

Recreation 426: Outdoor Adventure Climbing Based Pursuits

INSTRUCTORS:

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COURSE DESCRIPTION:

This course provides a combination of theoretical background and technical aspects to manage outdoor adventure based pursuits in a vertical environment and will emphasize hands-on skill development such as movement on rock, rope systems, anchors, rappelling and belaying, lead climbing philosophy and teaching techniques for the above skills. Lab fee and field trips required.

PHYSICAL REQUIREMENTS:

As a field-based course, students will be required to demonstrate certain physical skills, including class 5 climbing and hiking up to 2 miles over uneven ground. There may be physical requirements in addition to the ones listed here. If you have any concerns about your ability to succeed in this course, you should speak with the instructors as early in the semester as possible. **Every effort will be made to accommodate students with mobility issues as long as the instructors are made aware in a timely manner.**

Other primary functions required: Finger dexterity allowing for accurate and timely knot tying, grip strength to be able to securely hold ropes ranging in diameter from 4-11mm, ability to put on and wear a seat harness, ability to correctly manipulate a rope through a belay device.

Secondary functions that may be required: Carrying gear weighing up to 45 pounds.

COURSE OBJECTIVES:

- Correctly tie fundamental climbing knots and display efficient rope handling techniques
- Consistently display effective belaying techniques
- Competently set up and use a variety of rappel methods
- Efficiently place and remove artificial protection
- Display the ability to construct natural anchors and artificial anchors
- Demonstrate an understanding of lead climbing theory and, if appropriate, practice techniques
- Demonstrate the ability to plan and execute effective skill and theory lessons
- Perform as a contributing member of a small group as it relates to an outdoor environment

REQUIRED TEXT:

Wilderness Education Association. (2009). *Rock climbing*, (T. W. Kidd & J. Hazelrigs, (Eds.)). Champaign, IL: Human Kinetics. ISBN # 0-7360-6802-3

COURSE FEE:

\$100.00

SYLLABUS

CLASS PROCEDURES:

Personal and Academic Conduct:

The foundation of this course is based on the quality of the community of participants and staff. Therefore, courteous behavior towards other members of the class is expected at all times. Harassment of any kind is not acceptable. Respect for other class members also includes having cell phones turned off and not talking inappropriately during any class functions. In addition, please **refrain** from the use of all **alcohol, tobacco products and illegal drugs** during class both on and off campus. **Cell phones** or other **electronic devices should not be taken into the backcountry**. Students are expected to do their own work on all course assignments. Any student found cheating or plagiarizing will receive a failing grade for the course. If you use someone's ideas or words, cite the source using the American Psychological Association's (APA) (6th ed.) format. It is expected that all work handed in will be original. Please do not turn in assignments completed previously for other courses.

CLASS STRUCTURE:

This course is designed to be experiential and interactive in nature. Therefore attendance is critical. There will be four days of "in class" time on campus. The balance of the course will take place in an outdoor "field" setting off campus.

CLASS ASSIGNMENTS:

*This is a 400 level course – Therefore a 400 level amount of work is expected (both in quality and quantity).

Class Participation/Professionalism (also known as Expedition Behavior): As an outdoor leader you are expected to act in a professional manner. Therefore, you will be graded on "pulling your weight" in small group work, "giving it your all" in class work and technical leadership skills development, and your overall disposition during class. This is a subjective estimate of your contribution to class discussions, attendance, and **Adhering to Class Policy**. This factor will be considered in the case of borderline grades (e.g., a "B" might get raised to an "A" **OR** vice versa), or in the case of gross neglect.

Lesson Plans: You will be responsible for developing and presenting 2 skills lessons; one on knots, and a final cumulative climbing lesson. Your written lesson plan will be evaluated as well as the manner in which the lesson is delivered.

Practical Skills Evaluation: The hands-on technical rock climbing/rope skills will be evaluated by a demonstration of knowledge and application of specific skills. This will be in the form of a skills checklist.

Written Evaluation: The part that we all love! There will be a fill in the blank/short answer test. Additionally some format of a written final examination will be given. Further details about the final will be provided when necessary.

Reflective Paper: Following the trip, you will write a reflective paper on what you learned about yourself on this course, what aspects of climbing may relate to your life, and your role as a steward and educator in the outdoors. The paper should adhere to APA 6th format and be **1000 – 1250 words Main Body (for Undergraduate Students) and 1250 – 1500 word Main Body (for Graduate Students)**. This is not a trip summary, but about YOUR growth on this course. Please email me your paper at ecoulson@siu.edu rather than turn in a hard copy.

SYLLABUS

CLASS EVALUATION:

Assignment		% Grade
Knott Lesson	10	
Climbing Lesson	15	
Skills Checklist	15	
Practical Examination	20	
Written Evaluation	20	
Reflective Paper		20
	Total	100

GRADE SCALE: 100 – A – 90 – B – 80 – C – 70 – D – 60 – F – 0

SYLLABUS

Course Dates and Outline:

Wednesday, January 20th 4:00-6:30pm

SIU Safety Center

Course Introduction
Course Paperwork
Human Ecology & Rock Climbing
Teaching Topic Assignments
Skills Checklists

Wednesday, February 10th 4:00-8:00pm

SIU Rec Center Climbing Wall

Introduction to Indoor Rock Climbing
Introduction to Climbing Programming

Wednesday, February 17^h 4:00-8:00pm

SIU Safety Center

Recreation Ecology and Sociology
Leave No Trace Trainer Course Intro
Experiential Education Primer

Wednesday, March 9th 4:00-8:00pm

SIU Safety Center

Climbing Gear & Equipment: 101
Knot School
Trip Pack Out

Saturday, March 12th - Saturday, March 19th

Giant City SP & Jackson Falls

Field Component:

Instruction & Direct Experience
Peer Teaching
Service Learning
Practical Exam
Written Exam

-REFLECTION PAPER DUE TO EVAN VIA EMAIL BY MIDNIGHT ON WEDNESDAY, MARCH 22nd!

**Rec 426: Outdoor Adventure Climbing Based Pursuits
Equipment and Clothing List**

The climate in early March in the Shawnee National Forest of Illinois can see average temperatures around freezing at night and average a high of 50-60 degrees during the day. Be prepared for rain and possibly even a little snow. If we are all prepared for wet and cold, the sunny days feel twice as nice.

Personal Clothing and Equipment:

(Items with an * may be available to borrow from the department on a first come –first served basis)

FOOTWEAR

Climbing Shoes (1): Each student must bring their own personal pair of climbing shoes. Style and type is up to each individual student, however a properly fit, comfortable beginner-style shoe is encouraged. There will be no need on this course for highly aggressive, high performance specialty climbing shoes designed for competitive climbing or bouldering. Comfortable and effective are what we're going for here.

Camp Shoes: Lightweight tennis shoes are nice. Remember it may be wet around camp so something that keeps warm socks from getting soaked is best. Preferably these will cover and protect toes.

Socks: *At Least* 2-3 pair of wool or synthetic-blend medium weight hiking socks (no cotton).

CLOTHING

(You will need at least 2 insulating layers plus a wind/rain layer that will fit comfortably over the other layers. Be sure all layers can be worn comfortably at the same time)

Mid-weight long underwear Top and Bottom (1 pr) long underwear that is made of Capilene, Polypropylene or any other synthetic material – no cotton. That waffle stuff will not fly.

Fleece or wool pants or expedition-weight long underwear bottom (1 pr) Warm layer.

Expedition-weight Top (1): long underwear top that is heavier than the mid-weight and constructed of Capilene, Polypropylene or any other synthetic material. A wool shirt can substitute.

Puffy or Fleece Jacket, or Wool Sweater (1): A lightweight insulating jacket made of polar fleece or any other synthetic material. A wool sweater may be bulkier but will work just fine.

Paddling Shirts (1-2): non-cotton, synthetic t-shirts or long-sleeve button-ups work well.

Pants (1 pr): Nylon or other synthetic comfortable pants. Layer with long underwear for additional warmth.

Rain Coat or Parka (1): A heavy rain shell (or winter coat that is made for snowsports with a waterproof shell).

Rain or Snow Pants (1 pr): Outer shell pant that can fit over all lower body garments. Also good for sitting on the wet ground in the morning.

Underwear: Synthetic undies are nice; they wick moisture and can be rinsed out and dried in the sun. If you don't have synthetic, cotton is fine. Bring a pair for every day.

SYLLABUS

Sleep Clothes: (Optional) 1 pair of boxers or lightweight pants (like scrubs) to sleep in at night. Makes you feel a little fresher than sleeping in the long underwear you've been wearing all day.

Balaclava or Stocking Hat

Baseball Cap (for sun protection on the river)

Gloves or Mittens (1 pr): lightweight fleece or wool to keep your hands warm.

Sunglasses

REQUIRED PERSONAL EQUIPMENT

***Climbing Harness** (1): You may bring your own harness to be inspected for wear by the instructor team, or you may borrow a climbing harness from the program.

***Climbing Helmet** (1): You may bring your own helmet, or you may borrow one from the program.

***Backpack** (1): -LINED WITH A PLASTIC CONTRACTOR TRASH BAG suitable for a 7 day expedition with a minimum carrying capacity of 5,000-6,000 cubic inches or around 80 L (we will discuss appropriate packs in class – please contact the instructor if you are unsure whether your pack is appropriate)

Headlamp (1): be sure to bring one lightweight headlamp with at least one extra set of batteries. There is a Duracell brand that can be found at Walmart that is very bright and inexpensive.

Wristwatch: A waterproof watch with alarm is recommended.

Water Bottles (2): one quart size wide mouth Nalgene brand plastic bottles are excellent. You may also use recycled Gatorade or other bottles of similar size. "Hydration systems" with at least a 64oz bladder work great.

Bandanas (2): Can be used as sun protection, wash cloths, fashion statements, and a million other things.

Insulated Mug (1): a 20 oz. or smaller insulated mug for hot drinks

Personal Bowl and Spoon/Spork

Lightweight Pocket Knife or Multi-tool (1)

Zip Lock Bags: Help keep things clean and dry. One quart and one gallon freezer bags work best.

***Nylon Stuff Sacks** (1-2): Optional. Good for organization and for making pillows.

***Sleeping Bag** (1): synthetic fill sleeping bag rated to 15 degrees or below that compresses well for packing.

Compression Stuff Sack (1): Optional.

***Sleeping Pad** (1): an ensolite or "Therm-a-Rest" style sleeping pad

Personal Journal / Small Notepad: Used for keeping notes on the trail, personal reflections, etc.

Writing Utensils (2): At least one ink pen

Whistle: On a lanyard for around your neck.

TOILETRIES

Small Toothbrush and Paste

Wet Wipes or other personal moist wipes for hands, face and booty: You'll be packing these out, so don't bring a whole box.

Feminine Products: Ladies, you never know. Bring extras.

Small Personal First Aid Kit: we will have a group first aid kit – this will supplement what we bring
Suggested items to include in a personal first aid kit (You probably don't need everything here, but think about your daily personal needs and plan for them):

Personal Medications- (all medications should be listed on the health form!)

Prescriptions- Daily AND "as needed" meds. (birth control, inhalers, epi, steroid creams, etc)

Over the Counter- Vitamins, other supplements, pain meds, allergy meds, etc. If you are prone to certain types of infections, consider including prophylactic medicines as well. Common ones are Monistat for jock itch/yeast infections, urinary pain relief meds for UTIs, antifungals for athlete's foot, etc. Plan Ahead and Prepare.)

Small bandages

Athletic Tape (especially if you are prone to blisters or turned ankles)

ACE bandage (again, if you know you tend to need one)

Gold Bond or Baby Powder

Anti-Itch topical cream Afterbite

Lotion and/or Sunscreen

Lip Balm

Nail Clippers

Eye drops (contact lens wearers)

Hand Sanitizer

Extra Ziplocks for personal trash/biohazard bags (4-6)

Safety Pins x 4

Duct Tape x about 8-10'

Earplugs if you are a light sleeper

OPTIONAL PERSONAL EQUIPMENT

Camp Chair: Crazy Creek or similar style of backpacking camp chair

Camera: Life's short, document memories!

GROUP GEAR - SIUC's Department of Health Education and Recreation will provide the following:

Food

Tents

Cooking Pots and Utensils

**Backpacking Stoves and Fuel
Group First Aid Kit**

All of the items on this list are essential for safe participation in the class. However, you are not required, nor do we suggest that you purchase all brand new equipment. Consider what items you may use in the future, what items need to be fit to your body and what items you can borrow, rent or buy at a reduced cost at an Army Navy Store, Thrift Store, etc. The key to comfortable clothing selection for a backpacking expedition is having multiple layers of clothing that has a high insulating value. You may wish to check these regional or internet-based companies as you develop your shopping list:

**Shawnee Trails Wilderness Outfitters
222 West Freeman
Carbondale, IL 62901-2809
Phone: 618-529-2313**

**Dick's Sporting Goods
1250 East Main St.
Carbondale, IL 62902
Phone : 618-549-7581**

**REI
1703 S Brentwood Blvd
St. Louis, MO 63144
(314) 918-1004
www.rei.com**

**Steep and Cheap
<http://www.steepandcheap.com>**

**Sierra Trading Post
www.sierratradingpost.com**

**Campmor
www.campmor.com**

Lesson Plans

As a student in a climbing program practitioner course, you will be expected to teach a 10 and a 45-minute lesson on a skill pertinent to the climbing environment while we are in the field. To guide you in crafting an engaging and effective lesson, you will be expected to develop a Lesson Plan. The lesson plan is a structured and detailed tool for preparing a class and serves as a reminder of the most important concepts needing to be presented, as well as a guide to follow while making the presentation. Your lesson plan will serve as an outline, an effective way of organizing your teaching strategies. Creating an outline instead of a bulk of text that you then read from will make your presentation more natural and, almost always, more enjoyable for your audience.

Lesson Plan Format-

Materials Needed: Training aids are often an important component of getting the lesson across. They help to graphically and visually explain concepts. Examples include whiteboards, flipcharts, maps models, slides, photographs, videos and props. Props can serve as a reminder of the key points to cover, and as a visual stimulant for the visual learner.

Goal: What do you want your students to accomplish as a result of your lesson? The Goal describes the anticipated outcome, whether immediate or long-term.

Objectives: Objectives define specifically what you expect your students to be able to do after the class. Objectives need to be measurable and have observable outcomes. Examples:

- Discuss the importance of the attitude and behavior of the teacher.
- Discuss learning styles and the importance of knowing and understanding the audience.
- Discuss teaching methods that meet the needs of different learning styles.

Motivator: Serves as an introduction in which your participants learn what you intend to teach them and why it is important. You need to motivate them to become involved in your presentation. Motivators can be stories, analogies, anecdotes, facts and figures, jokes, quote –anything to *grab* the attention of your audience and “*hook ‘em*”.

Presentation: The Presentation is the actual body of the lesson, an outline of an organized progression. It needs to include the method(s) of teaching you have chosen to use.

The outdoor educator has numerous methods for effective and engaging teaching available to them to take full advantage of this opportunity:

- Lectures
- Demonstrations
- Activities
- Inquiry
- Teachable Moments
- Storytelling, Role Playing, Skits
- Learning Stations
- Debates
- Discussions

Conclusion: The Conclusion summarizes the key points of the lesson and gives closure to the class with an intentional invitation for the audience to incorporate what they’ve been exposed to into their lives.

IMPORTANT DATES *

Semester Class Begins.....	01/19/2016
Last day to add a class (without instructor permission):.....	01/24/2016
Last day to withdraw completely and receive a 100% refund:	01/31/2016
Last day to drop a course using SalukiNet:.....	04/03/2016
Last day to file diploma application (for name to appear in Commencement program):	02/12/2016
Final examinations:	05/09–05/13/2016

Note: For outreach, internet, and short course drop/add dates, visit Registrar's Academic webpage <http://registrar.siu.edu/>

SPRING SEMESTER HOLIDAYS

Martin Luther King, Jr.'s Birthday Holiday 01/18/2016

Spring Break 03/12—03/20/2016

WITHDRAWAL POLICY ~ Undergraduate only

Students who officially register for a session may not withdraw merely by the stopping of attendance. An official withdrawal form needs to be initiated by the student and processed by the University. For the proper procedures to follow when dropping courses and when withdrawing from the University, please visit <http://registrar.siu.edu/catalog/undergraduatecatalog.html>

INCOMPLETE POLICY~ Undergraduate only

An INC is assigned when, for reasons beyond their control, students engaged in passing work are unable to complete all class assignments. An INC must be changed to a completed grade within one semester following the term in which the course was taken, or *graduation*, whichever occurs first. Should the student fail to complete the course within the time period designated, that is, by no later than the end of the semester following the term in which the course was taken, or graduation, whichever occurs first, the incomplete will be converted to a grade of F and the grade will be computed in the student's grade point average. For more information please visit:

<http://registrar.siu.edu/grades/incomplete.html>

REPEAT POLICY

An undergraduate student may, for the purpose of raising a grade, enroll in a course for credit no more than two times (two total enrollments) unless otherwise noted in the course description. For students receiving a letter grade of A,B,C,D, or F, the course repetition must occur at Southern Illinois University Carbondale. Only the most recent (last) grade will be calculated in the overall GPA and count toward hours earned. See full policy at

<http://registrar.siu.edu/catalog/undergraduatecatalog.html>

GRADUATE POLICIES

Graduate policies often vary from Undergraduate policies. To view the applicable policies for graduate students, please visit

<http://gradschool.siu.edu/about-us/grad-catalog/index.html>

DISABILITY POLICY

Disability Support Services provides the required academic and programmatic support services to students with permanent and temporary disabilities. DSS provides centralized coordination and referral services. To utilize DSS services, students must come to the DSS to open cases. The process involves interviews, reviews of student-supplied documentation, and completion of Disability Accommodation Agreements.

<http://disabilityservices.siu.edu/>

PLAGIARISM

Student Conduct Code http://srr.siu.edu/student_conduct_code/

Guidelines for Faculty <http://pvcaa.siu.edu/common/documents/Plagiarism/Guide%20to%20Preventing%20Plagiarism.pdf>

MORRIS LIBRARY HOURS

<http://www.lib.siu.edu/about>

SAFETY AWARENESS FACTS AND EDUCATION

Title IX makes it clear that violence and harassment based on sex and gender is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, etc. If you or someone you know has been harassed or assaulted, you can find the appropriate resources here: <http://safe.siu.edu>

SALUKI CARES

The purpose of Saluki Cares is to develop, facilitate and coordinate a university-wide program of care and support for students in any type of distress—physical, emotional, financial, or personal. By working closely with faculty, staff, students and their families, SIU will continue to display a culture of care and demonstrate to our students and their families that they are an important part of the community. For information on Saluki Cares: (618) 453-5714, or siucares@siu.edu,

<http://salukicare.siu.edu/index.html>

EMERGENCY PROCEDURES

Southern Illinois University Carbondale is committed to providing a safe and healthy environment for study and work. We ask that you become familiar with the SIU **Emergency Response Plan** and **Building Emergency Response Team (BERT)** programs. Emergency response information is available on posters in buildings on campus, available on BERT's website at www.bert.siu.edu, Department of Safety's website at www.dps.siu.edu (disaster drop down) and the Emergency Response Guideline pamphlet. Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting your location. **It is important that you follow these instructions and stay with your instructor during an evacuation or sheltering emergency.**

INCLUSIVE EXCELLENCE

SIU contains people from all walks of life, from many different cultures and sub-cultures, and representing all strata of society, nationalities, ethnicities, lifestyles, and affiliations. Learning from and working with people who differ is an important part of education as well as an essential preparation for any career. For more information please visit: <http://www.inclusiveexcellence.siu.edu/>

LEARNING AND SUPPORT SERVICES

Help is within reach. Learning support services offers free tutoring on campus and math labs. To find more information please visit the Center for Learning and Support Services website:

Tutoring : <http://tutoring.siu.edu/>

Math Labs <http://math.siu.edu/courses/course-help.php>

WRITING CENTER

The Writing Center offers free tutoring services to all SIU students and faculty. To find a Center or Schedule an appointment please visit <http://write.siu.edu/>

AFFIRMATIVE ACTION & EQUAL OPPORTUNITY

Our office's main focus is to ensure that the university complies with federal and state equity policies and handles reporting and investigating of discrimination cases. For more information visit:

<http://diversity.siu.edu/#>

Additional Resources Available:

SALUKINET: <https://salukinet.siu.edu/cp/home/displaylogin>

ADVISEMENT: <http://advisement.siu.edu/>

PROVOST & VICE CHANCELLOR: <http://pvcaa.siu.edu/>

SIU ONLINE: <http://online.siu.edu/>