

George Mason University College of Education and Human Development
School of Recreation, Health, and Tourism
RECR 122 001 Exploring Outdoor Adventure (2)
Fall 2016 F 5:15-7:15pm U 9am-5 pm 8/29-10/16
Location RAC Rm 2203

Faculty

Name: Yahya Abdul-Qadir

Office Hours: By appointment, prior to or after class

Office Location: RAC Rm 2203

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Prerequisites: None

Lab fees \$100

Course Description:

Provides students an introduction to leadership theory and practice in planning outdoor adventure activities. Focuses on building skills necessary to engage in a wide range of individual outdoor adventure activities such as orienteering, geocaching, canoeing, rock climbing, and challenge course team building.

Course Delivery Method Lecture/Lab

Learner Objectives:

This course is designed to enable students to do the following:

1. Discuss basic leadership theory as it pertains to outdoor adventure activities
2. Explain and critically analyze risk management principles for outdoor adventure activities
3. Demonstrate and explain the use of a map and compass as a navigational backcountry travel aid while traversing an orienteering course
4. Travers a one-mile orienteering course
5. Demonstrate appropriate use of the skills associated with the outdoor activities experienced during the semester
6. Describe and demonstrate the debriefing process following an outdoor adventure

Required Text:

Rohnke, .K & Bulter, S. (1995). Quicksilver:Adventure Games, Initiative Problems, Trust Activities and a Guide to Effective Leadership.

Evaluation:

Out of a total of 100 points

Attendance on Trips- (20 points-4 points per outing)

For every field experience you attend in its entirety, demonstrating teamwork, leadership, respect for others, the environment, and cooperation, you earn 10 points towards your grade.

Lead/ Facilitate Adventure Activity (10 points)

Based on a class lecture, reading from the text and the field experience students are to lead the class in an adventure activity. Students are to select an activity from the text

Reaction Paper (40 points- 10 points per outing)

Students will be assigned four reaction papers. Each paper should address points discussed in class and a reaction to the adventure activity. Students will receive reaction assignment details for each activity before reaction papers are due. Papers are due normally due before the next class meeting or when assigned.

Final Exam (30 points)

Based on the class lectures, reading assignments and field experiences a 20 multiple-choice exam.

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Professional Dispositions Students are expected to exhibit professional behaviors and dispositions at all times.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>). Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Tentative Course Schedule

DATE			TOPIC	READINGS/ASSIGNMENT DUE
Friday	Sep	2	Syllabus/Schedule Reaction papers Overview of field experiences Exploring Outdoor Adventure defined Leave No Trace discussion	Debrief Edge experience
Sunday	Sep	4	Rock Climbing- Location Great Fall National Park	Reflection due after trip
Friday	Sep	9	Facilitating Adventure activities and intro to rock climbing	
Sunday	Sep	11	Kayaking basics Location: Fountain Regional Park	Reaction Paper Due
Friday	Sep	16	Student led activities, Day Hiking and Edge details	
Sunday	Sep	18	Adventure Team Building The EDGE, PW campus	Reflection due after trip
Sunday	Oct	2	Day Hike: Shenandoah NP	Reaction Paper Due

Note: Faculty reserves the right to alter the schedule as necessary with notification.