCD
Prepared by	M. Strohmaier	Phone	2836
Email Contact	<a href="mailto:mstrohmaier@alaska.edu">mstrohmaier@alaska.edu</a>	Faculty Contact	Mahla Strohmaier

1. ACTION DESIRED (CHECK ONE):

Trial Course	<input type="checkbox"/>	New Course	<input checked="" type="checkbox"/>
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2. COURSE IDENTIFICATION:

Dept	RECR	Course #	F160F	No. of Credits	2.0
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Justify upper/lower division status & number of credits: The course content represents first-year level knowledge.

3. PROPOSED COURSE TITLE: Introduction to Mountaineering

4. To be CROSS LISTED? YES/NO

No	If yes, Dept:	Course #
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(Requires approval of both departments and deans involved. Add lines at end of form for additional required signatures.)

5. To be STACKED? YES/NO

No	If yes, Dept.	Course #
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Stacked course applications are reviewed by the (Undergraduate) Curricular Review Committee and by the Graduate Academic and Advising Committee. Creating two different syllabi—undergraduate and graduate versions—will help emphasize the different qualities of what are supposed to be two different courses. The committees will determine: 1) whether the two versions are sufficiently different (i.e. is there undergraduate and graduate level content being offered); 2) are undergraduates being overtaxed?; 3) are graduate students being undertaxed? In this context, the committees are looking out for the interests of the students taking the course. Typically, if either committee has qualms, they both do. More info online – see URL at top of this page.

6. FREQUENCY OF OFFERING:

As Demand Warrants
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Fall, Spring, Summer (Every, or Even-numbered Years, or Odd-numbered Years) — or As Demand Warrants

7. SEMESTER & YEAR OF FIRST OFFERING (AY2013-14 if approved by 3/1/2013; otherwise AY2014-15)

Spring 2015

**8. COURSE FORMAT:**

NOTE: Course hours may not be compressed into fewer than three days per credit. Any course compressed into fewer than six weeks must be approved by the college or school's curriculum council. Furthermore, any core course compressed to less than six weeks must be approved by the core review committee.

COURSE FORMAT: (check all that apply)

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input checked="" type="checkbox"/> 6 weeks to full semester
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OTHER FORMAT (specify)

Mode of delivery (specify lecture, field trips, labs, etc) **Lab**

9. CONTACT HOURS PER WEEK:

<input type="checkbox"/>	LECTURE hours/weeks	3/1	LAB hours /week	<input type="checkbox"/>	PRACTICUM hours /week
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Note: # of credits are based on contact hours. 800 minutes of lecture=1 credit. 2400 minutes of lab in a science course=1 credit. 1600 minutes in non-science lab=1 credit. 2400-4800 minutes of practicum=1 credit. 2400-8000 minutes of internship=1 credit. This must match with the syllabus. See <http://www.uaf.edu/uafgov/faculty-senate/curriculum/course-degree-procedures-/guidelines-for-computing-/> for more information on number of credits.

OTHER HOURS (specify type) **One Sunday 10 hrs**

**10. COMPLETE CATALOG DESCRIPTION including dept., number, title, credits, credit distribution, cross-listings and/or stacking (50 words or less if possible):**

Example of a complete description:  
FISH F487 W, O Fisheries Management

3 Credits Offered Spring

Theory and practice of fisheries management, with an emphasis on strategies utilized for the management of freshwater and marine fisheries. Prerequisites: COMM F131X or COMM F141X; ENGL F111X; ENGL F211X or ENGL F213X; ENGL F414; FISH F425; or permission of instructor. Cross-listed with NRM F487. (3+0)

RECR F160F Introduction to Mountaineering  
2 credits Offered As Demand Warrants

This course is designed to introduce the student to the sport of mountaineering. (0+3)

11. COURSE CLASSIFICATIONS: Undergraduate courses only. Consult with CLA Curriculum Council to apply S or H classification appropriately; otherwise leave fields blank.

H = Humanities  S = Social Sciences

Will this course be used to fulfill a requirement for the baccalaureate core? If YES, attach form. YES:  NO:  X

IF YES, check which core requirements it could be used to fulfill:

O = Oral Intensive, Format 6  W = Writing Intensive, Format 7  Natural Science, ("X" for Core) Format 8

11.A Is course content related to northern, arctic or circumpolar studies? If yes, a "snowflake" symbol will be added in the printed Catalog, and flagged in Banner.

YES  NO

12. COURSE REPEATABILITY:

Is this course repeatable for credit? YES  NO

Justification: Indicate why the course can be repeated (for example, the course follows a different theme each time).

How many times may the course be repeated for credit?  TIMES

If the course can be repeated for credit, what is the maximum number of credit hours that may be earned for this course?  CREDITS

If the course can be repeated with variable credit, what is the maximum number of credit hours that may be earned for this course?  CREDITS

13. GRADING SYSTEM: Specify only one. Note: Later changing the grading system for a course constitutes a Major Course Change.

LETTER:  PASS/FAIL:

RESTRICTIONS ON ENROLLMENT (if any)

14. PREREQUISITES

These will be required before the student is allowed to enroll in the course.

15. SPECIAL RESTRICTIONS, CONDITIONS

16. PROPOSED COURSE FEES

Has a memo been submitted through your dean to the Provost for fee approval? Yes/No

17. PREVIOUS HISTORY

Has the course been offered as special topics or trial course previously? Yes/No

If yes, give semester, year, course #, etc.:

**18. ESTIMATED IMPACT**

WHAT IMPACT, IF ANY, WILL THIS HAVE ON BUDGET, FACILITIES/SPACE, FACULTY, ETC.

There is no estimated impact from offering this course on budget, facilities or faculty.

**19. LIBRARY COLLECTIONS**

Have you contacted the library collection development officer (kljensen@alaska.edu, 474-6695) with regard to the adequacy of library/media collections, equipment, and services available for the proposed course? If so, give date of contact and resolution. If not, explain why not.

No  Yes  No impact on library collections.

**20. IMPACTS ON PROGRAMS/DEPTS**

What programs/departments will be affected by this proposed action? Include information on the Programs/Departments contacted (e.g., email, memo)

There are no expected impacts on other programs or departments.

**21. POSITIVE AND NEGATIVE IMPACTS**

Please specify positive and negative impacts on other courses, programs and departments resulting from the proposed action.

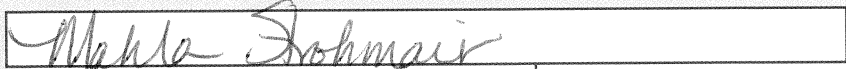
Positive impacts include a RECR course that students appreciate given Alaskan geography.


**JUSTIFICATION FOR ACTION REQUESTED**

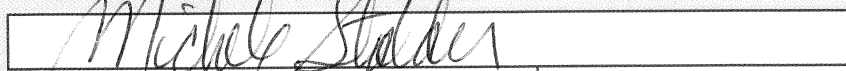
The purpose of the department and campus-wide curriculum committees is to scrutinize course change and new course applications to make sure that the quality of UAF education is not lowered as a result of the proposed change. Please address this in your response. This section needs to be self-explanatory. Use as much space as needed to fully justify the proposed course.

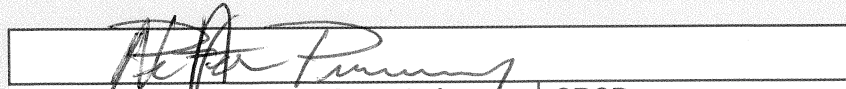
There is a demand for continuation of this course from our students.

**APPROVALS: Add additional signature lines as needed.**

 Date 9-19-13  
Signature, Chair, Program/Department of: RECR/CTC

 Date 9-20-13  
Signature, Chair, College/School Curriculum Council for: CTC

 Date 9/23/13  
Signature, Dean, College/School of: CTC

 Date 10/8/13  
Signature, Dean, College/School of: CRCD

Offerings above the level of approved programs must be approved in advance by the Provost.

Date   
Signature of Provost (if above level of approved programs)

**ALL SIGNATURES MUST BE OBTAINED PRIOR TO SUBMISSION TO THE GOVERNANCE OFFICE**

Date   
Signature, Chair  
Faculty Senate Review Committee: \_\_\_Curriculum Review \_\_\_GAAC  
\_\_\_Core Review \_\_\_SADAC

**ADDITIONAL SIGNATURES: (As needed for cross-listing and/or stacking)**

	Date	
Signature, Chair, Program/Department of:		

	Date	
Signature, Chair, College/School Curriculum Council for:		

	Date	
Signature, Dean, College/School of:		

**ATTACH COMPLETE SYLLABUS (as part of this application).** The guidelines are online:

<http://www.uaf.edu/uafgov/faculty-senate/curriculum/course-degree-procedures-/uaf-syllabus-requirements/>

The Faculty Senate curriculum committees will review the syllabus to ensure that each of the items listed below are included. If items are missing or unclear, the proposed course (or changes to it) may be denied.

#### **SYLLABUS CHECKLIST FOR ALL UAF COURSES**

During the first week of class, instructors will distribute a course syllabus. Although modifications may be made throughout the semester, this document will contain the following information (as applicable to the discipline):

##### **1. Course information:**

Title,  number,  credits,  prerequisites,  location,  meeting time  
(make sure that contact hours are in line with credits).

##### **2. Instructor (and if applicable, Teaching Assistant) information:**

Name,  office location,  office hours,  telephone,  email address.

##### **3. Course readings/materials:**

Course textbook title,  author,  edition/publisher.

Supplementary readings (indicate whether  required or  recommended) and

any supplies required.

##### **4. Course description:**

Content of the course and how it fits into the broader curriculum;

Expected proficiencies required to undertake the course, if applicable.

Inclusion of catalog description is *strongly* recommended, and

Description in syllabus must be consistent with catalog course description.

##### **5. Course Goals (general), and (see #6)**

##### **6. Student Learning Outcomes (more specific)**

##### **7. Instructional methods:**

Describe the teaching techniques (eg: lecture, case study, small group discussion, private instruction, studio instruction, values clarification, games, journal writing, use of Blackboard, audio/video conferencing, etc.).

##### **8. Course calendar:**

A schedule of class topics and assignments must be included. Be specific so that it is clear that the instructor has thought this through and will not be making it up on the fly (e.g. it is not adequate to say "lab". Instead, give each lab a title that describes its content). You may call the outline Tentative or Work in Progress to allow for modifications during the semester.

##### **9. Course policies:**

Specify course rules, including your policies on attendance, tardiness, class participation, make-up exams, and plagiarism/academic integrity.

##### **10. Evaluation:**

Specify how students will be evaluated,  what factors will be included,  their relative value, and  how they will be tabulated into grades (on a curve, absolute scores, etc.)  Publicize UAF regulations with regard to the grades of "C" and below as applicable to this course. (Not required in the syllabus, but may be a convenient way to publicize this.) Faculty Senate Meeting #171:

<http://www.uaf.edu/uafgov/faculty-senate/meetings/2010-2011-meetings/#171>

##### **11. Support Services:**

Describe the student support services such as tutoring (local and/or regional) appropriate for the course.

##### **12. Disabilities Services:** Note that the phone# and location have been **updated**.

The Office of Disability Services implements the Americans with Disabilities Act (ADA), and ensures that UAF students have equal access to the campus and course materials.

State that you will work with the Office of Disabilities Services (208 WHITAKER BLDG, 474-5655) to provide reasonable accommodation to students with disabilities.

8/1/2012

# **Intro to Technical Mountaineering**

2 Credits – CRN-39922

Instructor-Frank Olive

[folive@alaska.edu](mailto:folive@alaska.edu)

474-6027

Outdoor Adventures Office

Class Meets Thursdays 3 to 6PM, Classroom TBA

- Class will often meet at ski hill or climbing wall

Special Lab Fee: \$325

**Course Description** – This course is designed to take the student who is interested in exploring the mountains of Alaska and introducing them to the sport of mountaineering. Mountaineering is much more than hiking up a steep hill, it requires a set of skills to safely travel and scale to the top of the mountains. Skills to be covered include traveling as a rope team, crevasse rescue, avalanche awareness, climbing protection and winter camping. The course operates a majority of time outside and students should be prepared for an Alaska winter.

**Course Goals and Objectives** – Students will be able to be functional and comfortable while out in the winter mountain environment which they will encounter on future trips. This includes developing a system of gear which they find to work for them here in the mountains of Alaska. Students will be able to follow reasonable crevasse travel procedures including knowledge of self and group rescue in the event of a crevasse fall. Students will understand roped travel and snow and ice anchors and when they are applicable in mountain travel and climbing. Students will have a basic understanding of avalanche safety.

**Pre-Requisites** – Students should have intermediate skiing ability and be in good physical condition. All students must have proper clothing and personal equipment. Outdoor Adventures will provide the technical equipment as needed. Previous climbing and backcountry camping experience is required (students should know how-to: set-up a tent, use a stove, tie basic knots, belay, build simple anchors, etc.). Students are strongly encouraged to have taken Level 1 Avalanche training. Students must attend entire class due to safety!

**Instructional Methods**- There will be a combination of lecture, reading and hands-on learning that occur during this course. Weekday classes will be a mixture of indoor lecture and outdoor hands-on learning. The weekend field sessions are an important part of the overall learning that occurs in the class.

**Readings** - Throughout the semester you will be assigned readings to prepare you for the next class. Please purchase the following texts in preparation:

- Snowsense: A Guide To Evaluating Snow Avalanche Hazard. Jill Fredston and Doug Fesler
- Glacier Mountaineering: Andy Tyson and Mike Clelland.

**Equipment** – While Outdoor Adventures will provide most of the technical equipment, here are few things you'll need to buy yourself and a few you'll want to by yourself to be comfortable.

- 24 feet of 5mm prusik cord to be cut for crevasse rescue (6ft, 6ft, 12ft) – Required
- A Compass; preferably one with adjustable declination and inclinometer.
- See attached packing list for details

## Evaluation and Course Policies –

Written Quizzes	30%
Final Scenario	30%
Attendance*	40%

There will be two written quizzes based on readings in the course. The final scenario will be evaluated on the final climb for the course. The grade for the final scenario will be based on a combination of the student's pre-trip preparation and the student's demonstration of skills learned in the class while out on the final climbing trip.

\* Attendance to all classes is critical to the class's safety while in the field. As a student you're responsible for attending each lecture and trip. If you need to miss a trip, you must have instructor permission. You will likely need to schedule a separate time to make up the material. The instructor reserves the right to refuse future participation if a student has unexcused absences or performs at an unsatisfactory level during class; this is for your and the class's safety.

**Support Services-** The professional staff of the Outdoor Adventures office is available to help with any problems, confusion or concerns that the student has with the Introduction to Technical Mountaineering course.

### UAF DISABILITY SERVICES FOR STUDENTS-

UAF has a Disability Services office that operates in conjunction with the UAF Community and Technical College. Disability Services, located in room 208 of the Whitaker Building, provides academic accommodations to enrolled students who are identified as being eligible for these services.

If you believe you are eligible, please visit <http://www.uaf.edu/disability> on the web or contact CTC's student Assistance and Advising Center (455-2800). You can also contact Disability Services on the Fairbanks Campus at (907) 474-5655, [uaf-disabilityservices@alaska.edu](mailto:uaf-disabilityservices@alaska.edu)

### Course Schedule-

Thursday January 16-

1. Introduction to the course, including the goals of the course
2. Meet the class members
3. Look over dates and course syllabus
4. Hypothermia and cold weather injury presentation
5. Packing demo and gear discussion
6. Homework- read Snow Sense by Jill Fredsten and Doug Fesler

Saturday January 18-

1. Optional Moose Mtn Survival Ski Day
2. Ski Gear provided
3. Transportation and lift ticket **not included** in class cost

Thursday January 23-

1. Quiz on reading.
2. Presentation of Avalanche basics.
3. Avalanche Rescue Techniques Lecture.
4. Homework-Read *Glacier Mountaineering* P.15-40

Sunday January 26-

1. Nordic skiing clinic
2. Skis provided for this outing on the campus ski trails

Thursday January 30-

1. **Outdoor Session.** Meet in classroom.
2. Avalanche equipment use.
3. Beacon search
4. Avalanche rescue scenarios
5. Homework-Read *Glacier Mountaineering* P.41-72

Sunday February 2-

1. On Campus Ice Wall
2. Ice Climbing
3. Ice anchors
4. V-thread
5. Rappelling

Thursday February 6 -

1. Watch Jeff Lowe's Alpine Ice DVD-
2. Knots
3. Classroom rope work; coiling, tying in, rope spacing for different terrain.
4. Outdoors: traveling as a rope team, ascending.
5. Homework- Read *Glacier Mountaineering* P.73-84 and P.101-132

Saturday February 8-

1. Gym Session: ascending, anchors, harnesses
2. Tying in for glacier travel, for technical climbing

Thursday February 13-

1. Outdoor session meet in classroom
2. Crevasse hauling systems
3. Snow anchors, improvising
4. Extras and review before field session
5. Homework- Read *Glacier Mountaineering* P.85-100

Saturday February 15-

1. Field Session-Delta Range outing
2. Field Avalanche work: pits, searches
3. Roped Travel
4. Crampon Technique
5. Anchors in real snow w/belaying methods
6. Self arrest

Thursday February 20-

1. Brief Winter Camping basics and tips in classroom
2. Setting up tents in the field, snow walls and guy lines
3. Starting stoves and making water
4. Trip logistics
5. Gear needs worked out
6. Homework- Read Class Handout

Friday night February 21<sup>th</sup>-23<sup>th</sup>

1. Trip Leaves OA Friday night 6PM
2. Camp out at toe of Castner Glacier Friday
3. Saturday ski up glacier practice crevasse rescue
4. Sunday avalanche field work
5. Self arrest, Anchor tests, Rope team arrests
6. Ski back to cars return evening to Fairbanks (do your homework ahead of time)



Thursday February 27-

1. Indoor Gym Session #1
2. Anchors
3. Knots
4. Protection and equipment

Saturday March 1<sup>st</sup> -2<sup>nd</sup>

1. Make-up weekend; if the Delta Field Day or the Castner Glacier weekend gets weathered out.

Thursday March 6th-

1. Indoor Gym Session #2
2. Mock leading
3. Crack Technique
4. Footwork and opposing force movement

Sunday March 9-

1. Field Session- Couloir climbing
2. Panorama Climb
3. Avalanche field work
4. Crampons and ice ax travel
5. Roped travel with running pro
6. Safely descending

Thursday March 13-

1. Navigation
2. Route finding
3. Food strategies, trip logistics
4. Homework- Read Mark Twight on food and hydration

Thursday March 27-

1. Trip planning logistics
2. Resources for trip ideas and beta
3. Scenarios; decision making
4. Gear and stove repair
5. Loose ends getting tied up (with a double fisherman's knot)

Saturday March 29-30

1. Final Climb in Alaska Range
2. Class chosen and planned trip
3. Returning Late on Sunday (get homework done before)

Thursday April 3-

1. Wrap-up/ De-brief/ Evaluations
2. Trip Ideas for future slideshow

## **Budget – Intro to Mountaineering**

Transportation Cost-	\$1100
Gear Rentals-	\$900
Trip Food-	\$925

Total-	\$2925
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Total Divided by 9 students-	\$325
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**Field Trip Fee for Intro to Mountaineering \$325**

## **Francis Randolph Olive**

P.O. Box 85143  
Fairbanks, AK 99708

(cell) 590-6935  
(e-mail) folive@alaska.edu

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### **EDUCATION**

Hopkins High School, diploma, 1993  
University of Alaska Fairbanks, completed 124 college credits (GPA of 3.4)  
(Estimated completion date 5/13)

### **WORK HISTORY**

#### **Assistant Coordinator of Outdoor Adventures University of Alaska, Fairbanks**

**January 2010-Present**

As an employee at Outdoor Adventures I have a diverse range of responsibilities. I am responsible for instructing a number of classes throughout the year including; Intro to Technical Mountaineering, Intro to Arctic Backpacking, Intro to Rock Climbing and Intro to Winter Camping. In addition to this I lead trips and programs for students getting out into Alaska. I teach skill clinics to students in activities such as skiing and climbing. I am also responsible for maintaining a fleet of gear that gets rented and used for the Outdoor Adventures Programs. Another aspect of my job is that I help to manage a group of student employees that work for the program. Climbing wall maintenance as well as helping to manage the Green Bikes Program is also parts of my job here at Outdoor Adventures.

#### **Guide and Laborer Aurora Borealis Lodge**

**March 2008-January 2010**

As an employee of the lodge I drive guests to the lodge in the evenings for a chance to have a great Aurora show. I offer the guests general information about Alaska and also the Aurora. I help to guide the 2-3 hour snowshoe tours here at the lodge during the snowy months. In addition to working with guests I am also a carpenter at lodge and help with the general up keep.

#### **Ski Technician Beaver Sports**

**October 2008-April 2009**

My duties as ski technician are to care for the skis and snowboards that are brought into the shop. This includes waxing, edge sharpening, stone grinding, and base repair of equipment. I also mount new equipment with binding and test these skis for proper release functions. In addition I repair broken skis and snowboards that are brought into the shop.

#### **Assistant Manager of Ski Department Beaver Sports**

**November 1994-May 2007**

My duties included working with customers to help them select the gear that is appropriate for them. I helped the store develop a buying strategy for the products that customers wanted. This included placing pre-season and in-season orders for the store. I also worked with customers that had special equipment needs like UAF Ski Coach, Scott Jerome. I was in charge of all the product warranty and repair. As part of warranty duties, I assessed the damage done to the gear and worked with the manufacturer to get problems resolved. I repaired damaged or broken stoves, tents, water filters, sleeping pads and poles that are brought back to the store. I am a certified ski technician. I can mount, wax and repair almost any type of ski equipment. My main responsibilities were in the ski, climbing and camping departments, but I am also a bicycle mechanic. Another aspect of my job was to train and clinic the staff about products that we carry in the store. I helped them to understand the best way to use the equipment, so that they can give the customers the information that they need to be safe and have fun.

#### **Research Technician UAF Mount Wrangle Glaciology Project**

**June 2006—July 2006**

I was invited to work on this project by Dan Solie. The job entailed getting dropped on the flank of Mount Wrangell and skiing to the summit (13,500 ft). We then spent the next three weeks camped out on the summit and conducting glaciology research. One of my duties involved digging a 24 ft deep hole to recover a snowfall data logger that was left up there the previous year. I also helped take several large ice cores and used radio waves to measure the depth of the glacier on the summit.

#### **Taiga Woodcrafts Custom Homes Carpenter Apprentice**

**June 2005—October 2005**

I assisted in all the phases of home construction. The work that I did began with the early stages of foundation work and continued up through finish work on the houses. I helped the more experienced carpenters and began to learn the trade

### **Certifications and Credentials**

Wilderness First Responder-  
AMGA Climbing Wall Instructor-  
Level 1 Challenge Course Practitioner  
Alaska Avalanche School-Avi Level 1 and Level 2

**OTHER SKILLS AND TRAINING**

I have extensive outdoor experience, which I have listed on a separate outdoor resume. For the last nine winters I have volunteered a hundred plus hours as a downhill ski coach with the Moose Mountain Alpine Ski Club. The skiers that I work with are ages twelve to seventeen, and I really enjoy helping these students become better skiers and ski racers. Through this program I have learned a lot about how to teach people the fundamentals of skiing. In 2001, I was the Assistant Cross Country Ski Coach at Lathrop High School. I have also taught private cross country skiing lessons to members of the Fairbanks community, and these were both great experiences in teaching people about skiing. I have lead a half a dozen ski tours for the Nordic Ski Club of Fairbanks during which I took people out to explore some of the trail outside the Fairbanks area. For several years I have taught parts of the Alaska Alpine Club class on ski mountaineering. I have taught some of the basic climbing skills to stay safe in the mountains as well as some of the ski skills necessary in the mountains. I have led several of the Alaska Alpine Club trips. I am able to certify people on the climbing wall in the SRC, and I am active in the setting of routes and maintenance at this facility. I am currently instructing the Intro to Winter Camping class at UAF.

## **REFERENCES**

Mark Oldmixon

Director of the Department of Recreation, Adventure and Wellness

(Home) (802)598-7726

(Office) 474-6709

Jack Hebert

Owner of Taiga Woodcraft

Director of the Cold Weather Arctic Research Building at UAF

(Home) 455-6580

(Cell) 388-3583

Stan Justice

Instructor of the Ski Mountaineering course at UAF

(Home) 479-5017