KES 3318 - Mountain Recreation & Safety
Spring 2021

Dr. Chris Herrera, PhD
Assistant Professor & Department Chair - Kinesiology

Office: Grace-Pierce 101
Phone: 432/837-8375 office
Email: Christopher.herrera@sulross.edu ***Please include KES 3318 in subject of ALL emails
Office Hours: MWF: 10am-12pm; Tu/Thu 1-3pm or by appointment (email to set an appointment)
Class Meeting: Friday 1-330pm
Required Text: None

REQUIRED MATERIALS
- Completed Medical Form (By 2nd class meeting)

COURSE DESCRIPTION
This course will teach fundamentals of front and back country camping, orienteering, and basic rock climbing including equipment knowledge, climbing techniques, knots, belaying, and rappelling; emphasis on skills development, risk management, and leadership. This course will follow and promote industry safety standards and teach best practices. Instruction requires three to five full days of practical field application for hands-on experience.

COURSE FORMAT
The course will include, but is not limited to – face to face delivery and on-line components; face to face delivery will include physical activity and recreational type activity that may subject student to minimal harm and risk; online components require watching videos, reading, and participating in both video and written communications.

PURPOSE OF COURSE
The purpose of this course is to introduce and develop skills needed for safe and successful land-based outdoor pursuits. The knowledge, skills, and abilities developed through this course are useful for careers based in-, for-, or about- the outdoors (e.g. health and recreation careers, physical education, outdoor guides, park rangers, law enforcements, natural resource managers, and others).
STUDENT LEARNING OUTCOMES

Upon successful completion of the course students will:

- Have fun and develop an understanding of land-based recreation
- Gain an understanding of basic backpacking, hiking, orienteering and climbing
- Learn about the safety considerations involved in planning a land-based pursuit
- Develop excitement for further pursuit of outdoor education and recreation

Marketable Skills – The following marketable skills are met in this course:

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities; including day- and overnight-outdoor recreation trips.
- **Communication** – students will provide orientation and safety briefings for land-based recreation activities.
- **Critical Thinking** – students will be asked to critically decipher a multitude of real-world scenarios related to outdoor recreation.
- **Career Management** – students will develop the skills necessary to participate in and lead land-based recreation pursuits.
- **Creativity** – student will develop creative marketing materials to solicit campus participation in outdoor recreation trips; e.g. creation of videos.

Other Things to Bring to Every Class
- Appropriate outdoor clothing for the weather
- Closed-toe and sturdy shoes that you can hike on Hancock Hill
- Water bottle & snack

EXPECTATION OF STUDENTS

Students are expected to maintain regular attendance and participation in this course given the hands-on, experiential learning components including participation in at least one field trip. Students are expected to maintain and promote safety protocols at all times. Students will be expected to build confidence in several leadership qualities including but not limited to effective communication skills, group dynamics and interpersonal conflict resolution, and risk management.

ATTENDANCE

Attendance for class is mandatory. Every class day counts for points towards the final grade. You will receive 100% credit for being on time, 75% credit for being tardy by more than 5 minutes late; no credit for more than 15 minutes. **Students may be dropped and given an F grade for excessive absences, if more than 2 unexcused absences.**

Cell phone policy:

The use of cell phones, smart phones, computers or other mobile communication devices disruptive, and is therefore prohibited during class. Accommodation request can be made via written email and consultation with faculty instructor. Except in emergencies, please step out of the classroom to use the phone.
ACADEMIC INTEGRITY

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused. Meaningful and pertinent participation is required. Examples of academic dishonesty include, but are not limited to:

- Turning in work as original that was used in whole for another course and/or professor;
- Turning in another person’s work as one’s own;
- Copying from professional works or internet sites without citation.

Any of these offenses will result in a zero for the assignment with no option to redo for credit.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university’s mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student’s responsibility.

Distance Education Statement

Students enrolled in distance education courses have equal access to the university’s academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students’ identities and to protect students’ information. The procedures for filing a student complaint are
included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

SRSU Counseling and Accessibility Services (ADA Statement)
Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. Students with qualifying disabilities who seek accommodations must initiate a request for a meeting for accessibility services. Students seeking accessibility services must contact Rebecca Greathouse Wren, M.Ed., LPC-S, Counseling & Accessibility Services, Telephone: 432-837-8203, or E-mail: rebecca.wren@sulross.edu.

For more information see: https://www.sulross.edu/page/1384/accessibility-services

BLACKBOARD SUPPORT

Please contact blackboardsupport@sulross.edu with any SRSU Blackboard questions or concerns.
Grade Requirements & Points Distribution

<table>
<thead>
<tr>
<th>Grading</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>In Person Class Activities 10x20 = 200 pts</td>
<td>900-1000 = A</td>
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<tr>
<td>Outdoor Pursuit Activity; 4x100 = 400 pts</td>
<td>800-899 = B</td>
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<tr>
<td>Multi-Media Assignment 100 pts</td>
<td>700-799 = C</td>
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<tr>
<td>Leadership Assignment 100 pts</td>
<td>600-699 = D</td>
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<tr>
<td>Outdoor Experience Reflection = 100 pts</td>
<td>&lt; 600 = F</td>
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<tr>
<td>Trip Planning Assignment 100 pts</td>
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<tr>
<td><strong>Total points available =</strong> 1,000 points</td>
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Required Field Trip

Students are required to participate in at least one of the following recreation trips:

- Feb 12-14 – TBD
- March 26-28 – TBD
- April 9-11 – TBD
<table>
<thead>
<tr>
<th>Unit</th>
<th>Week</th>
<th>Dates (Fri)</th>
<th>Topic(s)</th>
<th>Activities/ Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>Jan 15</td>
<td>Syllabus/Introduction to Adventure Education Trip Planning</td>
<td>Journal Reflection</td>
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<td>2</td>
<td>Jan 15</td>
<td>LNT &amp; Wilderness Safety</td>
<td>Medical Form Due LNT certification</td>
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<td>3</td>
<td>Jan 29 FTF</td>
<td>Camping &amp; Hiking</td>
<td>ACTIVITY: Backpacking</td>
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<td>4</td>
<td>Feb 5 NO CLASS</td>
<td>ALL WEEK – SCHEDULE APPT with GA</td>
<td>Journal Reflection</td>
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<td>5</td>
<td>Feb 12</td>
<td>Trip Preparation</td>
<td>TRIP DEPARTURE <em>Negative COVID Test Required</em></td>
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<tr>
<td></td>
<td>6</td>
<td>Feb 19 SRSU FOOTBALL HOME</td>
<td>GUEST LECTURE Maps &amp; Orienteering</td>
<td>Map Assignment</td>
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<td>7</td>
<td>Feb 26 NO CLASS</td>
<td>ALL WEEK – SCHEDULE APPT with GA</td>
<td>ACTIVITY: GPS Journal Reflection</td>
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<td>8</td>
<td>Mar 5 (HOMECOMING)</td>
<td>STUDENT OUTREACH TENT BUILDING ON MALL</td>
<td>Leadership Assignment Journal Reflection</td>
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<td>9</td>
<td>Mar 12 (NO CLASS)</td>
<td>SPRING BREAK</td>
<td>Optional Spring Break Trip</td>
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<td>10</td>
<td>Mar 19</td>
<td>Guest Lecture</td>
<td>Game Warden &amp; Commercial Recreation</td>
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<td>11</td>
<td>Mar 26</td>
<td>Trip Preparation</td>
<td>TRIP DEPARTURE <em>Negative COVID Test Required</em></td>
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<td>12</td>
<td>April 2 (NO CLASS)</td>
<td>GOOD FRIDAY HOLIDAY</td>
<td>NA</td>
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<tr>
<td>Week</td>
<td>Date</td>
<td>Topic</td>
<td>Assignment</td>
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<tr>
<td>13</td>
<td>April 9</td>
<td><strong>Trip Preparation</strong></td>
<td><strong>TRIP DEPARTURE</strong>&lt;br&gt;<em>Negative COVID Test Required</em></td>
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<tr>
<td>Unit 4</td>
<td>April 16</td>
<td>Outdoor Leadership</td>
<td>LEADERSHIP ASSIGNMENT Service Project</td>
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<td>14</td>
<td>April 23</td>
<td>Risk Management</td>
<td>Multi-Media Presentation</td>
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<tr>
<td>15</td>
<td>April 30</td>
<td>Trip Planning</td>
<td>Trip Planning Final Project</td>
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