



# Syllabus

## HPE 136 Introduction to Adventure Learning

### General Information

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**Date**

May 24th, 2018

**Author**

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**Department**

Physical Education and Integrated Health Care

**Course Prefix**

HPE

**Course Number**

136

**Course Title**

Introduction to Adventure Learning

### Course Information

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**Credit Hours**

1

**Lecture Contact Hours**

0.5

**Lab Contact Hours**

1.5

**Other Contact Hours**

0

**Catalog Description**

This course is an Adventure Education based program designed to provide participants an opportunity to acquire and practice essential life skills while building self-esteem through teambuilding, cooperative games, and ropes challenge courses. Students will learn to solve problems, make decisions, set goals, and develop communication skills in an atmosphere that is both physically and mentally challenging. The course includes individual and group teambuilding activities, cooperative games, safety and spotting techniques. The culminating event in the course consists of a weekend experience; the first day at the Low Ropes challenge course located on FLCCs East Hill campus and the second day at Bristol Mountain Aerial Adventures.

**Key Assessment**

This course does not contain a Key Assessment for any programs

**Prerequisites**

None

**Co-requisites**

None

**Grading Scheme**

Letter

## First Year Experience/Capstone Designation

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This course **DOES NOT** satisfy the outcomes applicable for status as a FYE or Capstone.

## SUNY General Education

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This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

## FLCC Values

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**Institutional Learning Outcomes Addressed by the Course**

- Vitality
- Inquiry
- Perseverance
- Interconnectedness

## Course Learning Outcomes

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**Course Learning Outcomes**

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities
2. Develop valuable life skills through individual and team activities (e.g. leadership, communication, problem solving, coaching, collaboration, self-reliance, trust, and risk taking).
3. Identify wellness benefits associated with outdoor recreational activities while conserving and protecting the environment.
4. Exhibit responsible personal and social behavior that respects self, others, and the environment during physical activities.

## Outline of Topics Covered

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- I. Adventure Education Foundations:
  - a. Experiential learning, challenge by choice, positive learning environment
- II. Establishing Group Norms:
  - a. Play hard, play fair, nobody hurt
  - b. High 5 Hand – Full Value Agreements
  - c. Us/Not Us List – evaluating group behavior
  - d. Use of Symbols – reflective tools
- III. Goal Setting:
  - a. STAR (specific, trackable, achievable, relevant)
- IV. Activity Types:
  - a. Ice Breakers and getting to know you
  - b. Deinhbitizers to lower the inhibitions of the group, followed by energizers increase the team's potential for learning
  - c. Group norm activities
  - d. Communication activities
  - e. Trust activities
  - f. Problem solving activities
  - g. Debrief and reflection activities
  - h. Closure activities
- V. Low Challenge Ropes Course:
  - a. Readiness of group
  - b. Course inspection
  - c. Equipment for elements
  - d. Proper attire
  - e. Weather provisions
  - f. Rules and safety precautions
- VI. High Ropes Aerial Adventure:
  - a. Readiness of group
  - b. Course inspection
  - c. Equipment for elements
  - d. Proper attire
  - e. Weather provisions

- f. Rules and safety precautions

VII. Spotting and Safety Skills:

- a. Position
- b. Catching
- c. Progressive sequence
- d. Communication and commands
- e. Rotate positions/responsibilities
- f. Shared responsibility
- g. Reducing participant's challenge levels
- h. Requirements
- a. More is better

- VIII. Challenge Course Activities (selected from each category below):

- a. Low Ropes

- i. Whale watch
- ii. Jump the river
- iii. Trust fall
- iv. Mohawk walk
- v. Triangle Transverse
- vi. Wild woozy
- vii. Islands/All aboard
- viii. Triangle walk
- ix. Multi-vine
- x. Balance beam (log roll)
- xi. Blind walk

- b. High Ropes

- i. Zip lines
- ii. Tight ropes
- iii. Rope ladders
- iv. Bridges

