

PHED 1120 – Challenge/Ropes Course

Fall, 2017 – Tuesday/Thursday @ 1:10

INSTRUCTOR: Patty Donaldson
OFFICE HOURS: Monday/Tuesday: 10:00 am – 11:00 am & 3:00 pm – 4:00pm
Wednesday: 9:00 am – 10:00 am & 2:00 pm – 3:00 pm
Friday: by appointment
E-MAIL: pdonaldson@angelina.edu
PHONE: 936-633-5435
214-507-1872 (cell)

COURSE DESCRIPTION: Students will participate in group dynamics activities as well as low and high ropes course elements. In addition, students will learn the basics of belaying and other ropes course support roles.

CREDIT HOURS: One credit hour
PREREQUISITES: None
AUDIENCE: Sophomores

OBJECTIVES:

- Learn fitness principles and warm-up activities.
- Overcome rational fear of heights to participate regularly in the class.
- Learn and demonstrate principles of group dynamics facilitation.
- Learn terms for relevant equipment for various elements.
- Learn and demonstrate the ability to tie various knots and care for equipment.
- Learn and demonstrate the ability to belay individuals on various high elements.
- Learn and demonstrate the ability to set up various low and high elements.
- Organize and analyze the course information so that the information can be creatively evaluated and implemented.

COURSE CONTENT:

- Participate in group dynamics activities, low elements, and high elements.
- Facilitate various group dynamics activities.
- Set-up daily equipment for various high and low elements
- Participate in fitness routines.

CORE OBJECTIVES (pending approval by THECB)

- Critical Thinking will be indirectly assessed through ability to assess a situation and respond appropriately.
- Communication will be directly assessed through regular verbal communication required by participants.
- Social Responsibility will be directly assessed through ability to maintain classmates' safety by following established protocol.
- Personal Responsibility will be directly assessed through timely attendance and participation.

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TEACHING PROCEDURES:

- 20% of class time: Lecture, demonstration, & tests
- 80% of class time: warm-up/stretching/activities

EVALUATION:

The grade will be derived from the following:

- 50%: Attendance/Participation (50% if tardy)
- 30% Skill Performance (participation on all elements, rope care, and knot-tying)
- 20% Written Work (assignments, quizzes, and exams)

A=90-100%, B=80-89.4%, C=70-79.4%, D=60-69.4%, F=below 59%

POLICIES:

- It is the responsibility of the student to attend all classes and a record of attendance will be kept. It is the responsibility of the student to withdraw officially in the College District admissions and registrar's office from a class the student no longer desires to attend. Students may be dropped for non-attendance. All missed assignments, tests, and work will result in a "0" grade and will be averaged into your cumulative grade.
- It is the responsibility of the student to know how many absences they have in the class.
- Any behavior that would disrupt classroom discussion or instruction will not be tolerated and the student will be asked to leave the classroom and must meet with the instructor before re-admittance back into the class.
- **Cell phones are to be kept put away with personal items and turned off during all class times.**
- **No tobacco products may be used on campus property at any time.**
- No children or guests are allowed in class without prior permission.
- Students will be automatically registered at www.getrave.com for emergency notifications. If you wish to be removed from the emergency notification system, go to getrave.com to unsubscribe.
- If you have a disability (as cited in Section 504 of the Rehabilitation Act of 1973 or Title II of the Americans with Disabilities Act of 1990) that may affect your participation in this class, you should see Selestine Hunt, Associate Dean of Student Services, Student Center, Room 200. At a post-secondary institution, you must self-identify as a person with a disability; Ms. Hunt will assist you with the necessary information to do so.
- To report any complaints of discrimination related to disability/age/gender/race, you should contact Mr. Steve Hudman, Dean of Student Affairs, in Student Center, Room 101, (936) 633-5292 or by email at shudman@angelina.edu.

TEST DATES:

Testing will be on-going. As you demonstrate competence in a particular skill, you will receive credit for it. Quizzes and written work will be given via Blackboard periodically throughout the semester, and the final review & exam at the end of the semester (week of 12/5/17).

IF THE STUDENT EXPERIENCES PERSONAL INJURY WHILE PARTICIPATING IN ASSIGNED ACTIVITIES, IT IS THE STUDENT'S RESPONSIBILITY TO INFORM THE INSTRUCTOR. THE INSTRUCTOR WILL DETERMINE THE APPROPRIATE FOLLOW-UP ACTION. ANY EXPENSES INCURRED MAY BE AT THE LEARNER'S EXPENSE. THE FACULTY WILL REQUIRE AN OFFICIAL HEALTH RELEASE TO RETURN AND/OR CONTINUE ACTIVITIES.

Syllabus is subject to change due to the weather and other extenuating circumstances.

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Week	Date		Absent?
1	8/29	Introduction: syllabus, expectations, etc. Quiz and Discussion on Blackboard	
	8/31	Notes: fitness, elements	
2	9/5	Notes: terms, equipment	
	9/7	Group Initiatives	
3	9/12	Group Initiatives	
	9/14	Group Initiatives	
4	9/19	Tour of Ropes Course: Group Skis & Mountain Tops	
	9/21	Willow in the Wind, Zig-zag, & Nitro Crossing	
5	9/26	Triangle-Tension-Traverse & Wild Woozy	
	9/28	Spider Web & Trust Fall	
6	10/3	Learn harness instructions & Team Wall	
	10/5	Learn to tie knots and wrap rope (earlier depending on weather)	
7	10/10	Learn belay system; practice on Rock Wall	
	10/12	Rock Wall & Zipline	
8	10/17	Learn belay on Vertical Playpen & butt belay on Rappel Wall	
	10/19	Practice Vertical Playpen & Rappel	
9	10/24	Learn belay on Incline Log and zipline	
	10/26	1pm – 2:30p: walk 6pm – 9pm: AC Speaks Fall Folly	
10	10/31	Practice Incline log & zip	
	11/2	Learn Balance Beam & Rappel	
11	11/7	Practice Balance Beam & descent of choice	
	11/9	Walk for those helping Wednesday 11/2	
	11/10	<i>EXTRA CREDIT: Fall Fun Day at Anderson Elementary (10a-2p)</i>	
12	11/14	Power Pole (set-up, butt-belay, & participation)	
	11/16	Ascend choice and Descend choice	
	11/17	<i>EXTRA CREDIT: Turkey Troy at Burley Primary (time TBD)</i>	
13	11/21	Ascend choice and Descend choice	
	11/23	THANKSGIVING	
14	11/28	Final Exam Review & Learner Survey (G102)	
	11/30	WALK: TAHPERD CONVENTION (Final Exam on BB)	
15	12/5	Holiday Luncheon (Pie Five Pizza?)	

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I have read the syllabus and understand my responsibilities and requirements for PHED
1120.001/1120.xp1

	Name	Signature	Date
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