EO M325.01 – PARTICIPATE IN A DISCUSSION ON ARMY CADET EXPEDITION TRAINING

1. **Performance.** Participate in a Discussion on Army Cadet Expedition Training.

2. **Conditions**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall participate in a discussion on army cadet expedition training that:

   a. introduces the history of civilian outdoor programs;

   b. outlines the Army Cadet expedition activities.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss the history of civilian outdoor programs, to include: a. growth of adventure learning programs, b. a history of Outward Bound Canada, c. experiential training in Canada, and d. wilderness and experiential therapy.	Interactive Lecture	5 min	C2-034 (pp. 28–34) C2-169
TP2	Discuss the Army Cadet Expedition Training, to include: a. historical development, b. rationale, c. components of the program, to include: (1) field training, (2) trekking, (3) navigation, (4) outdoor leadership, and (5) wilderness survival, d. hard skill development, and e. soft skills development.	Group Discussion	10 min	A2-035

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TP	Description	Method	Time	Ref
TP3	Discuss opportunities within the Army Cadet Expedition Training, to include: a. zone expedition training, b. regional expedition training, c. national expeditions, and d. international expeditions.	Group Discussion	10 min	A2-001 A2-035

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	5 min
c.	Group Discussion:	20 min
d.	Total:	30 min

6. **Substantiation**

a. An interactive lecture was chosen for TP 1 to introduce the topic of adventure learning and expeditions, and highlight opportunities available to cadets through expedition activities within the Army Cadet Program.

b. A group discussion was chosen for TP 2 and 3 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions and feelings about the Army Cadet expedition activities. This helps develop rapport by allowing the cadets to speak in a non-threatening way while helping them refine their ideas. A group discussion also helps cadets improve their listening skills and develop as members of a team.

7. **References**

a. A2-001 A-CR-CCP-951/PT-002 Director Cadets 3. (2006). *Royal Canadian Army Cadets Adventure Training Safety Standards*. Ottawa, ON: Department of National Defence.

b. A2-035 CATO 41-05 Director Cadets 4. (2006). *Army Cadet Expedition Program*. Ottawa, ON: Department of National Defence.

c. C2-034 0-87322-637-2 Priest, S., & Gass, M. (2005). *Effective Leadership in Adventure Programming* (2nd ed.). Windsor, ON: Human Kinetics Publishing Inc.

d. C2-169 Outward Bound Canada. (2008). *What is Outward Bound?* Retrieved March 3, 2008 from www.outwardbound.ca.

8. **Training Aids.** Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** N/A.

11. **Remarks.** Consult regional, national and/or Army Cadet League of Canada websites for information on upcoming regional and/or national expeditions.

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