Fitness and Recreational Activity
FRA 140 Backpacking, Fall 2012

Class Meeting Time: Thursday 1:00pm- 2:50 pm
Class Meeting Place: MRC 124 (You need your Lion Card ID to enter.)
Instructor: Justin Bryant
E-mail: justin.bryant@tamuc.edu
Office: MRC 137 (come in the office suite and down the hall)
Office Phone: 903.468.3174
Office hours: by appointment

**Course materials:** Bring all handouts you are given to class every day, along with a pen or pencil. You should always have a notebook to take notes in, this will help when your written exams come up.

**Attire:** You must wear athletic attire suitable for a range of athletic activities. Be sure your clothing is modest. Classes could range from a hike around campus with a weighted pack to lifting weights. Please be prepared for this. Students not dressed appropriately will be considered absent.

**Class Description:** This course is designed to instruct students in the basic techniques of backpacking and camping. Topics will include wilderness skills and outdoor survival techniques. The proper use and selection of personal backpacking and camping equipment will be covered. Students are expected to participate in at least 1 off-campus weekend trips. Equipment is provided.

**Objectives:**
1. To introduce students to the activity of backpacking.
2. To demonstrate knowledge of general outdoor skills, and responsible outdoor adventure by answering written test questions and displaying techniques taught in class.
3. To have fun and meet new people.
4. To participate in an outdoor trip.

**Evaluation:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>30%</td>
</tr>
<tr>
<td>- Test 1</td>
<td>15%</td>
</tr>
<tr>
<td>- Test 2</td>
<td>15%</td>
</tr>
<tr>
<td>Skills</td>
<td>30%</td>
</tr>
<tr>
<td>- Pack fit/packing</td>
<td>10%</td>
</tr>
<tr>
<td>- Map/Compass</td>
<td>10%</td>
</tr>
<tr>
<td>- LNT preparation</td>
<td>10%</td>
</tr>
<tr>
<td>Reflection Paper</td>
<td>15%</td>
</tr>
<tr>
<td>Out-of-class experience</td>
<td>25%</td>
</tr>
</tbody>
</table>

Students will participate in at least one backpacking trip sponsored by the Outdoor Adventure Program of Campus Recreation. Students will receive a discount on the required trip and will be responsible for the remainder of their expenses. An alternative MAY be provided by the instructor.
My grading policy:
At the end of the semester, I will assign your earned letter grade according to the schedule below:

A= 90 and above
B= 80-89.9
C= 70-79.9
D= 60-69.9
F= 59.9 and below

NOTHING can be done to change your final grade once it is assigned. (no extra credit, extra assignments, retaking tests, etc). Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

Bonus points will be awarded for the following events:

a. Five points may be earned by participating in ‘Gravity Check,’ the annual climbing competition at the Morris Recreation Center Rock Climbing Facility. The competition gives you a chance to experience the local and regional rock climbing community in a relaxed setting. Competition is a loose term for this event. All participants usually encourage fellow climbers, and a fun time is had by all. Additionally, all participants are entered in a door prize giveaway where a load of substantial gifts are given away (i.e., ropes, climbing shoes, bags, and other outdoor equipment).

b. Three to five points may be earned by participating in an Orienteering competition or event. Points will be awarded depending on the length of the activity. Visit, the North Texas Orienteering Association NTOA.com for info and links to other regional/national organizations.

c. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester.

d. One point may be earned by attending an educational clinic provided by the Outdoor Adventure program at the MRC (lead climbing, canoe strokes, slackline, etc. are available this semester). Prerequisites might be required for a clinic, plan accordingly. Watch for announcements at the MRC, as well as in class this semester. Limit three points via clinics.

e. A maximum of 5 points extra credit may be earned.

f. The LAST day to turn in any extra credit is Nov. 16th at the beginning of class. NO EXCEPTIONS!

WRITTEN TEST
Your written test will be multiple-choice, true-false, and matching. It will have fewer than 50 questions. You will need a (green) scantron 882-ES and a pencil. If you cannot take the exam due to illness, injury, or family emergency, the instructor must be notified prior to the exam. Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

PACK FIT/PACKING
You will exhibit the proper fit in a backpack by fit a classmate with a pack. You will also be expected to show the ins and outs of packing for a specific trip.
MAP & COMPASS
Map skills play a crucial role in backpacking. Ironically, it has become a very rare skill. You will exhibit your skills with an activity where you will be tasked with navigating various types of terrain.

LNT PREPARATION
On the class backpacking trip, you will exhibit your skill in enacting Leave No Trace (LNT) principles.

OUTSIDE OF CLASS EXPERIENCE
You will participate in an Outdoor Adventure backpacking trip. The trip is scheduled for November 30th-December 2nd. You must participate in a multiday backpacking trip, and the trip provided will be the easiest way to accommodate this requirement. All gear, food, camping fees and transportation will be covered by your registration fee.

Class attendance is expected. For each unexcused absence, 5 points will be deducted from the final grade. Two points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. If you decide to try and leave early you will be counted absent. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence (I need a copy of the documentation that I can keep).

REFLECTION PAPER
Requirement: Write a short reflection paper describing the class experience. Discuss what was learned and describe any personal growth that took place. The paper should be a minimum of two double spaces typewritten pages. The paper is worth 10% of the total course and the equivalent of a “letter grade” if not turned in. The paper will be due in the Outdoor Adventure Center No Later than Friday, November 30. The paper may be e-mailed to Justin.bryant@tamuc.edu

This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>In-class activity</th>
<th>Due today/graded activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>F-Sun</td>
<td>11/30-12/2</td>
<td>Ouachita Trail Backpacking Trip</td>
<td>Test 2, Pack Fit, Map Activity</td>
</tr>
</tbody>
</table>

This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

Statement on Student Behavior
All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

ADA statement
Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, Gee Library Room 132, (903) 886-5835.
Course Policies

1. Students are expected to be in class, ready to participate, on time.

2. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.
   
   If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.
   
   - Participation in an activity appearing on the University's authorized activity list.
   - Death or major illness in a student’s immediate family.
   - Illness of a dependent family member
   - Participation in legal proceedings or administrative procedures that require a student’s presence.
   - Religious Holy Day
   - Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
   - Required participation in military duty

3. Any student missing an exam or assignment without prior arrangement will receive a score of zero.

4. You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)

5. While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy. (Thanks!) . If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!

6. DUE DATES: The due dates listed for assignments are the LAST chance to submit them. I DO NOT accept late assignments.

7. If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.