Course Syllabus

Department: Physical Education & Integrated Health Care

Date: November 2012

I. Course Prefix and Number: PE 136

Course Name: Introduction to Adventure Learning

Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

Catalog Description including pre- and co-requisites: This course is an Adventure Education based program designed to provide participants an opportunity to acquire and to practice essential life skills while building self-esteem through teambuilding, cooperative games, and a low ropes challenge course. Students will learn to solve problems, make decisions, set goals, and develop communication skills in an atmosphere that is both physically and mentally challenging. Two classes will consist of individual and group teambuilding activities, cooperative games, and safety and spotting techniques and will meet on FLCC’s main campus. The third meeting will be the class’s culminating event which will consist of a 2-day/1-overnight camping experience at the Low Ropes Challenge Course located on FLCC’s East Hill Campus in Naples, New York. No prerequisites are required.

Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This course is a 1 credit physical education elective that will fulfill student’s physical education requirement for students enrolled at Finger Lakes Community College.

II. Course Student Learning Outcomes:

The Student Will:

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Execute basic skills associated with outdoor activities such as low ropes course, individual and group team building activities, hiking, and camping that can be used for a lifetime recreational activity.
4. Achieve and maintain a healthy enhancing level of physical fitness.
5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
6. Recognize physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
7. Grow at both team and individual levels by developing and gaining valuable life skills such as leadership, character, communication, teamwork, problem solving, coaching, collaboration, and self-reliance, trust and risk taking through a series of physical (fitness) activities.
8. Identify wellness benefits associated with outdoor recreational activities while conserving and protecting the environment.

**College Learning Outcomes Addressed by the Course:** *(check each College Learning Outcome addressed by the Student Learning Outcomes)*

- [X] writing
- [ ] computer literacy
- [ ] oral communications
- [X] ethics/values
- [ ] reading
- [ ] citizenship
- [ ] mathematics
- [ ] global concerns
- [X] critical thinking
- [ ] information resources

**III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):** *For each identified outcome checked, please provide the specific assessment measure.*

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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<tbody>
<tr>
<td>Oral Communications</td>
<td>Students will actively be using communication skills to complete a series of challenge obstacles and elements.</td>
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<tr>
<td>Critical Thinking</td>
<td>Students will independently and in groups/teams have to complete challenges, obstacles, and elements.</td>
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<tr>
<td>Ethics/Values</td>
<td>Student will respect and work with other fellow students when completing the challenges and students will perform trust and team building activities, games, and initiatives.</td>
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<tr>
<td>Global Concerns</td>
<td>Students will complete projects, activities, and express opinions on global concerns with nature through a journal. Students will be aware of issues that affect environment and wilderness areas through a scenario of activities and debriefing discussions.</td>
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IV. Instructional Materials and Methods

Types of Course Materials:

- Journal
- Hiking Boot/Rubber-Soled Footwear
- Gloves

Methods of Instruction (e.g. Lecture, Lab, Seminar …):

- Lecture
- Discussion
- Debriefings
- Scenario Situations
- Reflections
- Demonstrations
- Physical Participations
- Student Instruction

V. General Outline of Topics Covered:

Adventure Education Foundations:

- (Experiential learning, challenge by choice, positive learning environment)

Establishing Group Norms:

- Play hard, play fair, nobody hurt
- High 5 Hand – Full Value Agreements
- Us/Not Us List – evaluating group behavior
- Use of Symbols – reflective tools

Goal Setting:

- *Star → specific, trackable, achievable, relevant

Activity Types:

- Ice Breakers and getting to know you
- De-inhibitizers and energizers
- Group norm activities
- Communication activities
- Trust activities
- Problem solving activities
- De-Brief and reflection activities
- Closure activities
Low Challenge Ropes Course:

- Readiness of group
- Course inspection
- Equipment for elements
- Proper attire
- Weather provisions
- Rules and safety precautions

Spotting and Safety Skills:

- Position
- Catching
- Progressive sequence
- Communication and commands
- Rotate positions/responsibilities
- Shared responsibility
- Reducing participant’s challenge levels
- Requirements
- More is better

Challenge Course Inspection:

- Daily, seasonal, annual

Challenge Course Activities:

- Whale watch
- Jump the river
- Trust fall
- Mohawk walk
- Triangle Transverse
- Wild woozy
- Islands/All aboard
- Triangle walk
- Multi-vine
- Balance beam (log roll)
- Blind walk