

**PE 405**  
**ADVENTURE EDUCATION**  
**MAY MINI-SEMESTER 2008**

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**CREDITS AND MEETINGS:**

One-(1) semester hour; Monday-Friday 12:30-3:00pm Reid 122H/Gym/Outdoors.

**TEXT AND MATERIALS:**

Required Text

Rohnke, K. (1989). *Cowstails & Cobras II*. Dubuque, IA: Kendall/Hunt Publishing.

Additional Resources

Drury, J.K. & Bonney, B.F. (1992). *The Backcountry Classroom*. Merrville, IN: ICS Books, Inc.

Rohnke, K. (1984). *Silver Bullets*. Dubuque, IA: Kendall/Hunt Publishing.

Rohnke, K. & Butler, S. (1995). *Quicksilver*. Dubuque, IA: Kendall/Hunt Publishing.

Schoel, J., Prouty, D., & Radcliffe, P. (1988). *Islands of Healing*. Dubuque, IA: Kendall/Hunt Publishing.

**CONCEPTUAL FRAMEWORK:**

The professional education program at Western Carolina University is a community of learners based on knowledge, values, and experiences. We teach our students to use their knowledge of both human development and their disciplines to

effectively teach all pupils to solve problems. Appropriate values and dispositions are central to excellent teaching. We model collaborative, caring, and intellectually stimulating learning communities so our teacher education students will create environments for all their students that encourage curiosity, foster motivation, and promote achievement of rigorous state and professional standards. We require our candidates to use state-of-the-art technology in their courses and in their field experiences.

The *Adventure Education* course is a required course in the physical education concentration for teacher certification. The focus of this class is on adventure education and wilderness leadership. Experiences will include the use of games, initiative problem solving activities, trust building activities and challenge or peak experiences in educational settings. The student will acquire basic backcountry living skills and examine the value of leadership, decision-making, and judgement factors as they apply in outdoor settings. Students will learn to teach across all domains of learning (affective, cognitive and psychomotor) through the application of adventure-based curricula. The students' understanding of the immense range of cultural differences within the public school and community will be enhanced through communication and lesson presentation as applicable in outdoor education settings. The students will have opportunities to utilize various technologies in outdoor leadership situations.

### **COURSE OBJECTIVES:**

Upon successful completion of this course, the student will be able to:

1. Explain the risks associated with outdoor pursuits.
2. Lead students in games, trust, and initiative activities.
3. Lead students in safe hiking/backpacking experiences.
4. Utilize a variety of backcountry living skills.
5. Demonstrate the correct way to tie several useful knots.
6. Utilize a map and compass in wilderness navigation and orienteering activities.
7. Demonstrate basic hiking and climbing techniques.
8. Understand and appreciate environmental impact issues affecting parks and forestlands.
9. Value an interdisciplinary focus through integration of outdoor education and physical education into other areas of school curricula.
10. Utilize technology associated with outdoor pursuits.

### **COURSE TOPICS:**

1. Adventure-Based Programming
  - The Adventure Wave Model of Teaching
  - Adventure Education Curriculum Model
    - Games
    - Initiatives
    - Trust Building Activities
    - Challenge/Peak Experiences

2. Wilderness Experience
  - Trip Planning
  - Expedition Behavior
  - Risk Awareness & Management
  - Backcountry Living Skills:
    - Hiking Techniques
    - Minimum Impact Camping
    - Wilderness Navigation (map & compass)
    - Camp Organization and Hygiene
    - Cooking Safety & Food Storage
    - Water Purification

### **COURSE REQUIREMENTS/ASSIGNMENTS:**

1. **Cooperative Group Project** (20 points). The students will be required to complete a group project that involves presenting games and initiative activities to the class.  
✓ *Games & Initiative Activities*. The purpose of this group project is to work together in a cooperative effort in teaching games and initiatives. The group will use the Adventure Wave model for teaching through adventure.
2. **Daily Quizzes** (20 Points): Students will be given daily quizzes to assess their cognitive performance.
3. **Wilderness Expedition** (30 points). The overall objective of this assignment is to have a practical experience whereby the student uses a variety of outdoor skills. Those skills might include: hiking, backpacking, backcountry living (cooking, camping, etc.), map interpretation and orienteering, leadership and group cohesion, environmental ethics, and personal and group reflection.

**\*\*Students will be provided with all necessary backpacking equipment. Food and other personal items must be purchased separately.\*\***

4. **Reflective Paper** (10 points). The paper should address material from the textbook, class lectures, discussions, and all activities. The student will be expected to discuss the importance of learning all the backcountry living skills and how judgement and decision-making factors are critical to wilderness leadership. Details will be discussed in class.
5. **Final Exam** (20 points). The final exam will be comprehensive of all material covered. This includes material from the textbook, class lectures, discussions, class activities, and practical skills learned during the semester. The final exam will be held on the last scheduled class meeting of the semester.

## EVALUATION:

<u>Course Requirements</u>		<u>Grading Scale</u>		
Cooperative Group Project	20%	93-100	A	73-76 C
Daily Quizzes	20%	90-92	A-	70-72 C-
Wilderness Expedition	30%	87-89	B+	67-69 D+
Reflective Paper	10%	83-86	B	63-66 D
Final Exam	20%	80-82	B-	60-62 D-
Total	100%	77-79	C+	59- F

## COURSE POLICIES:

1. **Accommodations for Students with Disabilities.** Western Carolina University is committed to providing equal educational opportunities for students with documented disabilities. Students who require disability services or reasonable accommodations must identify themselves as having a disability and provide current diagnostic documentation to Disability Services. All information is confidential. Please contact Disability Services for more information at (828) 227-2716 or 144 Killian Annex.
2. **Attendance Policy.** The students are expected to attend all class meetings. Students may miss one-(1) class without penalty. There are no excused absences.
  - ✕ **Attendance/Tardiness Penalty:** Tardiness is unbecoming of a pre-professional and will not be tolerated! For each incident of tardiness to class, one-half-(.5) of a point will be deducted from the final grade. Three-(3) points will be deducted from the final grade for each absence after one-(1).
3. **Cell Phones.** All such devices shall be silenced and stored out of sight. Use of cell phones at any time during class is prohibited. This includes in the classroom, during transition to activity in the gym, or during activity in the gym. Such disruptions will result in the student being dismissed from class.
4. **Class Participation.** Participation in all class activities is expected. This includes class discussion and activity, cooperative learning activities, outdoor activities and other assignments. Students are expected to participate in all class activities to the best of their ability. Students are expected to dress for activity. This means tennis shoes and active clothing.
5. **Risk Awareness.** Students should be aware that some physical activity is expected as partial fulfillment of the requirements of the class. The physical activity in this class includes the participation in practice physical education lessons taught by the instructor and/or peers enrolled in the class. Students should make the instructor aware of any physical limitations that will limit participation in the class. Students will be required to complete a Risk Awareness form at the beginning of the semester.