

Instructor: Janice Cook
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Email: jcook@ucalgary.ca
Office: KNB 252
Office By appointment
Hours:

Room: KNA 160
Days: Tue/Thu
Time: 2 – 3:15 pm
Course Website: <http://blackboard@ucalgary.ca>

Course Description:

An exploration of how physical activity in natural, outdoor environments leads to enhanced physical fitness, wellness and health. Safe practices in these environments will be examined in conjunction with practices that help maintain the ecological integrity of natural and wild environments

This course offers a theoretical, multidisciplinary exploration of the relationship between natural environments and health through physical activity (sport, leisure, adventure and recreation). The present pursuit of Health and Wellness gives us pause to consider the complexity of human beings' impact on natural or wilderness spaces. Both the positive and negative impact of human experiences in these environments will be examined with the following critical concepts: ecosystem services, sustainability, ecological integrity and minimal impact practices.

Course Objectives:

At the conclusion of the course, students should:

1. Be able to identify 6 dimensions of health and wellness and evaluate their own health in these dimensions.
2. Understand the importance of environmental health for human health.
3. Understand the health benefits of participation in outdoor activities in natural environments and the concept of "Green Exercise".
4. Understand the intrinsic value of natural places and wilderness, the spiritual importance of nature and the value of personal connection to nature and wilderness and the relationship of these to health and wellness.
5. Be familiar with sustainability models and programs such as "Sustainability within a Generation", the Natural Step Program, and Sustainable Calgary.
6. Be familiar with global and local issues that threaten environmental health and thus human health.
7. Have some basic interpretive knowledge of local regions enhancing appreciation and developing respect and awe for nature and wilderness.
8. Understand environmental terms such as land ethic, wilderness ethics, environmental ethics, ecological literacy, deep ecology, ecosystems, ecosystem services, ecological integrity, anthropocentric, biocentric, bioegalitarianism, biophiliaism, indicator species, umbrella species, and keystone species.
9. Be aware of the value of and issues related to healthy ecosystems and wilderness such as knowledge of threatened and endangered species (Species at Risk) and threats to wilderness.
10. Be aware of the current status of parks, park management strategies and issues facing parks as they strive to achieve ecological integrity. (Examples will include international, national, provincial and city parks)
11. Be familiar with strategies to protect wilderness and natural environments including minimal impact practices, management plans, legislation and

- environmental advocacy.
12. Be able to identify and practice “minimum impact” principles when participating in outdoor activities.
 13. Understand some of the impacts and issues related to outdoor adventure, recreational activities and human use on the environment.
 14. Be familiar with safety issues related to participating in activity in outdoor environments and know how to manage specific hazards.
 15. Have an increased awareness of key environmental advocacy groups that seek to protect and preserve the environment and wilderness areas.

Required Reading Materials:

Required readings will be posted on Blackboard in *Required Reading* folder under course information.

Calgary’s Natural Parks: Yours to Explore, Jim Foley, Calgary Field Naturalists’ Society, 2006 is a recommended reference for the Nature Experience Reflection Paper.

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	92.0 – 96.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	87.0 – 91.9.	3.70	
B+	82.0 – 86.9	3.30	
B	77.0 – 81.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	72.0 – 76.9	2.70	
C+	67.0 - 71.9	2.30	
C	62.0 – 66.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	58.0 – 61.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	54.0 – 57.9	1.30	
D	50.0 – 53.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 50.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:	On-line Discussion Forum - ongoing	10%
	In-class Participation/Contribution	5%
	Nature Experience Reflection Paper – Due Nov. 15 th	20%
	Class Service Project – Ongoing, completed by Nov. 29 th	10%
	Midterm - Oct. 23 rd	25%
	Final Exam – TBA Scheduled between Dec. 10 th – 19 th	30%

EVALUATION TOOL DESCRIPTIONS:

1. On-Line Discussion Forum: 10%

Purpose: The purpose of the Discussion Forum is to provide an opportunity to apply knowledge learned from the readings, nature activities and lectures and to think reflectively and critically about the material.

Process: The success of the Discussion Forum will (for the most part) be determined by YOUR efforts and commitment to the process. Please make an effort to create a supportive learning environment that has real meaning. Free speech is encouraged but please be sensitive to diversity and do not judge or be offensive to others. Active participation is encouraged; don't be limited to one post a week but also no one person should dominate the discussion.

A detailed description of the Discussion Forum process and an assessment criteria rubric is posted on Blackboard. Marks will be based on presence, engagement and interaction (see assessment criteria and rubric posted on Blackboard).

Expectations: While postings need not be as formal as a written paper, they should attempt to be reasonably correct with respect to grammar and spelling. Do not use abbreviations or lingo that you may regularly use in electronic conversations or email (this is an academic process).

Your entries should be clear and concise – no more than one paragraph but should not be simple (non-substantive) posts such as “I agree”. Do not reiterate the comments posted before you but rather build on the previous comments or include your own original ideas. You may also include questions with your on-line comments. Carefully edit your comments before sending.

News items or up-coming events pertinent to the course may also be posted. Additional ideas for appropriate discussion topics are welcome and encouraged. If there is something you don't understand or that intrigues you, develop a question and submit to jcook@ucalgary.ca or you may create a new thread.

Dates:

- Session 1 Sept ember 11th – 20th
- Session 2 September 25th – October 4th
- Session 3 October 9th – 18th
- Session 4 October 23rd – November 1st
- Session 5 November 6th – 15th
- Session 6 November 20th – Nov. 29th

2. In-Class Participation/Contribution: 5%

Active participation and interaction are an important part of learning and skill development. Students are expected to arrive to class on time, participate in activities and discussion and have completed questionnaires or other assignments and readings as requested prior to class. Sharing of experiences, contribution to discussions and active engagement in class will be recognized and rewarded as part of class participation and contribution. A brief self-evaluation of in-class participation and contribution is due the last day of class, Dec. 6th. (Posted on Blackboard)

3. Nature Experience Reflection Paper: 20% - Due November 15th

A detailed description of this assignment is posted on Blackboard under Assignments

The purpose of this assignment is for you to become more knowledgeable about nature in and around Calgary, to personally experience the spiritual value of nature and to link these experiences with course content. Each individual will experience this assignment in a unique way. It is hoped that you will experience a sense of place; a connection to nature close to home and that you will take the opportunity to reflect on the value of nature for yourself and others.

Part A: Nature Experiences – On-going, Submit Notes on November 15th

Complete and record four (4) different Nature Exercises/Experiences selected from the options outlined in the detailed description of this assignment posted on Blackboard under Assignments.

The record of these exercises may be hand written field notes rather than typed. They should be approximately 2 pages with some detail and reflection. Use the format for each exercise.(Marks will be deducted if format not followed.)

- Title of Exercise (Option)
- Location
- Date, time and duration of experience (total time)
- Journaling of observations and reflections.

Exercises are to be completed and brought to class on these dates:

Exercise 1 – Complete by Thursday, September 27th

Exercise 2 – Complete by Thursday, October 11th

Exercise 3 – Complete by Thursday, October 25th

Exercise 4 – Complete by Thursday, November 8th

NOTE: The notes from each exercise must be brought to class on the above dates and signed and dated by a classmate or professor to indicate that you completed the assignment on time.

Part B: Reflection Paper – Submit November 15th

Write a 4-page reflective paper integrating what you experienced in Part A with key course concepts and current literature. Edit your papers so that they are concise and clear without undue wordiness or repetition. Papers longer than 4 pages (not including cover page or nature experience notes) will be penalized.

Format: stapled, typed, font (Times New Roman, 12 point) double spaced, maximum 4 pages plus cover page with: Your Name and ID#, Course Name and Number, Title, Prof's name.

Grading Scheme:

Part A: Nature Experiences

Notes from 4 Nature Experiences (detailed observations and reflections)	/8
Exercises completed, brought to class and signed on due dates	/2

Part B: Reflection Paper

Questions and Reflections Linked to Tangible Course Concepts	/3
Depth of disclosure, forthrightness, use of examples linked to course content	/3
Grammar (spelling, tenses, pronouns, punctuation, run-ons, etc.)	/2
Organization, Structure and Format (layout, logical flow, sequence of development, conclusions)	/2

NOTE: Please attach a copy of grade sheet posted on Blackboard to your Paper.

4. Class Service Project: 10% Ongoing, completed by Nov. 29th

The purpose of this project is for students to determine solution-based outcomes for a sustainability issue on campus and if possible to implement solutions. The project will provide an opportunity to apply principles learned in class, develop creative solutions to real problems, work as part of a team and provide a service to the university community. The class will work with the Office of Sustainability and course instructor to determine a suitable service project. More details about this project posted on Blackboard.

5. Exams: October 23rd Midterm - 25% and Final Exam - 30%

The exams will have multiple choice, matching and short answer questions based on material from lectures, films, guest lecturers, and assigned readings (posted on Blackboard).

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 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).
Student's Union:	The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca .

KNES 339 Draft Course Schedule: Fall 2012

Tue: Sept. 11	Introductions, Course Expectations, Course Outline, Class Project
Thu: Sept. 13	Definitions for Wellness and Health, Sustainability, Natural Environments, Nature
Tue: Sept. 18	Dimensions of Health, Ecological Literacy, Nature Experience Questions Health Dimensions Questionnaire Due
Thu: Sept. 20	Health Benefits of Nature and Green Exercise, Green/Outdoor Gyms Last day to post for Discussion Forum 1
Tue: Sept. 25	Environmental Health/Healthy Ecosystems,
Thu: Sept. 27	Environmental Terms, Key Issues and Organizations Nature Experience Exercise 1 Due
Tue: Oct. 2	Sustainability Models, Class Project
Thu: Oct. 4	The Natural Step Last day to post for Discussion Forum 2
Tue: Oct. 9	Environmentally Healthy Lifestyles
Thu: Oct. 11	Species at Risk Nature Experience Exercise 2 Due
Tue: Oct. 16	Status of Grizzly Bears
Thu: Oct. 18	Bear Awareness and Safety Last day to post for Discussion Forum 3
Tue: Oct. 23	Midterm
Thu: Oct. 25	Other Wildlife Safety – Elk, Cougars, Wolves Nature Experience Exercise 3 Due
Tue: Oct. 30	Leave No Trace 1
Thu: Nov. 1	Leave No Trace 2 Last day to post for Discussion Forum 4
Tue: Nov. 6	Parks and Protected Places Nature Experience Exercise 4 Due
Thu: Nov. 8	Parks and Protected Places
Tue: Nov. 13	No Class – Reading Days
Thu: Nov. 15	Outdoor Pursuit Activities Overview and Backpacking and Hiking Nature Experience Reflection Paper Due
Tue: Nov. 20	Last day to post for Discussion Forum 5
Thu: Nov. 22	Outdoor Pursuit Water Activities and Safety
Tue: Nov. 27	Water Issues and Watershed Protection: Quantity, Quality, Treatment
Thu: Nov. 29	Outdoor Pursuit Winter Activities, Safety and Environmental Issues Class Service Project Last day to post for Discussion Forum 6
Tue: Dec. 4	Eco-advocacy
Thu: Dec. 6	Course Summary and Exam Review Self-Evaluation Due