General Information

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Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
136

Course Title
Introduction to Adventure Learning

Course Information

Credit Hours
1

Lecture Contact Hours
0.5

Lab Contact Hours
1.5

Other Contact Hours
0

Catalog Description
This course is an Adventure Education based program designed to provide participants an opportunity to acquire and practice essential life skills while building self-esteem through teambuilding, cooperative games, and ropes challenge courses. Students will learn to solve problems, make decisions, set goals, and develop communication skills in an atmosphere that is both physically and mentally challenging. The course includes individual and group teambuilding activities, cooperative games, safety and spotting techniques. The culminating event in the course consists of a weekend experience; the first day at the Low Ropes challenge course located on FLCCs East Hill campus and the second day at Bristol Mountain Aerial Adventures.

Key Assessment
This course does not contain a Key Assessment for any programs

Prerequisites
None

Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality
Inquiry
Perseverance
Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities

2. Develop valuable life skills through individual and team activities (e.g. leadership, communication, problem solving, coaching, collaboration, self-reliance, trust, and risk taking).

3. Identify wellness benefits associated with outdoor recreational activities while conserving and protecting the environment.

4. Exhibit responsible personal and social behavior that respects self, others, and the environment during physical activities.

Outline of Topics Covered
I. Adventure Education Foundations:
   a. Experiential learning, challenge by choice, positive learning environment

II. Establishing Group Norms:
   a. Play hard, play fair, nobody hurt
   b. High 5 Hand – Full Value Agreements
   c. Us/Not Us List – evaluating group behavior
   d. Use of Symbols – reflective tools

III. Goal Setting:
   a. STAR (specific, trackable, achievable, relevant)

IV. Activity Types:
   a. Ice Breakers and getting to know you
   b. Deinhibitizers to lower the inhibitions of the group, followed by energizers increase the team's potential for learning
   c. Group norm activities
   d. Communication activities
   e. Trust activities
   f. Problem solving activities
   g. Debrief and reflection activities
   h. Closure activities

V. Low Challenge Ropes Course:
   a. Readiness of group
   b. Course inspection
   c. Equipment for elements
   d. Proper attire
   e. Weather provisions
   f. Rules and safety precautions

VI. High Ropes Aerial Adventure:
   a. Readiness of group
   b. Course inspection
   c. Equipment for elements
   d. Proper attire
   e. Weather provisions
f. Rules and safety precautions

VII. Spotting and Safety Skills:
   a. Position
   b. Catching
   c. Progressive sequence
   d. Communication and commands
   e. Rotate positions/responsibilities
   f. Shared responsibility
   g. Reducing participant’s challenge levels
   h. Requirements
      a. More is better

* VIII. Challenge Course Activities (selected from each category below):
   a. Low Ropes
      i. Whale watch
      ii. Jump the river
      iii. Trust fall
      iv. Mohawk walk
      v. Triangle Transverse
      vi. Wild woozy
      vii. Islands/All aboard
      viii. Triangle walk
      ix. Multi-vine
      x. Balance beam (log roll)
      xi. Blind walk
   b. High Ropes
      i. Zip lines
      ii. Tight ropes
      iii. Rope ladders
      iv. Bridges