



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**KES 3376**

**River Recreation**

**Fall 2022**

**Instructor: Mary Powers, MS**

**Lecturer**

**Instructor Information**

**Office: GPC 102C**

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

**Meeting: Fridays 11-1:30pm in GPC 108**

**Email: [mrp17jf@sulross.edu](mailto:mrp17jf@sulross.edu) (Must include "KES 3376" in subject of emails)**

**Textbook**

None.

**Things to Bring to Every Class**

- Swim suit & towel
- Synthetic shirt (optional, but will keep you a bit warmer)
- Water bottle & snack
- Strap for glasses or goggles to protect contacts
- Completed Medical Form (By 2nd class meeting)

**Course Description:**

Acquiring an understanding and application of basic paddling skills on various water craft (river board, kayaks, rafts, canoes, inflatables, etc.) Additional content includes: aspects of safety, river policy, history, culture, careers/guiding, equipment maintenance/storage, river camping and leadership. Field days required (1-3 days).

**Course Details:**

This course will be graded primarily on participation and attendance, with the very occasional homework assignments should class need to be cancelled. Class will meet at the beginning of each day in the GPC gym or lobby area on level 1 of the GPC building. From there we will begin with class discussions, and gather required equipment for that day's activity. We will utilize a GroupMe link along with Blackboard announcements for any changes to class times or meeting locations. This course is designed to promote health and wellness via the unique area of disc sports and students should come to every class with the appropriate attire whether the class takes place inside or outside for that day. Outdoor locations will take place on the disc golf course or the intramural field. Indoor location will take place in the GPC Gym.

**Learning Outcomes:**

Student Learning Outcomes Upon successful completion of the course students will:

- 1) Develop an understanding of water-based recreation for health and sport
- 2) Gain an understanding of basic canoe, kayak, and SUP skills
- 3) Learn about the safety considerations when planning a water-recreation trip
- 4) Apply leadership theory in an outdoor adventure setting
- 5) Develop excitement for further pursuit of outdoor education

**Grade Requirements & Points Distribution**

Requirement	Points x No of assignments	Cat Subtotal	Percentage
Weekly Discussion	25x10	250	25%
Swim Test	50x1	50	5%
Water Craft Eval	100x3 (Canoe/Kayak/SUP)	300	30%
Leadership/multi-media assignment	100x1	100	10%
Outdoor Experience Reflection	100x1	100	10%
Book Report	100x1	100	10%
Trip planning-Presentation/Written	100x1	100	10%
<b>Totals</b>		<b>1000 pts</b>	<b>100%</b>

**\*Assignment/Test dates TBD\***

**Required Field Trip Students are required to participate in at least one of the following overnight recreation trips:**

**-Rio Grande** (2 possible dates) Note: Recreation and safety equipment, transportation, and water will be provided on all trips. Students are required to bring a snack/lunch or money for the same (e.g. \$10/trip). For all trips – students will meet at GPC entrance (near the ping pong table) at 8am; we will pack the vehicle and leave by 9am. We will return by 5pm on the same day.

-Class in-water application will take place in a variety of locations to possibly include: Girl Scout Camp at Mitre Peak, Balmorhea State park or Lake, Prude Ranch Pool, City of Alpine Pool.

**CURRICULUM NOTE:** We recognize that weather, conditions, and student characteristics (previous experience, physical ability, group dynamics, etc.) will partially dictate what can be covered in a given class. This is an introductory course and topics covered may include the following:

#### **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](mailto: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.