

PEDB 1070 ROPES

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Office Hours: Thursdays 1pm – 3pm or by appointment

Course Purpose:

To provide opportunities for students to participate in initiative, low, and high ropes challenges, which will encourage and increase teamwork, communication, and cooperation.

Course Objectives:

- Improve communication and cooperation skills through problem solving initiatives.
- Learn technical skills related to high ropes courses, including harnesses, belaying, and knot tying.
- Encourage students to develop safe rope course practices while still having fun.

Attendance:

Regular attendance and class participation are required and important factors in your final grade. More than three absences will result in a grade of unsatisfactory (U).

Evaluation:

Fitness Knowledge:	40 points
Attendance (10 points deducted for each absence):	40 points
Active Participation	20 points

A combined score of 60 is required to achieve a satisfactory grade

Textbook:

Hoeger, W.W., & Hoeger, S.A. (2005). *Fitness and wellness*. 6th ed. Belmont, CA: Thomson/Waldsworth.

Proper Attire:

Students should come to class prepared and ready to learn through hands-on experience. If clothing prevents you from participating, you will be marked absent. Come to class with comfortable clothing and sneakers (must be closed-toed). High heels, dress or casual shoes, flip flops, or sandals are not acceptable. Shorts (of modest length) or pants are required. Skirts are not acceptable. Please leave jewelry, wallets, and other (pocket) items in your backpack or car.

Medical History:

If you have ANY condition that may affect your participation in this class, or if you are over the age of 35, please notify the instructor prior to any class participation

Course Schedule

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Date	Activity
Wednesday, August 22 nd	Introduction to Class and Goal Setting
Wednesday, August 29 th	Warm-ups, Safety, and Full Value Contract (read Full Value Contract on WebCT)
Wednesday, September 5 th	Facilitation Introduction & Terminology (read Facilitator Skills, Art & Science of Processing, and Processing Adventure Experience on WebCT)
Wednesday, September 12 th	Processing Skills (read Processing Objectives and How to Design a Debriefing Session)
Wednesday, September 19 th	Games & Initiatives
Wednesday, September 26 th	Games & Initiatives (Notebooks Due)
Wednesday, October 3 rd	Harness, Knot Tying, and Belaying
Sunday, October 7th 9am-5pm*	Outdoor Lows and Highs
Wednesday, October 10 th	No Class
Sunday, October 14th 10am-5pm*	Outdoor Static Course
Wednesday, October 17 th	No Class
Wednesday, October 24 th	Debrief High Course
Wednesday, October 31st*	Indoor Course (1:25pm-3:30pm)**
Wednesday, November 7th*	Indoor Course (1:25pm-3:30pm)**
Wednesday, November 14 th	Debrief Low Course (Notebooks Due)
Wednesday, November 21 st	No Class – Thanksgiving Break
Wednesday, November 28 th	No Class
Wednesday, December 5 th	Last Class

***These dates are required.**

**You only have to attend one of these sessions. We will discuss our plan for those two days in class.

Academic Honesty Policy:

All academic work must meet the standards contained in “A Culture of Honesty”. Students are responsible for informing themselves about those standards before performing any academic work. See- www.uga.edu/ovpi/honesty/acadhon.htm