

**PHED 1120 – Challenge/Ropes Course
Spring, 2019 – Tuesday/Thursday @ 1:10**

INSTRUCTOR: Patty Donaldson
OFFICE HOURS: Monday: 2:00p – 3:00p
Wednesday: 10:00a – 11:00a & 2:00p – 3:00p
Tuesday/Thursday: 10:00 – 11:00
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 knot-tying, 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 and demonstrate the ability to set up various low and high elements.
- Learn terms for relevant equipment for various elements.
- Learn and demonstrate the ability to tie various knots.
- Learn and demonstrate the ability to belay individuals on various 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.
- Written quizzes and discussion assignments on Blackboard

CORE OBJECTIVES

- Critical Thinking will be indirectly assessed through ability to respond to situations on the course.
- Communication will be directly assessed through appropriate verbal communication required on ropes.
- Social Responsibility will be directly assessed through ability to maintain classmates' safety by following established protocol.
- Personal Responsibility will be indirectly assessed through timely attendance and participation.

PHED 1120 – Challenge/Ropes Course

Spring, 2019 – Tuesday/Thursday @ 1:10

TEACHING PROCEDURES:

- 20% of class time: Lecture, demonstration, & tests
- 80% of class time: activities

EVALUATION: The grade will be derived from the following:

- 50%: Attendance/Participation (50% if tardy)
- 30% Skill Performance (participation on all elements 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 to know how many absences they have in the class. A record of attendance will be kept. It is also the responsibility of the student to withdraw officially in the College 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.
- 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.
- Educational Accommodations – 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 may fill out the Educational Accommodations application within your AC Portal, under the "Student Services" tab. A Student Success team member will contact you once the application is received. At a post-secondary institution, you must self-identify as a person with a disability in order to receive services; for questions regarding the application process you can visit the Office of Student Success and Inclusion in the Student Center (Room 200) or email access@angelina.edu. To report any complaints related to accommodations, you should contact Annie Allen, Director of Student Success & Inclusion, in Room 200 of the Student Center. You may also contact Ms. Allen by calling (936) 633-4509 or by emailing aallen@anglina.edu. To report discrimination of any type, contact Steve Hudman, Dean of Student Affairs, at (936) 633-5292 or 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 periodically throughout the semester, and the final review & exam at the end of the semester (May 2nd).

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.

**PHED 1120 – Challenge/Ropes Course
Spring, 2019 – Tuesday/Thursday @ 1:10**

Syllabus is subject to change and to the weather.

Week	Date		Absent?
1	1/15	G102: Introduction, email/text, syllabus; Syllabus quiz and Discussion on Blackboard	
	1/17	G102: Fitness notes	
2	1/22	Group Initiatives (AC-117D)	
	1/24	Group Initiatives (AC-117D))	
3	1/29	Group Initiatives (AC-117D)	
	1/31	Group Initiatives (AC-117D)	
4	2/5	Equipment notes & discussion (potential bad weather day)	
	2/7	Ropes Course tour and mountain tops	
5	2/12	Zig-zag & group skis	
	2/14	Willow in the Wind, TTT & Wild Woozy	
6	2/19	Spider Web & Trust Fall	
	2/21	G102: ropes terms/equipment & knot tying (bad weather day)	
7	2/26	Learn harness instructions & Team Wall	
	2/28	Ropes I: learn to tie knots Ropes II: Learn/practice tower set-up	
8	3/5	Learn belay system; practice on Rock Wall	
	3/7	Rock Wall & Zipline	
		Spring Break (3/11/19 – 3/15/19)	
8	3/19	Belay Vertical Playpen & Zipline	
	3/21	Learn belay on Incline Log	
9	3/26	Belay on Incline log	
	3/28	Learn belay on Balance Beam	
10	4/2	Practice Balance Beam & zip	
	4/4	Power Pole (set-up, group butt-belay, & participation)	
11	4/9	Power Pole (set-up, group butt-belay, & participation)	
	4/11	WALK: Blackboard assignment	
12	4/16	Crate Stacking (set-up, butt-belay, & participation)	
	4/18	Crate Stacking (set-up, belay, & participation)	
13	4/23	WALK: study for final	
	4/25	WALK: study for final	
14	4/30	Cook-out? (weather-dependent)	
	5/2	Final exam	