## KINE 3378
## Mountain Recreation
## Spring 2026

# Mary Powers, M.S.

### Instructor in Kinesiology and Human Performance

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| **Office:** | **GPC 102B** |
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| **Email:** | **mary.powers@sulross.edu** |
| **Office Hours:** | **Tuesday 12-2pm, or by appointment** |
| **Meeting:** | **M: 12:30 pm – 4:30 GPC 108 ;** |
| **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 out of doors 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 safely and with confidence.
2. Leadership Skills.
3. Apply backpacking basics learned in classroom to real time backpacking.
4. Work competently with their peers as well as individually.
5. Understand minimal backcountry survival and first aid techniques and skills.
6. Understand and apply orienteering and search and rescue (SAR) basics concepts.

## 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 | Number of Items | Points per item | Total |
|---|---|---|---|
| Attendance/Participation | | 100 points | 100 |
| Assignments | 4 | 50 | 200 |
| Quizzes | 2 | 100 | 200 |
| Discussion Boards | 4 | 50 | 200 |
| Mid Term | 1 | 100 | 100 |
| Final | 1 | 200 | 200 |
| Total | | | 1000 |

*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 you 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.
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**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
==NO LATE WORK WILL BE ACCEPTED==.
## 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

## Accidents & Injuries
Students will fill our medical and trip waivers prior to any outing for class. 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.

## 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.

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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 dishonesty hurts everyone and reduces the value of college degrees.  Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty.  It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: https://www.sulross.edu/page/2454/student-handbook (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

## *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.

## 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.

## ADA Statement
Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartze, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartze@sulross.edu

## AI POLICY
**The University does not recommend or endorse any specific AI tools or resources. Students should be aware that many generative AI tools (e.g., ChatGPT, Google Gemini, Microsoft Copilot) store user input and may use this data to train future models. For this reason, students should never upload or share personal, confidential, or identifiable information—such as names, ID numbers, health data, or assignment submissions containing such details—into any generative AI platform. When using AI tools, students should verify whether the tool complies with student privacy standards as indicated by the University. Faculty may recommend specific tools that better align with institutional data privacy policies, but ultimate responsibility for data protection rests with users. Students are encouraged to use faculty-recommended platforms when engaging in coursework involving generative AI. The University is not liable for any adverse experience or impact**

**when students interact with these tools.**

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