



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 1136-001

Outdoor Activities

Fall 2022

Mary Powers, MS

Lecturer Kinesiology

Instructor Information

Office: GPC 102C

Office Hours: Monday/Wednesday 10am-2pm, Tuesday/Thursday 12:30-1:30pm

Meeting: Tuesdays 12:30-2:10 in GPC Gymnasium

Email: mary.powers@sulross.edu (Must include "KES 1136" in subject of emails)

Course Description:

This course will explore the wide variety of outdoor activities that are generally not thought of as common that exist outside of the fields of common sports and athletics.

Course Details:

This course will be graded primarily on participation and attendance. The default meeting place for this course will be the GPC Gym and will convene elsewhere depending on the activity for that day. This information will be put out in class or via the school emails listed on Blackboard or GroupMe. This course is designed promote and assist with furthering the health and wellness inside Kinesiology and will explore activities such as, but not limited to: Hiking, zorbing, slacklining, birding, low challenge course elements, capture the flag and more.

Grading:

Attendance/Participation	900 points	90%
Written Assignment	100	10%
Total	1000pts	100%

With this class being primarily physical participation, 90% of your grade will rely on your attendance and participation to include potential written assignments if class cannot be attended.

Learning Outcomes:

- 1) Students gain knowledge of the vast and variety of outdoor activities available.
- 2) Students will gain an appreciation for the benefits of outdoor activities.
- 3) Students will be given opportunity to explore outdoor activities and coach classmates on application of those activities.
- 4) Students will gain knowledge of their local outdoor activity resources from the State and National Parks to University resources.

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.

Academic Integrity Statement

Academic integrity represents the choice to uphold ethical responsibility for one's learning within the academic community, regardless of audience or situation.

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.

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.

SRSU Disability Services:

ADA (Americans with Disabilities Act) 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. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, 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 rebecca.wren@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.