

**The University of Georgia**  
**PEDB 1090 – Outdoor Adventure Activities**  
**Fall 2008**

**Instructor:**

Susan Powell, CTRS  
Ramsey Center 339  
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**Class Information:**

Tuesdays 3:35p – 4:25p  
Ramsey Center 202  
Call Number: 31-633

**Office Hours:**

W: 10am-12pm or by appointment

**Course Description:**

Activities include hiking, rock climbing, kayaking, caving, rafting, sailing, mountain biking, horseback riding, backpacking, snorkeling, and snow skiing.

Non-traditional format: Participation in a minimum of 25 hours of adventure activities and instruction offered by the Georgia Outdoor Recreation Program (GORP), Department of Recreational Sports and participation in 5 hours of class instruction.

**Course Objectives:**

1. To develop and participate in a student designed, 25 hour program of adventure activities offered through GORP.
2. To actively participate in 5 hours of class instruction on trip safety, trip preparedness, team-building, and outdoor activity knowledge base.
3. To inspire students to continue participation in adventure activities beyond class participation.
4. To develop an understanding for the importance of exercise to overall health.
5. To complete Fitness Knowledge Component \*

\* only if student is taking this course for PE graduation requirement. If you have completed requirement, please bring appropriate documentation from OASIS.

**Course Requirements:**

All students will be required to pay for all fees associated with the GORP trips. Students will develop an itinerary of proposed trips to meet the minimum 25 hour requirement, including additional alternatives, due to inclement weather or cancellation of trip possibilities. Students must complete at least two different trips and/or activities within their 25 or more hours. After the end of each trip, students must have trip leaders sign the PEDB 1090 Outdoor Adventure Trip Documentation Form. Forms must be signed by trip leaders within one week of trip conclusion. These must be collected in a folder and turned in within a week of your last GORP trip. Please keep a copy of these forms for your records. Text is required: Hoeger, W.W., and S.A. Hoeger. (2005). Fitness and Wellness. UGA Edition.

**Registration for Trips:**

Students will need to register for each trip in the lobby of the Ramsey Center at the Cashier's window. Please refer to the GORP semester catalog for sign-up deadlines and additional trip information. Remember to sign up early, as some trips fill up very fast. If the trip is full, you will have to select an alternative activity. When signing up for a trip, you will need to fill out the GORP Trip Participation Form. You will need to fill out a separate form for each trip. The ninth line of the form looks like this:

“Are you registered for PEDB 1090? Yes No”

Make sure you mark this area or you may not get credit for attending this trip!

Students will be issued a receipt after payment and trip registration. You should keep these receipts as documentation, that you are registered for the trips.

Website for Recreational Sports Outdoor Recreation:

[http://www.recsports.uga.edu/outdoor\\_rec.php](http://www.recsports.uga.edu/outdoor_rec.php)

**Attendance:**

We will have five required class meetings. After these meetings, you may meet with the instructor during regular office hours, as necessary. Attendance will be taken during class meetings. All other hours will be earned through the GORP program. You are required to participate in the entire length of GORP activity or you will not receive full credit for that activity.

**Language:**

Poor sportsmanship and the use of inappropriate language will not be tolerated. If this occurs, the student will be asked to leave, will be counted absent, and will need to meet with the instructor.

**Grading:**

Attendance (25 hr GORP trip requirement and 5 hour class requirement):	40%
Fitness Knowledge Component:	40%
Quizzes	40%
@ Assignments	30%
Worksheets	30%
Final Paper:	20%
Total:	100%

You will earn either a satisfactory grade (S), an unsatisfactory grade (U), or an incomplete (I) based on your attendance, meeting the 30 hour requirement, and an paper due at the end of the semester. Students must accumulate a 70% to receive a (S) in the class. If you do not meet the 30 hour requirement, you will earn a (U) in the class.

**Cell Phones:**

In consideration of others, please turn cell phones on silent during class. The use of cell phones, including text messaging, during class is not acceptable.

**Academic Honesty:**

All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about these standards before performing any academic work.

See- [www.uga.edu/ovpi/honesty/acadhon.htm](http://www.uga.edu/ovpi/honesty/acadhon.htm)

**Course Schedule:**

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

Date	Activity
August 19 <sup>th</sup> , 2008	Introduction to class, fitness knowledge component
August 26 <sup>th</sup> , 2008	Itinerary Development, overview of trips
September 2 <sup>nd</sup> , 2008	Final Itinerary with Alternatives due, intro gear and activities
September 9 <sup>th</sup> , 2008	Games and Initiatives – Meet in Gym East
October 7 <sup>th</sup> , 2008	Mid-semester check-in (first half of FKC notebook due)
November 18 <sup>th</sup> , 2008	Second half of FKC notebook due to my office – no class
December 2 <sup>nd</sup> , 2008	Final papers and trip documentation due, evals due online

**Approved Trip Hours:**

Please note: Approved hours are calculated for participation hours during trips only. Travel time is not included.

September 3	Outdoor Activities Clinic	3 hours
September 5-6	Hangliding	4 hours
September 7	Bouldering Trip	4 hours
September 10	Beginning SCUBA starts	25 hours
September 11-13	Whitewater Kayak Clinic	12 hours

September 12-13	Hangliding	4 hours
September 13	Caving Trip	5 hours
September 14	Beginning Sailing	6 hours
September 14	Nantahala River Rafting	3 hours
September 17	Intro Backpack Clinic	3 hours
September 20 – 21	Women in the Wilderness	20 hours
September 20	Family Cycle on Greenway	3 hours
September 20	Currahee Rockclimbing	8 hours
September 20	Horseback Riding	2 hours
September 27	Paragliding	2 hours
September 28	Ocoee River Rafting	3 hours
September 28	Fort Yargo Day Hike	4 hours
October 1	Outdoor Activities Clinic	3 hours
October 2-4	Beginning Rockclimbing	20 hours
October 3-5	Challenge Course Facilitator Workshop	20 hours
October 4-5	Wilderness First Aid	16 hours
October 4-5	Outdoor Sampler	20 hours
October 4	Rivers Alive Service Project	4 hours – volunteer 6 hours – supervisor
October 8	Ultra-lite Backpacking Clinic	3 hours
October 11-12	Lake Jocassee Kayak	20 hours
October 12	Paragliding	2 hours
October 12	Cooks Trail Hike	4 hours
October 14	Full Moon Paddle	3 hours
October 16-18	Whitewater Kayak Clinic	12 hours
October 17-19	Smokies Backpacking Trip	25 hours
October 19	Bouldering Trip	4 hours
October 22	Beginning SCUBA starts	25 hours
October 24-25	Caving Trip	20 hours
October 25	Horseback Riding	2 hours
October 25	Nature Photography	5 hours
October 26	Victoria Bryant Hike	4 hours
October 30 – Nov. 2	Cumberland Island Backpacking	25 hours
November 7-9	Manatees Snorkel Trip	20 hours
November 8	Caving Trip	5 hours

November 8	Horseback Riding	2 hours
***VARIOUS***	Climbing Wall Clinics	3 hours
***VARIOUS***	Supervised Climbing Wall	1-2 hours (max 2 hours in addition to climbing wall clinic = total 5 hours)