Fitness and Recreation Activity
FRA 148 Venture Dynamics
(Adventure Activities 101), Fall 2012

Class Meeting Time:
- October 5 (3:45pm-6:00pm)
- October 6 (8:30am-6:00pm)
- October 7 (8:30am-6:00pm)

Class Meeting Place: Adventure Outdoor Center & Challenge Course
(You need your Lion Card ID to enter.)

Instructor: Roger Greer
Co-instructor:
Assistant Instructors: Outdoor Adventure Staff
E-mail: roger.greer@tamuc.edu
Office: Outdoor Adventure Center
Office Phone: 903.886.5849
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, this will help when your written exams come up.

Attire: You must wear athletic attire suitable for working on the Challenge Course. Be sure your clothing is modest. Please be aware that you will be climbing at height being belayed by a person whose job it is to watch you climb. Shorter shorts can make that situation uncomfortable for both parties. Students not dressed appropriately will be considered absent.

Class Description:
This course is designed to help students understand how participating in outdoor activities can promote lifelong health and wellness. This course will offer the students a wide variety of adventure challenge and leadership activities on the ABE Challenge Course, including initiatives, trust activities, low elements, high elements, and group problems. This course will emphasize a range of topics that include team building exercises, terminology, and conservation.

Objectives: Students will.....
1. Demonstrate improved self-confidence in individual and group activities.
2. Demonstrate the ability to work cooperatively toward the attainment of group goals.
3. Demonstrate the ability to spot fellow student in low & high course activities.
4. Demonstrate a working knowledge of the basic knots and equipment necessary to participate safely in high elements.
5. Demonstrate the basic trust in classmates in matters pertaining to personal safety.
6. Acquire the physical skills necessary to belay, climb, and rappel on an outdoor climbing wall.
7. Attempt each activity or challenge.
8. Have fun and encourage others.
Evaluation:
Participation in activities 50%
Test 25%
Ability to spot/ belay/ support 15%
Reflection Paper 10%

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 any climbing competition sponsored by a university outdoor program. There are plenty of programs who offer a competition this semester. Be watching advertisements at the Rock Wall. 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 these events. 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 climbing equipment).

b. 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.

c. 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.

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

e. The LAST day to turn in any extra credit is November 29 at the beginning of class. NO EXCEPTIONS!

WRITTEN TEST

Test: The test will cover information covered in the study packet, such as knot tying, recognizing equipment, challenge course terminology, etc. Your written test will be multiple-choice, true-false, matching, fill-in-the blank and short answer. It will have fewer than 50 questions. There will also be a demonstration part of the test.
Additional 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, October 19. The paper may be e-mailed to roger.greer@tamuc.edu

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.

Class attendance is expected. Due to the progressive nature of the activities planned, students must attend all sessions. There are no provisions for make-ups.

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

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>In-class activity</th>
<th>Due today/graded activity</th>
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<tbody>
<tr>
<td>Friday</td>
<td>10/5/12</td>
<td>Syllabus, intro activities to adventure based learning, philosophy &amp; cornerstones of experiential process</td>
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<tr>
<td>Saturday</td>
<td>10/6/12</td>
<td>Icebreakers &amp; Problem-Solving Initiatives</td>
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<td>Low Elements cont’d</td>
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<tr>
<td>Saturday</td>
<td>10/6/12</td>
<td>National Standards, Equipment 101, Knots 101, Belay School</td>
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<td>Saturday</td>
<td>10/6/12</td>
<td>High Elements</td>
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<td>High Elements &amp; Reflection</td>
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<td>Tuesday</td>
<td>10/7/12</td>
<td>Review</td>
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<td>Tuesday</td>
<td>10/16/12</td>
<td>WRITTEN &amp; SKILLS TEST (FINAL)</td>
<td>All extra credit due at beginning of class</td>
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<td>FINAL</td>
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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. **Class attendance is expected.** Due to the progressive nature of the activities planned, students must attend all sessions. There are no provisions for make-ups.
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.