

The University of Georgia
PEDB 1090 – Outdoor Adventure Activities
Fall 2007

Instructor:

Susan Powell, CTRS
Ramsey Center 334
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Class Information:

Mondays 3:35p – 4:25p
Ramsey Center 202
Call Number: 05-386

Office Hours:

M: 1pm-2 pm, 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 30 hours of adventure activities and instruction offered by the Georgia Outdoor Recreation Program (GORP), Department of Recreational Sports.

Course Objectives:

1. To develop and participate in a student designed, 30 hour program of adventure activities offered through GORP.
2. To inspire students to continue participation in adventure activities beyond class participation.
3. To develop an understanding for the importance of exercise to overall health.
4. To complete Fitness Knowledge Component *

* only if student is taking this course for PE graduation requirement

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 30 hour requirement, including additional alternatives, due to inclement weather or cancellation of trip possibilities. After the end of each trip, you must have your trip leaders sign the PEDB 1090 Outdoor Adventure Trip Documentation Form. 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 schedule for sign-up deadlines. 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 fifth line of the form looks like this:

Male ___ Female ___ If other UGA affiliation, please designate _____.

*** You need to write "PEDB 1090" in the other UGA affiliation line.***

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.

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 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 (30 hr GORP trip 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.

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
January 8 th , 2008	Introduction to class
January 15 th , 2008	Itinerary Development
January 22 nd , 2008	Final Itinerary with Alternatives due
March 4 th , 2008	Mid-semester check-in (first half of FKC notebook due)
April 17 th , 2008	Second half of FKC notebook due to my office – no class
April 22 nd , 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.

January 16	SCUBA/PADI Open Water Certification	30 hours
January 17	White Water Kayaking Pool Session	2 hours
January 20	Day Hike – Blood Mountain	6 hours
January 26	Caving – Howards Waterfall	7 hours
February 1 – 3	Backpacking – Lineville Gorge, NC	20 hours
February 7 – 9	Rock Climbing – Sand Rock, AL	15 hours

February 13	SCUBA/PADI Open Water Certification	30 hours
February 17	Horseback Trail ride	4 hours
February 22 – 24	Snow ski/Snowboard Beech Mountain	15 hours
February 24	Day Hike – Amicalola Falls	6 hours
Feb 29 – March 1	Hang Gliding Tandem Flight	5 hours
Feb 29 – March 2	Canoeing – Okeefenokee Swamp	20 hours
March 1	Caving – Howards Waterfall	7 hours
March 8 – 12	Sea Kayaking – Capers Island, SC	20 hours
March 8 - 15	Wilderness First Responder Certification Course	30 hours
March 20	White water kayaking pool session	2 hours
March 21	Mountain Bike Clinic	4 hours
March 27 – 29	Rock Climbing – Sand Rock, AL	15 hours
March 30	Horseback Trail Ride	4 hours
April 3 – 5	White Water Kayak Clinic	12 hours
April 4	Mountain Bike Clinic	4 hours
April 6	White water Rafting – Oconee River, TN	5 hours
April 11 – 13	Backpacking – Cumberland Island	20
April 12 – 13	Wilderness First Aid Certification Course	20 hours
April 13	Paragliding Flight	5 hours
April 18 – 20	Backpacking – Smoky Mountains	20 hours
April 19	Caving – Howards waterfall	7 hours
April 20	Sea Kayaking trip	7 hours
April 24 – 26	White water kayak clinic	12 hours
April 27	White water rafting – Chattooga River, GA	5 hours
VARIOUS	Climbing Wall Clinics	3 hours
VARIOUS	Supervised Climbing Wall	1-2 hours each time

