COURSE SYLLABUS
Southeast Missouri State University

Department of: Health, Human Performance and Recreation
Title of Course: Outdoor Adventure Skills
Course No: RC 151
New: Spring 2008

Department Approved: April 9, 2008
College Council Approved: May 7, 2008

I. Catalog Description and Credit Hours:
   Introduction to the basics in outdoor adventure skills; emphasis on rock climbing, mountain biking and canoeing/kayaking. (3 credit hours)

II. Prerequisites: None

III. Course Objectives:
   A. Identify and demonstrate proper techniques for rock climbing, mountain biking, and canoeing/kayaking.
   B. Identify current equipment for rock climbing, mountain biking, and canoeing/kayaking and discuss the importance of proper fit and safety.
   C. Identify hazards in rock climbing, mountain biking, and canoeing/kayaking and safety measure to prevent accidents, and emergency procedures in case of accident.

IV. Expectations of Students:
   A. Students will participate in all class meetings and are expected to have completed pertinent assignments prior to class meetings
   B. Students will be expected to fully participate in experiential laboratory and out-of-class experiences as described by the course outline at the beginning of the semester.
   C. Students will achieve satisfactory grades on tests, reports, journals, class activities, and other assignments.

V. Course Content: Hours
   A. Rock Climbing Skills: 13
      1. Equipment
      2. Knot Tying
      3. Commands
      4. Climbing Techniques
      5. Belaying
      6. Gym & Sport Climbing
      7. Outdoor Climbing Skills & Techniques
      8. Lead Climbing (Sport & Traditional)
   B. Mountain Biking Skills: 13
      1. Intro to Equipment
      2. Parts of the Bike
      3. Basic riding skills- obstacles, climbing, and downhill
      4. Advanced riding skills
C. Canoeing/Kayaking Skills:  
   1. Intro to Equipment  
   2. Basic Paddle Strokes  
   3. Flat-water paddling skills  
   4. Whitewater paddling skills  
   5. Rescue techniques  
D. Equipment selection and Maintenance  
E. Safety and Hazards  

Total Hours: 45

VI. Textbooks:  

VII. Student Evaluation  
   A. Papers 20%  
   B. Quizzes and Exams 20%  
   D. Skills Assessment 60%  
   100%