

Instructor: Janice Cook

Room: KNB 236, Pool, Climbing Wall

Phone: (403) 220-3425

Days: Tues and Thurs
Jan 8th – April 16th, 2013

Email: jcook@ucalgary.ca

Time: 10:00 am – 11:50 am

Office: B252

Course Website: <http://blackboard@ucalgary.ca>

Office: By appointment

Hours:

Course Description:

Emphasizing a “fit-for-life” philosophy, this course explores the health providing benefits of selected self-propelled outdoor activities. Students are required to participate in hands-on laboratory experiences on campus.

Course Objectives:

To have each student:

1. Identify the philosophical underpinnings of life long activity in relationship to physical, mental, social, emotional, spiritual, and environmental health; quality of life and economic benefits i.e. push/pull factors, health care.
2. Understand the fundamental concepts of outdoor adventure activities with respect to exercise, risk, adventure, personal development; psychological and physiological benefits.
3. Develop an understanding of safe participation in selected outdoor adventure activities.
4. Establish personal performance/health goals within the context of active outdoor living.
5. Gain adequate skill and knowledge to continue their involvement in post course activities.

Course Content:

Theory and activity sessions in a variety of outdoor activities including, kayaking, rock climbing and cross-country skiing/mountain biking with additional theory covering self-propelled skiing, hiking, backpacking and outdoor equipment.

Course Concepts:

- Experiential Learning (FART Model) and Engaged Learning
- Teaching and Learning Progressions
- Personal Growth Process and Transference to Life
- Adventure Sensation Seeking and Risk – Real vs. Perceived
- Mortlock’s Theory of Adventure
- Safety Management
- Level of Arousal and Stress Management
- Self-Talk and Controlling Fear
- Group Process – Peer Support/Leadership/Fellowship
- Pushing One’s Personal Boundaries

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- Flow Experience
- Development of Personal Fitness and Healthy Lifestyle
- Active Living – Personal Definition

Required Reading Materials:

Required readings will be posted on Blackboard.

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	97.0 & above	4.00	Outstanding
A	93.0 – 96.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	89.0 – 92.9	3.70	
B+	85.0 – 88.9	3.30	
B	81.0 – 84.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	77.0 – 80.9	2.70	
C+	73.0 – 76.9	2.30	
C	69.0 – 72.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	65.0 – 68.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	60.0 – 64.9	1.30	
D	56.0 – 59.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 56.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

Activity Lab Modules (Active Participation & Skill Development)

1. Rock Climbing – 15%
2. Kayaking – 15%
3. Other Outdoor Activity – 5%

Group Research Presentations – 20% April 2, 4, 9

Personal Assessment/Reflection Paper (Due March 28th) – 15%

Midterm (March 26th) – 20%

Quiz (April 11th) – 10%

Activity Lab Modules – 35%

Students will be evaluated throughout each of the labs with respect to punctuality, being prepared with appropriate equipment, contribution, effort and skill development.

Rock Climbing will be taught by Ashley Weeks aweeks@ucalgary.ca

Group Research Presentation – 20% April 2, 4, 9

In groups of 5, students will research one of the topics identified and present a 45-minute presentation (approx. 9 min per person) to the class on either April 2, 4, or 9. The group research presentation is to include an overview of the specific outdoor activity including the variety and range of activities (sub-disciplines), benefits of participation in activity, risks and safety considerations, and negative aspects (cost, injuries) and equipment information, through courses, clubs and associations. Research sources could include personal experience of group members, library sources, popular outdoor magazines or websites, academic journals and interviews with proficient/experiences participants or professional guides. There is some flexibility in how you organize your group but you should ensure that everyone speaks for the same amount of time. Marks will be deducted for overtime presentations.

Attendance at the presentations by all class members is required.

More details on topics, dates/time and grading scheme are posted on Blackboard.

Personal Assessment/Reflection Paper – 15% Due in class March 28th

Context/Overview of this assignment: As our world becomes more complex, faster, overloaded and sedentary, the need for quality activity as an antidote becomes a high priority in our personal lives. At the root of Active Living is the sheer joy of participation; from achieving personal bests, to aesthetic appreciation of movement, to social aspects in a fresh, non-workplace environment. This assignment is a free-form attempt to have you look introspectively at your personal activity lifestyle in order to individualize and internalize the course content. YOU design how you want to present your thoughts, so this is an exercise in layout and creativity.

Goal Setting Must DO!

1. Date and complete the handout, "Assessment of 6 Dimensions of Health" as an objective look at your overall health, as it exists today.
Attach this to your Personal Assessment/Reflection Paper.
2. Reflect on your Self-Evaluation and design some personal GOALS (SMART) (3-5) you would like to strive for, based on your information about this course so far. Start early and commit to your goals. Keep a running list of encounters; feelings, reactions, techniques, discoveries as the course evolves so you have a bank of material to draw upon when you begin to write up.

Some Guiding Questions:

Were your goals realistic and achievable? What factors helped or hindered your success? What have you learned about yourself as a result of being exposed to the theory and experiential learning components in this course? Consider fears

and anxieties, risks taken, new skills, and how your goals led to personal improvement. What are positive insights about yourself that will be applicable to your future and a desirable, on-going active lifestyle? Outline any new discoveries. New understandings (theoretical or practical) about "risk activities" that were gleaned from the course content/activity and how you might use these in your future.

****use specific, concrete examples from experiential learning components within the course to support your claims.**

Assignment Format: Stapled and typed –use Times New Roman; 12 point font; double spaced; max 4 written pages plus cover page. Include on cover page: Your Name and ID#, Course Name and Number, Title, Prof's names. Total max package 5 pages with cover page.

Personal Assessment/Reflection Paper Grading Scheme – Paper 15%

Personal Goal Statement – 6 Dimensions of Health Assessment Questionnaire Completed and Attached and 3-5 SMART goals

Tangible Course Concepts (see list above) (/3)

(e.g. Mortlock's adventure sequence, risk, etc)

Insights about yourself that will be applicable to your future and a desirable, on-going active lifestyle, new discoveries, new understandings (theoretical or practical) about "risk activities" that were gleaned from the course content/activity and how you might use these in your future, specific, concrete examples from experiential learning components.

Depth of disclosure, forthrightness, use of examples linked to course content (/4)

Were your goals realistic and achievable? What factors helped or hindered your success? What have you learned about yourself as a result of being exposed to the theory and experiential learning components in this course? Consider fears and anxieties, risks taken, new skills, and how your goals led to personal improvement.

Grammar (/3) (proper English: spelling, tenses, pronouns, punctuation, run-ons, etc) and **Format** (layout, flow, sequence of development, 3 pages, cover page)

Lab Attendance:

The attendance of labs is mandatory at the University of Calgary. Students are required to attend all labs. More than two unexcused absences throughout the course will result in failure of the course. If an ongoing illness or other circumstances prevent the student from attending labs it is the responsibility of the student to discuss this situation with the instructor; the student may be required to withdraw from the course.

Students are expected to attend lectures and labs, to arrive on time, and actively participate in all sessions. Students are expected to come to labs, dressed appropriately with the required equipment. Students are responsible for informing the instructor of reason for any absence prior to class (email jcook@ucalgary.ca) or leave voicemail at 403-220-3425.

Exams:

Midterm: Tuesday, March 26th (20%) and Quiz: Thursday, April 11th (10%)

**Additional Course
Information:**

Course Costs:

Students are responsible for some cost of equipment required for the activities. More details regarding equipment needs, exact cost and payment method will be outlined at the beginning of each module. Approximate costs are as follows:

Rock Climbing: Rock climbing shoes if needed (approx \$10)

Kayaking: Kayak, paddle and sprayskirt will be provided for each class.

Swimming goggles and noseplugs are recommended.

Mountain Biking: You will need a bike and helmet if we Mountain Bike. Bike rental is approximately \$14 per class **or**

Cross Country Skiing – Approx. \$40 for ski rental.

The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) **prior to** participating in any activity class. Appropriate activity modifications will be made to accommodate these students. Kayaking takes place in the pool and it is highly recommended that students are able to swim. Please inform the instructor if you are not a strong swimmer.

SCHEDULE:

Tuesday

Thursday

Jan 08 KNB236	Lecture: Course Outline, Assignment Descriptions, Context, Experiential Education Model and Benefits of Active Outdoor Living, Sign-Up for Kayak and Climbing Groups	Jan 10 KNB236	Lecture: Risk Theory and Motivation for Adventure Presentations: Select Groups & Planning
Jan 15 KNB236	Kayak/Rock Preparation and Equipment	Jan 17	Rock/Kayak 1
Jan 22	Rock/Kayak 2	Jan 24	Rock/Kayak 3
Jan 29	Rock/Kayak 4	Jan 31	Rock/Kayak 5
Feb 5	Rock/Kayak 6	Feb 7	Rock/Kayak 7
Feb 12	Rock/Kayak 1	Feb 14	Rock/Kayak 2
Feb 19	Reading Week	Feb 21	Reading Week
Feb 26	Rock/Kayak 3	Feb 28	Rock/Kayak 4
Mar 5	Rock/Kayak 5	Mar 7	Rock/Kayak 6
Mar 12	Rock/Kayak 7	Mar 14 KNB236	Debrief/Preparation
Mar 19	Outdoor Activity: (Cross-Country Skiing or Mountain Biking – weather dependent)	Mar 21	Outdoor Activity: (Cross-Country Skiing or Mountain Biking – weather dependent)
March 26	Exam	March 28 KNB236	Equipment Presentation Reflection Paper Due
April 2 KNB236	2 Student Presentations	April 4 KNB236	2 Student Presentations
April 9 KNB236	2 Student Presentations	April 11 KNB236	Quiz
April 16 KNB236	Course Wrap Up		

Supplementary Course Information

In accordance with the University of Calgary Calendar

Academic Accommodation Awareness Information:	It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre <u>are not</u> eligible for formal academic accommodation.
Plagiarism/Cheating/Other Academic Misconduct: (see Calendar)	A <u>single</u> offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.
Midterm Exam Policy:	The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in <u>exceptional circumstances only</u> which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification <u>prior</u> to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are <u>not</u> valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.
FOIP Policy:	Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: http://www.ucalgary.ca/secretariat/privacy
Internet and Electronic Communication Device Information:	Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture. Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.
Emergency Evacuation/Assembly Points: Safewalk Information:	For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby
Student's Union:	Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year). The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca .