



SUL ROSS
KINESIOLOGY DEPARTMENT

KINE 3378
Mountain Recreation
Spring 2023

Mary Powers, M.S.

Lecturer in Kinesiology and Human Performance

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Office Hours: Monday/Wednesday - 11:00 am – 1:00 pm, Friday – 10am – 1:00 pm
Or by appointment (email or message via GroupMe to set an appointment) GroupMe Link:
https://groupme.com/join_group/91335172/3sgfQGnY

Meeting: F: 11:00 am – 2:30pmm GPC TBD; On-line via Blackboard
Required Text: Mountaineering : Freedom of the Hills
McAllister, Harley
Paperback (9 Edition)
9781680510041

COURSE DESCRIPTION

This course will propel students through the varying facets of the outdoors. From different aspects of working with climbing ropes, to search and rescue scenarios, efficient camping and packing skills, land navigation, and trip planning, students will experience an abundance of outdoor fundamentals to prepare them to navigate the outdoors safely and enjoyably.

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
- **Critical Thinking** – students will be asked to critically decipher a multitude of real-world scenarios
- **Communication** – Students will rely on teamwork and effective communication to navigate a variety of scenarios both theoretical and real time.

STUDENT LEARNING OUTCOMES

The learning activities, assignments, and exams in this course are constructed to assess each student's mastery of the following learning outcomes:

- a) General understanding of how to read and navigate topography maps.
- b) Plan multi-day trips and safely identify and set up an efficient campsite in a primitive setting.
- c) Know basics of search and rescue techniques, planning, and coordinating.
- d) Become familiar with outdoor recreation resources.

COURSE OBJECTIVES

Students will be able to:

1. Plan outdoor adventures with confidence.
2. Apply backpacking basics learned in classroom to real time backpacking.
3. Work competently with their peers as well as individually.

GRADING POLICIES

This course is graded highly based on attendance and participation. Late to class will receive half the attendance points for the day. Unexcused absences will receive a '0' for that day of class.

Assignment/Activities/Discussion Boards etc. will be available weekly per blackboard.

*based on 1,000 points for semester

Assignment/Activity	Points Possible	Percentage of Grade
Attendance/Participation	100 points	10% of grade
Assignments	4x50 points each (200 points total)	20% of grade
Quizzes	2x100 points each (200 points total)	20% of grade
Discussion Boards	4x50 points each (200 points total)	20% of grade
Mid Term	100 points	10% of grade
Final	200 points	20% of grade
Totals	1000 points	100%

*Letter Grading as per SRSU policy will be used in this course.

COURSE REQUIREMENTS

I. Attendance (100 points total, ½ points deducted for coming to class late). Get points for coming to class each day; ½ points deduction for coming late. If tardy, must talk to the professor after class in order to get ½ points. Don't assume the professor will automatically change your grade after the class. If come to class late and don't talk to the professor after class, points will not be awarded for being late and will stay a 0. If class is missed without a verified, documented reason, the student will not receive the participation points for that class, and attending class does not in and of itself does not guarantee that a student will earn the points. In-class assignments and labs, which are missed due to class absence may not be made up unless the student has a verified reason in writing (medical, family funerals, a car breaks down on the way to class, military service, excused athletic travel & competition listed in their competitive schedule for SRSU student-athletes, etc., with written documentation) for missing class, and contacts the instructor via email, on the day missed or prior to make arrangements to complete the lab or to turn in missed work prior to the next class.

II. Quizzes (100 points for each test, 200 points total). No late quizzes will be accepted after due dates.

III. Assignments (50 point search, 200 point total). Assignments are expected to be submitted via Word or PDF document **ONLY**. Screenshots in any form from cell phones will not be accepted and equate to an automatic '0' for that assignment.

IV. Discussion Questions (50 points each, 100 points total). Discussion boards are expected to be in full comprehensive sentences in the required amount of words.

V. Midterms and Final (100 and 200 points, 300 points total). Midterm and final will be research and application based and will not be in the form of a test/quiz. Students are expected to submit quality work for these assignments and/or be efficient and proficient in their application of the assigned topics. The final for this class is tentatively set to be an overnight primitive camping trip in the Davis Mountains State Park towards the end of the semester. This will be an application of a lot of what is learned in class throughout the semester. **Combined these are 30% of the total grade for this class.**

ALL COURSE REQUIREMENTS DEADLINE

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of **Monday in Week 16 at 11:59 pm** to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per the above policy.

LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard or Connect. LearnSmart readings must be completed by the due date for credit – **NO LATE WORK WILL BE ACCEPTED**. All other work: labs, activities, discussions, tests, and homework carry a 30% deduction for 1-7 days late. For consideration to turn in work passed 1 week late must be approved by the professor for grading consideration. If approved by the professor, assignments turned in over 1 week late will carry a 50% deduction.

LEARNER SUPPORT

BLACKBOARD

Our 24/7 Blackboard online support desk and toll-free hotline is made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues. SRSU 24/7 Blackboard Technical Support Online Support Desk Contact Info: Toll Free: 888.837.6055 Email: blackboardsupport@sulross.edu

UNIVERSITY POLICIES

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.

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 to injury or illness to the instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

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.

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.

Libraries 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).

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.

ADA 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. 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.

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 based on 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.