

**University of Georgia**  
**Mary Frances Early College of Education | Department of Kinesiology**  
**Semester | PEDB 1070 Challenge Course**

**Time:**  
**Location:**

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Instructor:	Cathy Stedman	Email:	cstedman@uga.edu
Office:	Ramsey 143A	Method of Communication:	email
Office Hours:	By Appointment	Textbook:	None

When sending an email, please include the course name (Challenge Course or PEDB 1070) and CRN (\*\*\*).

- Students will be contacted via UGA email and should expect to hear from the instructor at least once a week.
  - Emails from students will receive an answer within 48 hours; however, questions related to quizzes or assignments should be sent at least 12 hours before the deadline to receive an answer.
  - Course information can be found in eLC and updates will be posted in the eLC announcements
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### Course Description

Instruction and practice of skills and strategy in challenge course and acquisition of fitness knowledge. *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:

- Students will demonstrate a basic knowledge of the rules and fundamental skills of challenge course.
- Students will demonstrate their basic knowledge of fitness and course related topics.
- Students will understand the importance of physical activity as it related to a healthy lifestyle.
- Students will gain an appreciation for challenge course as a way to exercise and improve overall health.

Additionally:

- Students will be given opportunities 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.

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

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- 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 their 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 their 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 street 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.
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## **Course Policies**

1. **Academic Honesty:** As a University of Georgia student, you have agreed to abide by the standards as stated by the University Honor Code and Academic Honesty Policy. *"I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others"*. 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. 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. 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 affect 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.
6. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>
7. The instructor may initiate a student's withdrawal if the student has not attended any classes by the withdrawal deadline.

8. Poor sportsmanship/inappropriate behavior, including the use of offensive 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. **Full participation in physical activity is required (see Participation Policy below).**
  10. The course syllabus is a general plan for the course; deviations announced by the instructor may be necessary.
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### **Course Requirements**

1. Students are required to use eLearning Commons (eLC) for this course. Syllabus, course information, course content, quizzes, and assignments will be available through eLC. To access eLC, you need your UGA MyID, as well as a current password.
  2. Students are required to complete the **Clearance for Exercise Participation** and **Waiver for Exercise Participation** quizzes before they can access the course content on eLC. Please note: **ONLY** students with prior medical conditions are required to complete the physician's clearance form.
  3. Students must also complete and score a minimum of **90%** on the **Syllabus Quiz** before they can access the remainder of the course content. Students are also required to complete the conceptual quizzes and must score 80% or more to receive credit. Quizzes only become available once the corresponding chapter link has been visited.
  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 in 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.**
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### **Grading**

This course is graded as an **"S" (Satisfactory)** or **"U" (Unsatisfactory)**. A percentage system will be used to determine final grades. 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, (3) Application Assignments, and (4) Course Requirement. Components are connected and failing parts of one of the components could result in a "U" or Unsatisfactory grade.

### **Activity Component – 45 Points**

Participation Points (in-class) – a minimum of 1300/1500 total minutes are needed to pass.

- 0 Points IF participation is 1299 minutes or less (cannot pass the course)
- 45 Points IF participation is 1300-1499 minutes

### **Conceptual Component – 35 Points**

Chapter readings and quizzes can be found in eLC. All quizzes are not available until the chapters have been accessed. Students have **ONE quiz attempt** and must score at least **80%** to receive the points for that particular quiz.

**You must score 90% or greater on the Syllabus Quiz to access the chapter links and quizzes. DUE 1/14**

Chapter	Quiz	Due Date	Points
Ch. 1 Challenge/Outdoor Activity	Activity Quiz	THUR 1/18	10 points
Ch. 2 Relevance	Relevance Quiz	THUR 1/25	5 points
Ch. 3 Healthy Lifestyle	Healthy Lifestyle Quiz	THUR 2/1	5 points
Ch. 4 Mental Health	Mental Health Quiz	THUR 2/8	5 points
Ch. 5 Fitness	Fitness Quiz	THUR 2/15	5 points
Ch. 6 Nutrition	Nutrition Quiz	THUR 2/22	5 points

### **Application Assignments – 15 Points**

Application assignments make a practical connection between the activity and the conceptual components. A student must complete and submit evidence for **THREE** application assignments.

Instructions to the assignments can be found in the Application Assignment module in eLC by clicking the links.

Chapter	Due Date	Points
Ch. 1 Activity Application	THUR 3/14	5 points
Ch. 7 General Application	THUR 3/14	5 points
Ch. 7 General Application	THUR 3/14	5 points

### **Course Requirement – 5 Points**

Participation in High Ropes Course on

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### **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 they have missed, ask the instructor in class.

- If a student always attends, participates in class, and is on-task during class, the students will earn all **1500 minutes** for participation and thus receive all **45 participation points**.
- 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**, they 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**, they will lose 25 points off of their participation minutes
- If a student arrives **over 15 min late or leaves more than 15 minutes early**, it 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**; they **cannot pass the course** and will automatically receive a grade of **Unsatisfactory**.

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### **Class Cancellation**

Due to the unpredictability of the semester, in the case in which class must be cancelled, students will be notified **at least 1 hour in advance** of class time via email.

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## Summary Student Checklist

In order to pass this course, a student needs 85/100 points.

## Point Breakdown

Component	Task	Points
Activity Component	1300-1500 participation minutes	45 points
Conceptual Component	Receive $\geq 80\%$ on 6 quizzes	35 points
Application Assignment	Complete 3 application assignments	15 points
Course Requirement	Determined by the instructor	5 points
		<b>Total</b> 100 points

## Tentative Course Outline

Weeks	Topic	Due Dates (@11:59PM EST)
1 R 1/11	Syllabus, Procedures, Rules & Intro to Class	1/8-1/12 Drop/Add 1/14 Syllabus Quiz Due
2 R 1/18	Ground-Based Initiatives	THUR 1/18 Activity Quiz Due
3 R 1/25	Debriefing Tools	THUR 1/25 Relevance Quiz Due
4 R 2/1	Ground-Based Initiatives	THUR 2/1 Healthy Lifestyle Quiz Due
5 R 2/8	Climbing Wall & Indoor Course	THUR 2/8 Mental Health Quiz Due
6 R 2/15	Climbing Wall & Indoor Course	THUR 2/15 Fitness Quiz Due
7 R 2/22	Outdoor Low Course Day 1	THUR 2/22 Nutrition Quiz Due
8 R 2/29	Outdoor Low Course Day 2	
9 R 3/14	Outdoor Low Course Day 3	THUR 3/14 Application Assignments Due
10 R 3/21	Activities & Initiatives Groups 1 & 2 Lead	THUR 3/21 Withdrawal Deadline
11 R 3/28	Activities & Initiatives Group 3 & 4 Lead	
12 R 4/4	Outdoor High Course	
13 R 4/11	Outdoor High Course Pamper Pole	
14 R 4/18	Outdoor High Course	
15 R 4/25	Course Debriefing	Course Eval: <a href="https://webapps.franklin.uga.edu/evaluation/">https://webapps.franklin.uga.edu/evaluation/</a>