

**UNIVERSITY OF GEORGIA**  
**College of Education | Department of Kinesiology**  
**Spring | PEDB 1070 Challenge Course**  
**Thursdays 1:40pm-3:20pm**  
**Meeting Place: Zoom or Ramsey Student Center – Gym East (117)**

**Instructor:** Cathy Stedman  
**Office:** Ramsey 143A (across from climbing wall)  
**Office Hours:** by appointment

**Email:** cstedman@uga.edu  
**Preferred Method of Communication:** UGA email  
**Required textbook:** Online and linked via eLC

**Course Description:**

The challenge course is designed to engage students physically and mentally to work cooperatively to solve problems in order to complete activities on the outdoor and indoor low and high challenge courses. Physical activity is a large part of this course, and students will be expected to participate in moderate to vigorous activity.

**Course Objectives:** Upon successful completion of this course:

- Provide opportunities for students to participate in initiative, low, and high challenges.
- Foster communication and cooperation skills through problem solving initiatives.
- Teach technical skills related to high challenge courses, including harnesses, belaying, and knot tying.
- Encourages students to develop safe challenges course practices while still having fun.
- Convey an understanding of the importance of exercise to overall health.
- Allow student to complete the fitness knowledge components.

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 are required; shorts (fingertip length) or pants are required and preferably sneakers or other appropriate closed-toe shoes. No streets shoes (e.g. opened-toe shoes, flip-flops, heels, sandals, or dress shoes) are to be worn. Students will lose participation points if they come to class in inappropriate attire.
2. When participating in the Challenge Course (low & high challenge activities) please leave jewelry, wallets, and other pocket items in your backpack or car.

**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](http://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](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. **Mental Health and Wellness Resources:** 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.
  - If you or someone you know needs assistance, you are encouraged to contact Student Care and Outreach in the Division of Student Affairs at 706-542-7774 or visit <https://sco.uga.edu>. They will help you navigate any difficult circumstances you may be facing by connecting you with the appropriate resources or services.
  - UGA has several resources for a student seeking mental health services (<https://www.uhs.uga.edu/bewelluga/bewelluga>) or crisis support (<https://www.uhs.uga.edu/info/emergencies>).
  - If you need help managing stress anxiety, relationships, etc., please visit BeWellUGA (<https://www.uhs.uga.edu/bewelluga/bewelluga>) for a list of FREE workshops, classes, mentoring, and health coaching led by licensed clinicians and health educators in the University Health Center.
  - Additional resources can be accessed through the UGA Mobile App
5. **Coronavirus Information for Students:**
  - **Face Coverings:** Effective July 15, 2020, the University of Georgia—along with all University System of Georgia (USG) institutions—requires all faculty, staff, students and visitors to wear an appropriate face covering while inside campus facilities/buildings where six feet social distancing may not always be possible. Face covering use is in addition to and is not a substitute for social distancing. Anyone not using a face covering when required will be asked to wear one or must leave the area. Reasonable accommodations may be made for those who are unable to wear a face covering for documented health reasons. Students seeking an accommodation related to face coverings should contact Disability Services at <https://drc.uga.edu/>.
  - **DawgCheck:** Please perform a quick symptom check each weekday on DawgCheck—on the UGA app or website—whether you feel sick or not. It will help health providers monitor the health situation on campus: <https://dawgcheck.uga.edu/>
  - **What do I do if I have symptoms?** Students showing symptoms should self-isolate and schedule an appointment with the University Health Center by calling 706-542-1162 (Monday-Friday, 8 a.m.-5 p.m.). Please DO NOT walk-in. For emergencies and after-hours care, see <https://www.uhs.uga.edu/info/emergencies>.
  - **What do I do if I am notified that I have been exposed?** Students who learn they have been directly exposed to COVID-19 but are not showing symptoms should self-quarantine for 14 days consistent with Department of Public Health (DPH) and Centers for Disease Control and Prevention (CDC) guidelines. Please correspond with your instructor via email, with a cc: to Student Care & Outreach at [sco@uga.edu](mailto:sco@uga.edu), to coordinate continuing your coursework while self-quarantined. If you develop symptoms, you should contact the University Health Center to make an appointment to be tested. You should continue to monitor your symptoms daily on DawgCheck.
  - **How do I get a test?** Students who are demonstrating symptoms of COVID-19 should call the University Health Center. UHC is offering testing by appointment for students; appointments may be booked by calling 706-542-1162. UGA will also be recruiting asymptomatic students to participate in surveillance tests. Students living in residence halls, Greek housing and off-campus apartment complexes are encouraged to participate.
  - **What do I do if I test positive?** Any student with a positive COVID-19 test is required to report the test in DawgCheck and should self-isolate immediately. Students should not attend classes in-person until the isolation period is completed. Once you report the positive test through DawgCheck, UGA Student Care and Outreach will follow up with you.

6. **The instructor may initiate a students withdraw if the student has not attended any classes by the withdraw deadline.**
7. Full participation in physical activity is required (see Participation Policy below).
8. 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.
9. 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.
10. 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.
11. Class begins at **1:40pm**. 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)
12. Class Postponement: Class will not be postponed due to weather. In the case of thunder and lightning, class will be held inside. Students will be notified at least 1 hour in advance of class time via e-mail if the class location needs to be moved due to weather.
13. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>
14. 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 and waiver before they can access the Course content on eLC.
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.**

#### **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 results 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:

<b>0 points</b>	IF participation is <u>1299 minutes or less =&gt; cannot pass the course</u>
<b>45 points</b>	IF participation is 1300-1499 minutes
<b>+ 5 bonus points</b>	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 1/21/21**

**Quizzes linked in eLC** ~ All quizzes are not available until the chapters have been accessed

RELEVANCE	<b><u>DUE 1/29/21</u></b>	
Relevance Quiz		5 points*
HEALTHY LIFESTYLE	<b><u>DUE 2/5/21</u></b>	
Healthy Lifestyle Quiz		5 points*
MENTAL HEALTH & WELLNESS	<b><u>DUE 2/12/21</u></b>	
Mental Health & Wellness Quiz		5 points*
FITNESS	<b><u>DUE 2/19/21</u></b>	
Fitness Quiz		5 points*
NUTRITION	<b><u>DUE 2/26/21</u></b>	
Nutrition Quiz		5 points*
CHALLENGE COURSE ACTIVITY	<b><u>DUE 3/5/21</u></b>	
Activity Quiz		10 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.

## **(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	<b><u>DUE 4/23/21</u></b>	5 points
▪ General Application 1	<b><u>DUE 4/23/21</u></b>	5 points
▪ General Application 2	<b><u>DUE 4/23/21</u></b>	5 points

## **(4) Course Requirement - 5 points**

**High ropes participation on 3/11/21 or 3/18/21.**

### **(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**.


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 engages in unsafe behavior *intentionally* (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.

**\*\*15 weeks**

<b>Day</b>	<b><u>Activity</u></b>	<b><u>Conceptual</u></b>	<b><u>Due Dates</u> (@11:59pm)</b>	
Week 1 (pre-module) 1/14/21	Meet via Zoom Syllabus, procedures, rules & Intro to class	Complete <b>Clearance to Exercise Quiz</b> Read Syllabus and take <b>Syllabus Quiz (need 90% to access remainder)</b>	<b>Syllabus Quiz</b> <b>Due 1/22</b>	
Week 2 (module1) 1/21/21	Meet via Zoom Debriefing Tools		<b>Syllabus Quiz</b> <b>Due 1/22</b>	
Week 3 (module 2) 1/28/21	Option 1-Meet in Gym East Socially Distanced Ground-Based Initiatives Option 2-Watch Teambuilding from Six Feet Apart <a href="https://www.youtube.com/watch?v=94uQLoR42IQ">https://www.youtube.com/watch?v=94uQLoR42IQ</a> Submit to the drop box 1 page reflection paper answering what?, so what?, now what? PLUS Track and submit 50 mins of physical activity	Read Chapter 2: Relevance Complete Relevance Quiz (need 80%)	<b>Relevance Quiz</b> <b>Due 1/29</b>	
Week 4 (module 3) 2/4/21	Option 1-Meet in Gym East Socially Distanced Ground-Based Initiatives Option 2- Watch Virtual Teambuilding Ideas Part 1 <a href="https://www.youtube.com/watch?v=dPZxF8hbKdU">https://www.youtube.com/watch?v=dPZxF8hbKdU</a> Submit to the drop box 1 page reflection paper answering what?, so what?, now what? PLUS Track and submit 50 mins of physical activity	Read Chapter 3: Healthy Lifestyle Complete Healthy Lifestyle Quiz (need 80%)	<b>Healthy Lifestyle Quiz</b> <b>Due 2/5</b>	
Week 5 (module 4) 2/11/21	Option 1-Meet in Gym East Socially Distanced Ground-Based Initiatives Option 2- Watch Virtual Teambuilding Ideas Part 2 <a href="https://www.youtube.com/watch?v=HNDxHr1GakU&amp;t=2s">https://www.youtube.com/watch?v=HNDxHr1GakU&amp;t=2s</a> Submit to the drop box 1 page reflection paper answering what?, so what?, now what? PLUS Track and submit 50 mins of physical activity <b>Mandatory Meeting Via Zoom 3:05pm</b> <b>Anyone who choose online option week 1-5</b>	Read Chapter 4: Mental Health and Wellness Complete Mental Health and Wellness Quiz (need 80%)	<b>Mental Health and Wellness Quiz</b> <b>DUE 2/12</b>	
Week 6 (module 5) 2/18/21	Option 1-Meet in Gym East Socially Distanced Gear Lesson and Knot Tying Option 2-Watch these videos, pick up or have someone pick up rope for you from my office and submit photos of the 6 knots in the video tied by you with the rope <a href="https://www.youtube.com/watch?v=6h9aIO9QP6U">https://www.youtube.com/watch?v=6h9aIO9QP6U</a> <a href="https://www.youtube.com/watch?v=_ngG3WTyxpo">https://www.youtube.com/watch?v=_ngG3WTyxpo</a> PLUS Track and submit 50 mins of physical activity	Read Chapter 5: Fitness Complete Fitness Quiz (need 80%)	<b>Fitness Quiz</b> <b>DUE 2/19</b>	

Week 7 (module 6) 2/25/21	Option 1-Meet in Gym East Climbing Wall & Indoor Course Option 2-Read article <a href="#">Get Adventurous with your Leadership Training</a> and submit to the drop box 1 page reflection paper answering what?, so what?, now what? PLUS Track and submit 50 mins of physical activity	Read Chapter 6: Nutrition Complete Nutrition Quiz (need 80%)	<b>Nutrition Quiz</b> <b>DUE 2/26</b>	
Week 8 (module 7) 3/4/21	Option 1-Meet in Gym East Climbing Wall & Indoor Course Option 2-Watch Virtual Teambuilding Ideas Part 2 <a href="https://www.youtube.com/watch?v=HNDxHr1GakU">https://www.youtube.com/watch?v=HNDxHr1GakU</a> Submit to the drop box 1 page reflection paper answering what?, so what?, now what? PLUS Track and submit 50 mins of physical activity	Read Chapter 1: Activity Complete Activity Quiz (need 80%)	<b>Activity Quiz</b> <b>DUE 3/5</b>	
Week 9 (module 8) 3/11/21	Option 1-Group A Meet at Outdoor Highs Course and no class for Group B Option 2-Group A track and submit 100 mins of physical activity			
Week 10 (module 9) 3/18/21	Option 1-Group B Meet at Outdoor Highs Course and no class for Group A Option 2-Group B track and submit 100 mins of physical activity Mandatory Meeting via Zoom Time TBD For anyone who choose online option weeks 6-10			
Week 11 (module 10) 3/25/21	Option 1-Meet at Outdoor Highs Course Option 2-Track and submit 100 mins of physical activity			
Week 12 (module 11) 4/1/21	Option 1-Meet at Outdoor Highs Course Option 2-Track and submit 100 mins of physical activity			
Week 13 (module 12) 4/15/21	Option 1-Meet in Gym East for socially distanced teambuilding and reflection Option 2-Watch Even More Virtual Team Building Activities Part 3 <a href="https://www.youtube.com/watch?v=H9D9rDRAAvI">https://www.youtube.com/watch?v=H9D9rDRAAvI</a> Submit to the drop box 1 page reflection paper answering what?, so what?, now what? PLUS Track and submit 50 mins of physical activity			
Week 14 (module 13) 4/22/21	Rain Make-up (if necessary) Make-up previous absence by Tracking and Submitting 100 mins Physical Activity	Submit 3 Application Assignments	<b>Application</b> <b>Assignments</b> <b>Due 4/23</b>	
Week 15 (module 14) 4/29/21	Make-up previous absence by Tracking and Submitting 100 mins Physical Activity			

