



SUL ROSS

KINESIOLOGY DEPARTMENT

KES 3318 - Mountain Recreation & Safety - Spring 2022

Dr. Chris Herrera, PhD, MBA

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***Please include KES 3318 in subject of ALL emails)

Office Hours: M-F: 1:30pm-3:30pm **or by appointment (email to set an appointment)**

Class Meeting: Friday 11am-130pm; GPC108

Required Text: None

REQUIRED MATERIALS

- Completed Medical Form
- LNT Certification

Other Things to Bring to the Every Class

- Appropriate outdoor clothing for the weather
- Closed-toe and sturdy shoes that you can hike on Hancock Hill
- Water bottle & snack

COURSE DESCRIPTION

This course will teach fundamentals of front and back country land-based recreation including 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 lifetime adventure, fitness and health activities, 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), and for all other kinesiology fields in the application of one subject area (e.g. science or group dynamics/leadership) into the outdoor environment (e.g. Outdoor Education).

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 pursuits
- 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 each other 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.

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

BLACKBOARD SUPPORT

Please contact blackboardsupport@sulross.edu with any SRSU Blackboard questions or concerns.

Who should I contact?

Online Support Desk ☎ 888.837.6055 ✉ blackboardsupport@sulross.edu Available: 24/7 <ul style="list-style-type: none">• Logging into Blackboard• Questions about Blackboard tools/software• Trouble with tests/quizzes/assignments• Error messages on Blackboard• Online course video problems	Lobo Technology Assistance Center (LTAC) ☎ 888.837.2882 ✉ techassist@sulross.edu Available: Monday-Friday 8 a.m. - 5 p.m. <ul style="list-style-type: none">• Logging into your mySRSU/Banner/SRSU email• Campus computer, computer lab, or campus Wi-Fi issues• Security concerns with your SRSU or VPN account• Questions about Office 365 or OneDrive
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Grade Requirements & Points Distribution

Grading: see below for description		Grading Scale	
In Person Class Activities 10x20 =	200 points	900-1000 =	A
Outdoor Pursuit Activity; 4x100 =	400 points	800- 899 =	B
Multi-Media / Trip Documentation	100 points	700-799 =	C
Leadership Assignment	100 points	600-699 =	D
Outdoor Experience Reflection	100 points	< 600 =	F
Campus Service Project / Campus Workshop	100 points		
Total points available =	1,000 points		

Required Field Trip

Students are required to participate in **at least one** OVERNIGHT recreation trips:

- Trip Dates and Locations are TBD: students will design, develop, and complete their own trips according to the following guidelines – all below must be approved by professor:
 - Trip must be approved by professor prior to counting for credit in this course
 - Trip leader must have completed medical form; a separate medical form is recommended for each other participant
 - Trip must involve at least 3 people; must be open to all class members; must include at least one other member from class; one non-member
 - Trip duration minimum is 24hrs, must be overnight with 1 night camping in a tent
 - Trip must include at least one land-based outdoor pursuit (e.g. hiking, backpacking, mountain biking, rock climbing / bouldering, rappelling, hunting, etc).
 - Trip must adhere to all local, state, and federal guidelines including:
 - Land access & use permitting
 - Payment of applicable fees
 - Strict adherence to land owner policies on land use; and use/non-use of alcohol & drugs
 - Trip plan must include an emergency plan, approved by professor
 - Trip plan must include a budget, approved by professor
 - Trip must use at least 3 items from SRSU owned outdoor recreation equipment
 - Trip participants must have negative COVID test within 48hrs of departure
 - Trip must be documented; submitted using multi-media technology; students in this class must submit unique/individual work

Course Schedule (Subject to Changes)

Unit	Week	Dates (Fri)	Topic(s)	Activities/ Assignments All Due Dates @ 1159 PM CST; Year 2022
UNIT 1	1	Jan 14 Virtual Meeting See Blackboard	Syllabus/Introduction to Outdoor & Adventure Education	Class Discussion (due to remote start) Medical Form
	2	Jan 21	Overview: Outdoor Pursuits Land Use LNT & Wilderness Safety	ACTIVITY: TENTS / CAMPING
	3	Jan 28	Trip Planning / Risk Management	ACTIVITY: Map Assignment
	4	Feb 4	Maps & GPS Orienteering	ACTIVITY: GPS Backpacking
UNIT 2	5	Feb 11	BACKCOUNTRY COOKING	ACTIVITY: Backcountry Camping
	6	Feb 18	CAMPUS Service Project / Campus Workshop	Campus Assignment
	7	Feb 25	LEADERSHIP Workshops	Leadership Assignment
	8	Mar 4	Trip Preparation	Optional Spring Break Trip
<i>SPRING BREAK</i>				
UNIT 3	9	Mar 18	GUEST LECTURE	
	10	Mar 25	Trip Review & Planning	RE-TEST ACTIVITY

	11	Mar 26	Trip Review & Planning	RE-TEST ACTIVITY
UNIT 4	12	April 1	Trip Review & Planning	RE-TEST ACTIVITY
	13	April 8	Trip Review & Planning	RE-TEST ACTIVITY
	14	<i>April 15 (NO CLASS)</i>	<i>EASTER HOLIDAY</i>	NA
	15	April 22	EARTH DAY Workshop	Reflection Essay
	16	April 29	DEAD DAY NO CLASS	NA

UNIVERSITY POLICIES

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.

SRSU Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as 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. 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. Directions for filing a student complaint are located in the student handbook.

SRSU Library Info

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

Disability Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartze Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email mschwartze@sulross.edu Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

Academic Integrity Statement

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 appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part 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; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

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.