

# KIN 3300-010

## OUTDOOR FITNESS AND WELLNESS

### SUMMER 1 2022

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**Phone:** 325-486-6172

**Office:** CHP 103

**Office Hours:** by appointment

## Course Information

### Course Description

Discussion and practice of outdoor living techniques including backpacking, hiking, fishing, fly fishing, shooting, hunting, first aid, and environmental issues. Course will focus on trip planning from a backpacking perspective with the understanding that backpacking techniques will be used for all outdoor adventures. The primary focus of the course is on the idea that fitness achieved through outdoor activities is an important component of human health and wellness.

### Course Credits

3 credit hours

### Prerequisite and Co-requisite Courses

none

### Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the KIN 3300.

## Program Outcomes

Upon completion of the program of study for the KIN 3300, the graduate will be prepared to:

1. Understands equipment required for safe travel in the back country.
2. Recognizes the symptoms common in back country health concerns.
3. Understands contemporary environmental issues on public lands.
4. Demonstrates the skills required for proper trip planning.

## Student Learning Outcomes

<b>Student Learning Outcome</b> By completing all course requirements, students will be able to:	<b>Assignment(s) or activity(ies) validating outcome achievement:</b>	<b>Mapping to Program Outcomes</b>
Understands equipment required for safe travel in the back country.	Lectures	
Recognizes the symptoms common in back country health concerns.	Lectures	
Understands contemporary environmental issues on public lands	Reflection Paper on book of choice, class reading	
Demonstrates the skills required for proper trip planning	Outdoor activity and reflections, 3 day trip plan	

## Course Delivery

This is a face to face course.

## Required Texts and Materials

Harvey, M. (1999) *The National Outdoor Leadership School's Wilderness Guide: The Classic Handbook, Revised and Updated*. New York, NY: Fireside. ISBN 0684859092

## Selected List of Recommended Texts

Abbey, E. *Desert Solitaire*.

Graves, J. *Goodbye to a River* and *Hard Scrabble*

Leopold, A. *A Sand County Almanac*

Thoreau, HD. *Walden*

Krakauer, J. *Into Thin Air* and *Into the Wild*

Rolston, A. *Between a Rock and a Hard Place*

Simpson, J. *Touching the Void*  
 Bryson, B. *A Walk in the Woods*  
 Gilbert, E. *The Last American Man*  
 Carson, R. *Silent Spring*  
 Harrer, H. *The White Spider*  
 Maclean N, *A River Runs Through It*  
 Read PP, *Alive*  
 Peacock D, *Grizzly Years*  
 Davis S, *High Infatuation*  
 Strayed C, *Wild: From Lost to Found on the Pacific Crest Trail*

## Technology Requirements

To successfully complete this course, students need to have access to a computer of their own or ASU's computer lab.

## Communication

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

**Written communication via email:** All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

**Virtual communication:** Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

## Grading

## Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Class activities (reading, cooking, hiking, climbing, paddling)	30
3 Day Trip Plan	30
Reflection on Outdoor Book of Choice	20
3 reflections on cooking/outdoor activities	20
Total	100%

## Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 90.00-100 points

B = 80.00-89.99 points

C = 70.00-79.99 points

D = 60.00-69.99 points

F = 0-59.99 points (Grades are not rounded up)

## Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

## Assignment and Activity Descriptions

### Outdoor Activities and Reflections

Write 3 separate reflections papers on three of the activities we did this summer in class (cooking, kayaking, hiking, climbing). I would like for you to share your thoughts and feelings about what you experienced, learned, or gained from your involvement with this class. You may include things you liked doing, wish we did more of, or things you didn't like doing. Sometimes it helps to discuss the pre-conceived notions you may have had about an activity and then discuss whether or not the activity lived up to your expectations. Each paper should be about a page long, double-spaced, 12 point font. You will be graded on the clarity of your paper, spelling, and grammar.

### Backpacking Meal Challenge

For this assignment, you will find a meal online designed to be cooked and eaten while on a backpacking trip. This can include pre-made, dehydrated meals if you'd like to try one out. While cooking, limit yourself to cooking with one burner and one pot/pan as this is what is typically available on a backpacking trip. Keep in mind that some foods are extremely perishable and therefore not useful on a backpacking trip (tomatoes, bananas, raw meat, etc.). We will cook together as a group and sample each other's meals.

### **3 Day Trip Plan**

For 30% of your grade in this class, plan a 3 day backpacking trip for 3 (get in groups) people to a destination of your choosing. In this plan include a detailed estimate of your expenses in an excel spreadsheet format for travel, food, and park entry expenses (assume you already have a backpack, tent, sleeping bag, and stove). You must make a general meal plan or menu including water needs (for cooking, cleaning and drinking), how much fuel you will need, discuss goals of for your trip (what you want to do or see like fishing or peak bagging), include a detailed route plan of where you would like to travel and camp using a park map, develop a contingency plan for emergency situations (phones, GPS, Spot, alternate routes off of trail, etc.), finally include an equipment checklist for everything you will bring on the trip.

As a group, you will present your 3 day trip plan using a powerpoint slideshow format. Include all of the required information above and try to find some nice photographs of where you plan on visiting. Presentation should last about 5-10 minutes.

### **Reflection Paper on Outdoor Book/Movie**

After reading your book or watching your movie, write a 2-3 page review of what you thought about the writing style (or directing/cinematography), the information shared with the readers/viewers, what you think about the personality of the main characters in the book/movie, and/or anything else you feel is important or relevant. Please discuss your thoughts and feelings about the book/movie, environmental protection, government influence on land use, and wilderness preservation. Your paper should be formatted like a typical essay with an opening paragraph, several paragraphs in the body, and a closing paragraph. You will be graded on clarity of content, structure, spelling, and grammar. Your paper should be typed in a 12-point font and double-spaced. **Plagiarism will result in a grade of 0 and will absolutely not be tolerated.** Submit your paper via the TurnItIn submission link in Blackboard.

## Late Work or Missed Assignments Policy

- A. All assignments are due at the beginning of the class on the due date. For students not turning in an assignment a grade of zero (0) will be recorded.
- B. Prior arrangements must be made with the instructor if an absence from an exam or presentation is unavoidable. In the event that an exam is missed, an alternate form of the test will be given to the student. The student has **one week** from the original test date to contact the instructor to arrange a make-up test. If no contact is made by the student within one week, the grade will be recorded as a zero (0).
- C. The student is responsible for all work and is encouraged to have a contact within the class. Students are encouraged to set up an appointment to meet with the instructor for additional information as needed.

## General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

## Student Responsibility and Attendance

Students are expected to attend all scheduled class meetings. Chronic failure to attend class **will** affect your final grade in this class.

## Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).<sup>3</sup>

## Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for

reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at [ADA@angelo.edu](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
[dallas.swafford@angelo.edu](mailto:dallas.swafford@angelo.edu)  
Houston Harte University Center, Room 112

## **Incomplete Grade Policy**

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)<sup>5</sup> for more information.

## **Plagiarism**

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>6</sup> in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).<sup>7</sup>

## **Student Absence for Observance of Religious Holy Days**

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)<sup>8</sup> for more information.

## **Copyright Policy**

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

## **Syllabus Changes**

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

## **Title IX at Angelo State University**

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.boone@angelo.edu](mailto:michelle.boone@angelo.edu)

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-*



942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

## Course Schedule

6/6 – Course Introduction / Discussion

6/7 – Expedition Planning - NOLS Ch. 2

6/8 - Equipment and Clothing - NOLS Ch. 3 and 4

6/9 – Disc Golf on Campus

6/10 – Work on 3 day trip plan or Book/Movie Review

6/13 – Camping Technique – NOLS Ch. 5

6/14 - Travel Technique – NOLS Ch. 6

6/15 – Read/Discuss Edward Abbey Chapter

6/16 – **Backpacker meal challenge**

6/17 – Work on 3 day trip plan or Book/Movie Review

6/20 - Leadership and Maps and Compasses – NOLS Ch. 7 and 8

6/21– Emergency Procedures, Weather, and First Aid – NOLS Ch. 9 and 10

6/22– Day Hike at San Angelo State Park – Meet at south gate at 8 am

6/23 – ASU lake house

6/24 – Work on papers

6/27 – Hunting and Shooting

6/28 – Climbing basics – Equipment, knots, belay overview

6/29 – **Belay Instruction in Climbing Gym**

6/30 – **Climbing in Climbing Gym**

7/1 –Work on 3-day trip plan/presentation

7/4 – July 4th Holiday

7/5 – Shooting Range...maybe

7/6 - **3 Day Trip Plan and Presentations Due**

7/7- **Finish Presentations - Must be present**

7/8 - Finals – Turn in your **Outdoor Book Review Paper and Cooking/Activities Reflection Papers**

## Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

Select the SLO's you use

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
3. Acquiring skills in working with others as a member of a team
4. Learning how to find, evaluate, and use resources to explore a topic in depth
5. Learning to apply knowledge and skills to benefit others or serve the public good

## End of Syllabus

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<sup>1</sup> <https://www.angelo.edu/student-handbook/>

<sup>2</sup> <https://www.angelo.edu/catalogs/>

<sup>3</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>4</sup> <https://www.angelo.edu/services/disability-services/>

<sup>5</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>6</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>7</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

<sup>8</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>