



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 3376

River Recreation

Spring 2025 Mon 12:30-3:50pm

Instructor: Mary Powers, MS

Instructor Information

Office: GPC 102B

Office Hours: Tue-Thur 12:30pm-2pm, Fridays 10am-12pm, or by appointment.

Meeting: Mondays 12:30pm-3:50pm GPC 108

Email: mary.powers@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 (water 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 a long 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

Assignment	Quantity	Points per	Total points	Percentage
Assignments	4	50	200	20%
Discussion Boards	2	50	100	10%
Swim Test	1	Pass/Fail	Cannot continue course if you cannot swim	0%
Watercraft Skills	4	100	400	40%
Final Overnight and paper	1	200	200	20%
Attendance			100	10%

Totals **1000 points** **100%**

Assignment/Test dates TBD

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

-Swim test and watercraft assessments will take place in a variety of locations and dates. With limitations to local pool access, anticipate traveling for this class. Most day trips will occur on the Sunday preceding the Monday of class. In these cases, there will not be a class time the Monday following a day trip to any onsite location. Tentative schedule and locations will be given on day one of class.

-Class in-water application will take place at Sul Ross Campus Pool

-Medical waivers will be completed on the first day of classes and for each trip off campus there will be a waiver a liability required for each student.

-This class is highly graded on participation and has been scheduled in a way that won't interfere with any athletic schedules.

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.

Regarding Artificial Intelligence:

The Sul Ross State University Kinesiology Department is committed to upholding the highest standards of academic integrity and excellence. As artificial intelligence (AI) tools become increasingly accessible, we recognize their potential as valuable resources for learning and innovation. However, it is imperative that students use AI tools ethically and responsibly. The improper use of AI in assignments, including but not limited to, generating content without proper attribution, submitting AI-generated work as one's own, or using AI tools to circumvent the learning process, constitutes academic dishonesty. Such actions undermine the educational goals of our programs and violate the University's Code of Conduct. Students found to be improperly using AI for assignments may face severe consequences, including but not limited to receiving a failing grade for the assignment or course. Additionally, such violations will be referred to the Dean of Students Office for further disciplinary action, which may include probation, suspension, or expulsion from the University. We encourage students to seek guidance from their instructors if they have any questions about the appropriate use of AI in their coursework. Our department is committed to fostering an environment of integrity, where students can achieve their academic and professional goals through honest and meaningful engagement with their studies.

Consequences of Missing the Overnight/Camping & Boating Final

The overnight/camping final is a crucial component of this course, designed to provide hands-on experience in outdoor leadership, watercraft skills, and camping skills. Missing this final will result in the following:

1. **Mandatory Make-up Requirement:** Students who miss the overnight final due to extenuating circumstances must provide documentation (e.g., medical note, family emergency) and may be required to make up the assignment by attending a similar event or completing an alternative project. This will be determined on a case-by-case basis and must be arranged with the course instructor in advance or as soon as possible after the absence.
2. **Unexcused Absence:** Missing the final without prior approval or valid documentation will result in a failing grade for that component of the course. This will significantly impact your overall grade, as the overnight/camping final accounts for a substantial portion of the course assessment.
3. **Course Completion:** Students must successfully participate in the overnight/camping final to meet the course requirements. Inability to attend or complete the final will result in the inability to pass the course.
4. **Safety Considerations:** If a student is unable to attend due to a safety concern or health-related issue, the instructor may offer guidance on additional preparation or support needed for the student to be included in future events.

Student Expectations for Participation

Active and engaged participation is essential to your success in this course. By enrolling in this mountain recreation class, you agree to the following expectations for participation:

1. **Preparation and Readiness:** Students are expected to arrive at each session, especially the overnight/camping events, fully prepared. This includes having the necessary gear, clothing, and mindset for outdoor activities. You should also review all assigned readings and materials before each class to contribute meaningfully to discussions and activities.
2. **Physical and Mental Engagement:** Mountain recreation activities require physical exertion and mental focus. Students should be prepared for canoeing, kayaking, paddle boarding, camping, and other physically demanding tasks. Active participation means being fully engaged in the activity, following directions, and supporting fellow classmates.
3. **Collaboration and Teamwork:** Many of the course activities, including the overnight final, will require students to work as part of a team. You are expected to demonstrate respect, cooperation, and effective communication with peers. Team-based activities may include group navigation, camp setup, meal preparation, and other shared responsibilities.
4. **Attendance and Punctuality:** Attendance at all classes, especially field sessions, is required for course completion. Punctuality is essential to ensure group activities run smoothly. Late arrivals can disrupt the schedule and the safety of the group, and excessive absences may result in a lower grade.
5. **Safety and Responsibility:** Students must demonstrate a commitment to personal and group safety at all times. This includes adhering to established safety protocols, taking care of your equipment, and notifying the instructor if you have any health issues or concerns during field activities.
6. **Respect for the Environment:** As stewards of the outdoor environment, students are expected to follow Leave No Trace principles, minimize their impact on nature, and properly dispose of waste during all outdoor activities.
7. **Contribution to Class Discussions:** Participation in class discussions is vital for a comprehensive understanding of the material. Students should actively contribute to discussions, share insights, and ask questions to enhance their learning experience.

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.