

College of Charleston
PEHD 252 Outdoor Education
Maymester 2014 3 credit hours

TIME & PLACE: 8:30 am – Noon MTWRF, #146 Silcox Physical Education and Health Center
Please note that the class meets off-campus, the meeting times are extended on some days, and there are two overnight camping trips. Weather and other factors may cause a change in the activities, the destinations, and the meeting times that are listed in the course outline.

FEE (additional): **\$300.00 to cover facility and equipment use.**

INSTRUCTOR: Gene Sessoms, M.A.

OFFICE HOURS: by appointment

OFFICE: #207 Silcox Physical Education and Health Center

PHONE: 843-953-8257 office 843-953-6757 fax

WEB/E-MAIL: <http://sessomse.people.cofc.edu/> e-mail: sessomse@cofc.edu

PREREQUISITES: none

COURSE DESCRIPTION: PEHD 252 is an introductory class designed to provide the student a number of outdoor adventure experiences that are available in the Carolinas. The activities do vary from year to year but may include rock climbing, sea kayaking, surf kayaking, and camping. Through these experiential opportunities, a number of new skills and interests should be fostered.

COURSE TEXT: None required.

COURSE OBJECTIVES: Competencies within the course should prepare students to demonstrate:

1. the basic physical skills required to participate in these outdoor adventure activities.
2. a knowledge of personal safety skills and techniques, the correct use of the various types of equipment, and other concepts associated with successful participation in these outdoor adventure activities.
3. an understanding and appreciation of the outdoors and these adventure activities in particular. This will be gauged through one's in-class actions with respect to elements such as the Leave No Trace minimal impact principles, proper care and handling of the equipment, and other team contributions.

REQUIREMENTS: 30% Skills 20% Written Assignments
30% Active Participation 20% Final Examination

EXAMINATIONS: Final exam Monday, June 2 at 8:30 am – Noon in #146 Silcox Physical Education and Health Center

EVALUATION SCALE: A = 90 - 100 % B- = 78 - 79 % D+ = 66 - 67 %
A- = 88 - 89 % C+ = 75 - 77 % D = 64 - 65 %
B+ = 85 - 87 % C = 70 - 74 % D- = 62 - 63 %
B = 80 - 84 % C- = 68 - 69 % F = 00 - 61 %

ATTENDANCE: Attendance and participation are very important in this activity-based class. Consequently, you will be penalized 5 points from your final grade for each absence. Absences recognized by the Undergraduate Dean's office do not override this 5 point penalty.
Tardiness to class is also not the proper personal conduct. Arriving late to class will result in a point deduction per occurrence from your final grade.
Please allot extra time for our daily activities. Delays can occur which prevent us finishing at the expected hour. Plan accordingly!

MAKE-UP EXAMS: Make-up exams are given at the discretion of the professor. It is the student's responsibility to see the instructor at the earliest possible time to see if the test may be rescheduled.

HONOR SYSTEM: Review the 2013-2014 Student Handbook. It is available online:
<http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php>

EQUIPMENT: An equipment list is provided at our first meeting. Tents, sleeping bags, stoves, paddling gear, and climbing gear will be provided.

WEATHER: Our class will meet regardless of the weather conditions. If you are unsure where we will meet, call my office at 843-953-8257. Complications caused by the weather may also cause delays in ending that day's session as originally scheduled.

OVERNIGHT TRIPS: Two overnight trips are planned. The trip times are listed on the schedule. Be prepared to adjust your schedule should the trips have to be rescheduled. The trips are a mandatory activity for all class members.

SAFETY/MEDICAL: It is the student's responsibility to alert the instructor at the beginning of this class of any medical conditions or requirements that may pose a problem. This is of utmost importance since at times we may be away from accessing immediate medical help.

PERSONAL RISK: "Challenge by Choice" will be in use during the activity sessions. This simply means that if you feel uneasy about participating in an activity or any part of that activity, **for any reason**, just say so. You will control the degree of challenge or risk that you will assume in completing any of the outdoor adventure activities.

ELECTRONIC DEVICES: Cell phones, music players, and other personal electronic devices should not be brought to class. Cameras will be permitted.

COURSE CONTENT:

Sea Kayaking

A. Proficiencies

1. Execute the fundamental strokes and techniques in paddling a kayak: forward and reverse strokes, sweeps, draw, and the high and low braces.
2. Demonstrate these rescue techniques: the wet exit, self-rescue, and assisted rescues. Show the proper use of safety equipment common in this sport.
3. Successfully complete a planned trip in a local waterway. Explain and demonstrate how to avoid potential problems associated with kayaking: other water craft, tidal exchange, current, navigational markers, marine life, and environmental conditions.

Rock Climbing

A. Proficiencies

1. Demonstrate the proper use and management of ropes and other equipment as you belay another climber.
2. Complete at least two of the 5.4 - 5.8 rated routes at both the climbing wall at the JICP and at Crowders Mountain.
3. Demonstrate various rock climbing holds and techniques as you solve different problems encountered on the rock face.

Camping

A. Proficiencies

1. Demonstrate an understanding of Leave No Trace principles, trip planning essentials, equipment selection and use, weather concerns, hypo/hyperthermia, and other safety aspects of camping.
2. Set-up a campsite and explain the considerations one makes in doing so.
3. Plan and cook a meal using a camp stove. Demonstrate safe practices for this activity and the proper hygiene and disposal of waste.

Stand-Up Paddleboarding

A. Proficiencies

1. Demonstrate the proper launching and landing technique.
2. Execute the fundamental strokes: forward and reverse strokes, sweeps, draw, and the high and low braces.
3. Explain elements involved in safe paddling to include rescue priorities, signals, falling techniques, and hypo/hyperthermia. Demonstrate a self-rescue.

Geocaching

A. Proficiencies

1. Explain the basic features of the GPS unit and how each is used.
2. Summarize how the GPS network works.
3. Demonstrate an understanding of land navigation as you complete the geocaching search for the hidden cache located on the peninsula.

Ropes Courses

A. Proficiencies

1. Tie eight different knots and explain the advantages of each.
2. Demonstrate problem-solving abilities as the team seeks solutions to the obstacles imposed by the various elements of the challenge course.
3. Complete the high ropes course at the JICP. Explain the course set-up, and how groups are conducted through it. Outline the safety procedures used on the course.

REQUIRED READING:

Required reading assignments will be posted by email. It is the student's responsibility to review these prior to the final examination.

PEHD 252 PROPOSED COURSE OUTLINE
Outdoor Education Maymester 2014

Thursday, May 15	Meet at 8:30 a.m. in #146 Silcox Gym. Challenge course James Island County Park (JICP) 9:30 a.m. – 1:30 p.m.
Friday, May 16	Sea kayak clinic JICP 8:30 a.m. – 12:30 p.m.
Monday, May 19	Sea kayaking – Capers Island Overnight trip leaving JICP at 8:00 a.m.
Tuesday, May 20	Sea kayaking – Capers Island Return to JICP at approximately 3:00 p.m.
Wednesday, May 21	Stand-up Paddleboarding Stono River 8:30 a.m. – 12:30 p.m.
Thursday, May 22	High ropes course JICP 8:30 a.m. – 12:30 p.m.
Friday, May 23	Instructor's choice.
Monday, May 26	Memorial Day Holiday. No class.
Tuesday, May 27	Climbing wall JICP 8:30 a.m. – 12:30 p.m.
Wednesday, May 28	Rock climbing – Crowders Mountain, NC Overnight trip leaving JICP at 7:30 a.m.
Thursday, May 29	Rock climbing – Crowders Mountain, NC Return to JICP at approximately 8:00 p.m.
Friday, May 30	Geocaching Meet outside of the Silcox Gym at 8:30 a.m.
Monday, June 2	Final Exam. 8:30 a.m. – Noon in #146 Silcox

Directions to the James Island County Park (5.5 miles from the CofC)

1. Drive west on Calhoun Street and enter the James Island Connector. Exit right at Folly Road.
2. Turn left at the first traffic light onto Central Park Road. A U.S. post office is located on this corner.
3. Travel 0.9 miles to the end of Central Park Road.
4. Turn left onto Riverland Terrace Drive.
5. Continue 0.5 miles to the entrance of the County Park on your right-hand side.
6. At the gate house, tell them you are with the CofC class.

Climbing wall parking lot: take your first right-hand turn after the gate house. Follow the road around the lake. At the stop sign you will see the climbing wall parking lot off to your right.

Kayak put-in: continue straight on the road after you pass the gate house. At the first stop sign you will see a parking area to your right. You will find the put-in to the left of the entrance to the dog park along the water's edge.