

Fond du Lac Tribal and Community College

COURSE OUTLINE

Date submitted: 11/21/07 Date approved:

Department and Course Number: PE 1049

Title of Course: Summer Outdoor Activities

Number of credits: Lecture Lab 1

Catalog/Course Description:

Introduction to safety, etiquette, and skills necessary for summer outdoor activities. This course will briefly introduce the student to areas of canoeing, archery, riflery, challenge course, orienteering, and high ropes course or tower climbing.

(Additional fee; this course requires an overnight stay and is a weekend course)

Placement for Success prerequisites: (See instruction sheet)

Reading: Level 1 English/Writing: Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Study guide purchased from the bookstore includes rules, tips on all activities covered in the course.

Student provides own bedding, toiletries, transportation to Camp Miller.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Polar Heart Rate Monitor Usage-Video

Special Information

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

This course is conducted at Camp Miller in Sturgeon lake and requires an overnight and weekend stay.

Relationship of proposed course to the department mission and goals

This course develops skills in a variety of outdoor summer recreational activities. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime recreational activities.

Goal: To acquire a positive attitude toward physical activity, the knowledge and skill to develop and maintain appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome.

Outcome: To demonstrate the correct procedures for selection of various summer equipment: canoe paddle, archery tackle, climbing ropes, helmets.

Assessment: Performance in class

Assessment: Self-assessment

Assessment: Journal

Outcome: To identify and appropriately use technology, safety procedures during participation in golf, archery, riflery, high ropes, canoes, orienteering.

Assessment: Written exam

Assessment: Self-assessment, class demonstration

Assessment: Performance check off

Outcome: To demonstrate proper use of compass in identifying coordinates and direction.

Assessment: Project: given 3 canoes, 1 compass, 3 jugs and string-make a triangle from the given coordinates

Assessment: Written exam

Outcome: To paddle in both the bow and stern positions of a canoe and successfully navigate a straight line and turns.

Assessment: Self-assessment, journal

Assessment: Performance check off

Assessment: In class demonstration

Outcome: To demonstrate group teamwork skills as utilized in high ropes and climbing tower.

Assessment: Self-assessment, journal

Assessment: Written exam

Assessment: Final project on land or water

Outcome: To demonstrate basic skills for archery, riflery, canoeing, and high ropes.

Assessment: Self-assessment, journal

Assessment: In class demonstration-performance check off

Outcome: Articulate an appreciation for the activities as a lifetime recreational activity.

Assessment: Journal

Assessment: Performance check off

Course content:

(Provide an outline of major topics covered in course)

-Canoeing

-Archery

-Riflery

-Orienteering

-Team building-high ropes, tower climbing

-Nature Hike

Placement for Success prerequisite

Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X