

UNIVERSITY OF GEORGIA
College of Education | Department of Kinesiology
Spring 2020 | PEDB 1090 Outdoor Adventure
Thursday 3:45PM- 4:35PM
Meeting Place: Ramsey Center 205

Instructor: Alexis Svenson

Office: Ramsey Student Center, #314

Office Hours: TR 11:00AM-12:00PM

Email: alexis.svenson@uga.edu

Preferred Method of Communication: UGA email

Required textbook: Online and linked via eLC

Course Description:

Participation in 25 hours of adventure activities and instruction offered by the UGA's Outdoor Recreation program, Department of Recreational Sports. Activities include hiking, rock-climbing, kayaking, caving, rafting, sailing, horse-back riding, backpacking, snorkeling, skiing, and more.

Course Objectives: Upon successful completion of this course:

- Students will demonstrate a basic knowledge of the rules, fundamental skills of outdoor adventure
- Students will gain an appreciation for outdoor adventure as a way to exercise and improve overall health in life
- Students will understand the importance of physical activity as it relates to a healthy lifestyle
- Students will also demonstrate their basic knowledge of fitness and course related topics
- Students will design a personal exercise program based on the assessment of their fitness, individual needs and interests

The ultimate **purpose of this course** is to graduate you from a lower level of physical activity to Level 5. If you feel you are already at Level 5, then we hope to come alongside you and diversify your experiences and knowledge of a particular physical activity.



LEVEL 1 Student has no or minimal past experiences with physical activity

LEVEL 2 Student cognitively understands what it takes to perform a physical activity properly, and begins to show signs of physically performing the activity correctly

LEVEL 3 Student begins to make connections with practice at the classroom level and attempts to transfer his/her skills outside the classroom, while adhering to the rules and traditions of the activity

LEVEL 4 Student sees activity as a social activity, which can be engaged in with friends, family, or coworkers for recreational purposes

LEVEL 5 Student views activity as a medium to ultimately enhance their level of physical activity, providing an opportunity to impact others and sustain a healthy level of exercise for the duration of his/her life

Required Attire and Equipment:

1. Appropriate clothing and shoes required for Outdoor Recreation trips depending on class time, open-toed shoes, sandals, or flip-flops may be appropriate.
2. Some trips may provide equipment, others will require you to rent equipment through the ORC (Outdoor Recreation Center) – it is your responsibility to know your trip's guidelines and requirements.
3. You may bring your own equipment for trips but the instructor, a staff member in the ORC, or the trip leader will need to inspect it for trip appropriateness.
4. Water bottles are recommended in both classes and outdoor pursuits to maintain hydration.

Course Policies:

1. Students will abide by the standards as stated by the University Honor Code (see below) and Academic Honesty Policy. These standards can be found in *A Culture of Honesty*, the University's policy and procedures for handling cases of suspected dishonesty. Detailed information can be viewed at <http://www.uga.edu/honesty> to help you understand how the term "academic dishonesty" is defined on this campus.

As a University of Georgia student, you have agreed to abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" found at: www.uga.edu/honesty. Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.

2. **Diversity:** Diversity encompasses acceptance and respect. The term "diversity" encompasses differences of culture, background and experience among individuals and groups. Such differences include, but are not limited to, differences of race, ethnicity, national origin, color, gender, sexual orientation, gender identity, age, and abilities, as well as political and religious affiliation and socioeconomic status. The Department of Kinesiology at the University of Georgia embraces a commitment to diversity by modeling for the state and nation, a community of individuals and programs which seek to reduce prejudice, disparities, and discrimination and build a supportive environment for all. More about diversity can be found: <https://coe.uga.edu/directory/diversity-equity-and-inclusion>
3. **FERPA Notice:** The Federal Family Educational Rights and Privacy Act (FERPA) grants student's certain information privacy rights. See the registrar's explanation at http://reg.uga.edu/ferpa_privacy_act FERPA allows disclosure of directory information (name, address, telephone, email, date of birth, place of birth, major, activities, degrees, awards, prior schools), unless a FERPA Restriction Flag Addition or Removal Request form is submitted to the Registrar's Office.
4. Many causes can interfere with academic performance. UGA provides **mental health services** to support the academic success of students. **Counseling & Psychiatric Services**, a part of the University Health Center, offers confidential counseling and psychiatric services to help you manage personal challenges that may threaten your well-being.
5. Full participation in physical activity is required (see Participation Policy below).
6. Students requesting accommodation(s) must first register with the Disability Resource Center (DRC). The DRC will provide documentation to the student, who must then provide this documentation to the instructor when requesting an accommodation. Students with documented disabilities that affects their ability to physically participate fully in the course or who require reasonable accommodations are encouraged to speak with the Basic PE Program Coordinator, so that appropriate accommodations can be arranged.
7. Students are responsible for the information provided in class along with the readings in eLC and/or supplemental resources. If you are absent when materials are distributed, it is your responsibility to obtain the information from another student.
8. Poor sportsmanship/inappropriate behavior, including the use of inappropriate language will not be tolerated. If this occurs, the student will be asked to leave, will be counted as absent, and will need to meet with the instructor. If the student refuses to leave, it is at the instructor's discretion to reduce the student's grade.
9. Class begins at **3:45PM**. If you arrive late to class, you must check in with the instructor to gain participation credit for that day. Being late results in a loss of participation points (see Participation policy)
10. Class Postponement: Due to the nature of tennis, being outside and weather being relevant, in the case in which class must be postponed, students will be notified at least 1 hour in advance of class time via e-mail.
11. Limited physical contact may be required for instructional purposes. In such case, the instructor will ask and receive permission from the student if the instructor can have such limited physical contact necessary to provide the instruction.
12. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>
13. The course syllabus is a general plan for the course; deviations announced by the instructor may be necessary.

Course Requirements:

1. Students are required to use eLearning Commons (eLC) for this course. Syllabus, course information, course outline, clearance for safe exercise participation, and course content will be available through eLC. To access eLearning Commons you will need your UGA MyID, as well as a current password.
2. Students are required to complete the "Clearance for Exercise Participation" form before they can access the Course content on eLC. Students with prior medical conditions are required to also complete the waiver and/or physician's clearance form (see instructor for additional information).
3. Students must complete and score at least 90% on the "Syllabus Quiz" before they can access the remainder of the

course content. Students are also required to complete the conceptual component quizzes and must score 80% or better on these assessments to receive credit. **Quizzes only become available once the corresponding module content has been visited.** The due dates are posted in eLC, corresponding to each quiz, or you can check the schedule below.

4. The course consists of an activity component, conceptual component and assignments (specifically: physical participation, readings, quizzes and assignments). All updates or changes to the schedule will be posted on eLC. It is your responsibility to keep up with changes to assignments.
5. Readings, assessments and assignments are assigned throughout the session and due dates are posted on eLC. **Late assignments will not receive any points. It is your responsibility to keep up with the due dates.**
6. **Each student will be required to pay for all fees associated with the Outdoor Rec trips. Students will develop an itinerary of proposed trips to meet the minimum 25-hour requirement, including additional alternatives, due to inclement weather or cancellation of trip possibilities. Students must complete at least two different trips and/or activities within their 25 or more hours. It is a requirement that 25 hours are completed before the end of the semester to pass the course.**

Grading

This course is graded as an “S” (Satisfactory) or “U” (Unsatisfactory). In order to determine what grade a student will be awarded, a percentage system will be used. In this pass/fail course, **an overall of 85/100 is needed to pass (“S”) the course.**

Various components determine a student’s final grade: (1) Activity component, (2) Conceptual component and (3) Application Assignments. Components are connected, and failing parts of one of the components could result in an “U”, or Unsatisfactory grade.

(1) Activity Component – 45 points

See also Participation Policy

Participation Points (in-class) – minimum of 1300 out of 1500 total minutes needed to pass

A student will earn 0 or 45 points based on their attendance and participation in class:

0 points	IF participation is 1299 minutes or less => cannot pass the course
45 points	IF participation is 1300-1499 minutes
+ 5 bonus points	IF perfect participation (1500 minutes)

(2) Conceptual Component – 35 points

You must score 90% or greater on the Syllabus Quiz to access the chapter reading links and quizzes
Syllabus Quiz is located in ‘Start Here’ Course Information in eLC **DUE 01/16**

Chapter readings and quizzes linked in eLC

~ All quizzes are not available until the chapters have been accessed

▪ Ch. 1: ACTIVITY	DUE 01/23	
Activity Quiz		10 points*
▪ Ch. 2: RELEVANCE	DUE 01/30	
Relevance Quiz		5 points*
▪ Ch.3: HEALTHY LIFESTYLE	DUE 02/06	
Healthy Lifestyle Quiz		5 points*
▪ Ch.4: FITNESS	DUE 02/13	
Fitness Quiz		5 points*
▪ Ch.5: GOAL-SETTING	DUE 02/20	
Goal-Setting Quiz		5 points*
▪ Ch.6: NUTRITION	DUE 02/27	
Nutrition		5 points*

***Student must score at least 80% on ONE quiz attempt** to receive the points for that particular quiz:

 0 for score <80%
 5 pts for score 80% or higher.

EXTRA absence earned if Ch. 2-6 quizzes are ALL done by 01/23

(3) Application Assignments – 15 points

Application Assignments make a practical connection between the activity, and conceptual components

A student must complete and submit evidence for *THREE application assignments*

Instructions to assignments are listed in Chapter 7 and linked in eLC

- | | | |
|-----------------------------|------------------------|----------|
| ▪ Ch.1 Activity Application | DUE 03/08 _____ | 5 points |
| ▪ General Application 1 | DUE 03/08 _____ | 5 points |
| ▪ General Application 2 | DUE 03/08 _____ | 5 points |

(4) Course Requirement - 5 points

Students will be asked to submit a reflection on 1 trip they went on with ORC. Reflection should be double spaced, 12pt font, Times New Roman. Reflection should include:

- Activity you went on
- Date of Activity
- Overview of Trip Itinerary
- What you enjoyed
- What you will do differently next time

(1) Participation Policy

Consistent and on-task participation in-class are vital factors of your final grade. Students accumulate the minutes that they are present and actively engaged in class. Students are responsible for keeping track of their participation. If a student wants to know how many classes s/he has missed, ask the instructor in class.

If a student always attends, participates in class and is on-task during class, the student will earn all

1500 minutes for participation and thus receives all 45 participation points + 5 bonus

If a student consistently attends, participates in class and is on-task during class for

1300-1500 minutes of the semester, the student will receive 45 participation points.

If a student misses more than 200 minutes and thus earns

1299 minutes or less, s/he cannot pass the course and will automatically receive a grade of **Unsatisfactory.**

Arriving to class on-time and staying in class until dismissal are also a part of your participation points.

If a student arrives to class **between 5 and 15 minutes late**, s/he will lose 25 points off of his/her Participation minutes

Arriving **over 15 min late or leaving more than 15 minutes early** results in
a loss of all the participation minutes for that day.

If a student is **late more than 5 times, an additional 100 minutes will be deducted**; s/he cannot pass the course and will automatically receive a grade of **Unsatisfactory.**

We will have 5 required class meetings in addition to your 25 hours of selected Outdoor Rec activities. Participation will be deducted when: A student misses **ONE** class; no points will be deducted from their participation score, however if a student misses **TWO** classes, the second absence will result in a "U". More than one absence or not completing the required 25 hours of Outdoor Rec activities will result in a grade of "U".

Registration for Trips

- Students will need to register for each trip in the lobby of the Ramsey Center at the Cashier's window. Please refer to the UGA Outdoor Recreation semester catalog for sign-up deadlines and additional trip information.
- **Remember to sign up early**, as some trips fill up very fast. If the trip is full, you will have to select an alternative activity. When signing up for a trip, you will need to fill out the UGA Recreation Trip Participation Form. You will need to fill out a separate form for each trip.
- **It is your responsibility to keep on top of the number of hours you have accrued and to actively bring trip hour forms to your instructor throughout the semester.**

- Your instructor does **NOT** have the authority to add extra trips/places into a trip, so if you wait until the last minute to sign up then you will likely not get a place.
- The ninth line of the form looks like this: “Are you registered for PEDB 1090? Yes/No”
Make sure you mark this area or you may not get credit for attending this trip! Students will be issued a receipt after payment and trip registration. You should keep these receipts as documentation that you registered for the trip.
- **When you go on the actual trip you must take a PEDB Outdoor Adventure Trip Documentation Form with you.** These forms are posted on eLC. **Each student must have their own form for the trip leader to sign.** These forms are critical for helping me track your trip attendance.


Students who engage in **off-task behavior** will also lose points from their participation grade each time an offense is seen because off-task behavior usually leads to safety issues and decreases the quality of participation for you and potentially for others.

The following are examples of off-task behavior and the point deductions associated with each:

1. Student is consistently chatting without engagement in the task at hand (10 points)
2. Student is consistently on cell phone during class (20 points)
3. Student distracts other students, or is disruptive to those trying to learn (20 points)
4. Student comes to class with inappropriate attire (20 points)
5. Student exhibits poor exhibition behavior and the group suffers a negative consequence because of actions (30 points)

The following statements provide the only excused reasons for not participating in class...* Lapses in participation due to **illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval *in advance*. **Family funerals** will be excused with students informing the instructor via e-mail *in advance* of the funeral.

TENTATIVE (Instructor will still add Course Requirements/Changes)

Day	Activity in Class	<u>Conceptual and Assignments</u>	<u>Due Dates</u> (@11:59pm)	
Week 1 01/09	Syllabus, procedures, general overview of Outdoor Adventure	Complete Clearance to Exercise Quiz Read Syllabus and take Syllabus Quiz (need 90% to access remainder)	Syllabus Quiz DUE 01/16	
Week 2 01/16	Guest Speaker: ORC Trip(s) Selection	Read Chapter 1: Activity Complete Activity Quiz (need 80%)	Activity Quiz DUE 01/23	
Week 3 01/23	NO CLASS	EXTRA ABSENCE if all quizzes done by 01/23 Read Chapter 2: Relevance Complete Relevance Quiz (need 80%)	Relevance Quiz DUE 01/30	
Week 4 01/30	Trip Selection in class **Bring Laptops/Mobile Device	Read Chapter 3: Healthy Lifestyle Complete Healthy Lifestyle Quiz (need 80%)	Healthy Lifestyle Quiz DUE 02/06	
Week 5 02/06	NO CLASS	Read Chapter 4: Fitness Complete Fitness Quiz (need 80%)	Fitness Quiz DUE 02/13	
Week 6 02/13	NO CLASS	Read Chapter 5: Goal-Setting Complete Goal-Setting Quiz (need 80%)	Goal-Setting Quiz DUE 02/20	
Week 7 02/20	NO CLASS	Read Chapter 6: Nutrition Complete Nutrition Quiz (need 80%)	Nutrition Quiz DUE 02/27	
Week 8 02/27	NO CLASS	Read Chapter 7: Application Assignments		
Week 9 03/05	NO CLASS	Submit evidence for three application assignments	THREE Application Assignments DUE 03/08	
Week 10 03/19	NO CLASS	03/20: Withdrawal deadline		
Week 11 03/26	Semester Check-In			
Week 12 04/02	NO CLASS			
Week 13 04/09	NO CLASS			
Week 14 04/16	NO CLASS			
Week 15 04/23	Class Feedback Semester Wrap-Up	Complete online evaluation	SUBMIT ALL TRIPS/HOURS	

**** Limited class meetings due to outside participation in UGA Outdoor Recreation trip activities****