

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: AVS 221 Challenge Course Facilitation

COURSE DESCRIPTION:

A comprehensive course designed to prepare students with the experiential, technical, and leadership skills fundamental to planning and leading educational, therapeutic, and recreational programs on a challenge course. This course provides a comprehensive understanding of challenge course programming, including instructional methodologies, curriculum and instruction considerations, lesson planning, group dynamics, equipment use, experiential learning cycle, Full Value Contracting, and Challenge by Choice. This course will emphasize leadership considerations, risk mitigation and safety management, needs assessment, and evaluation of adventure-based programming on a challenge course. Students will be trained in all facets of facility-based adventure programs, preparing them to lead programs the ACC challenge course. Emphasis will be placed on the standards identified by the Association for Challenge Course Technology.

PREREQUISITE: HED 108, PED 162

CREDIT HOURS: Lecture: 2 hr. Lab: 3 hr. Credit: 3 hr.

COURSE OBJECTIVE: Students will:

1. evaluate experiential theory, leadership theory and instructional methodology
2. articulate and demonstrate accreditation and challenge course standards
3. evaluate assessment and evaluation tools for effectiveness
4. design, implement, lead and evaluate programs on the challenge course
5. evaluate risk management policy, plans, and procedures
6. evaluate the challenge course planning process
7. demonstrate advanced competencies in challenge course facilitation
8. perform safety and emergency procedures
9. assess needs and evaluate effectiveness
10. demonstrate effective use of equipment and technology
11. assess challenge course construction and safety through inspections

COURSE TEXTS:

Rohnke, Karl, et al.. The Complete Ropes Course Manual. Dubuque, IA: Kendall/Hunt. 1997.

Webster, Steven, E. Ropes Course Safety Manual: An Instructor's Guide to Initiatives and Low and High Elements. Dubuque, IA: Kendall/Hunt. 1989.

The Association for Challenge Course Technology. Challenge Course Standards. Purcellville, VA: ACCT. 2005.

COURSE CONTENT:

- I. Effective Leadership and Instruction Requirements
 - A. Core Competencies

- B. Non-Adventure Competencies
- II. Foundations of Adventure Learning
 - A. Learning Theories
 1. Behavioral
 2. Cognitive
 3. Experiential
 4. Kinesthetic
 - B. Instructional Methodologies
 - C. Experiential Thinking and Academic Disciplines
 1. Outdoor Education
 2. Adventure Education
 3. Expeditionary Learning
 4. Experiential Education
 5. Recreation
- III. Group Development and Dynamics
 - A. Stages of Group Development
 - B. Affects of Group Dynamics
 - C. GRABBS Modality
- IV. Group Conflict
 - A. Contributing Factors
 - B. Resolution Techniques
- V. Effective and Ineffective Groups
 - A. Characteristics
 - B. Analysis
- VI. Challenge Course Environments, Activities, and Risk Management
 - A. Risk
 1. Risk Mitigation and Safety Management
 - B. Liability
 1. Standard of Care
 2. Negligence
 3. Litigation
 - C. Policy and Protocol
 1. Standards of Practice
 2. Standard Operating Procedures
 3. ACCT
 4. AEE
- VII. Adventure Leadership
 - A. Cultural Foundations
 - B. Historical Foundations
 - C. Technical, Safety, and Environmental
 - D. Instructional and Organizational
- VIII. Expeditionary Leadership
 - A. Responsibility
 1. Skills
 2. Equipment Limitations
 3. Environmental Elements
 - B. Judgment and Decisions
 1. Problems, Options, Solutions, Plan
 - C. Hypothermia and Hyperthermia
 1. Differences, precautions, treatment.
- IX. The environment
 - A. Minimum impact techniques.

- B. Erosion problems associated with regularly used sites.
- X. History, Types, and Elements of the Challenge Course
- XI. Low Elements
 - A. Philosophy
 - B. Operation
 - C. Standards
 - D. Facilitation
 - E. Instructional Techniques
 - F. Debriefing
- XII. High Elements
 - A. Philosophy
 - B. Operation
 - C. Standards
 - D. Facilitation
 - E. Instructional Techniques
 - F. Debriefing
 - G. Equipment
- XIII. Challenge Course Technology
- XIV. Challenge Course Design, Installation, and Repair
- XV. Challenge Course Inspection
- XVI. Belay School, Safety Talk, Dynamic Rescue Techniques, and Belay Escapes
- XVII. Set Up and Breakdown Procedures
- XVIII. Safety and Leadership Considerations
- XIX. Administrative Tasks

ADDITIONAL RESOURCES:

Butler, Steve and Rohnke, Karl. QuickSilver: Adventure Games, Initiative Problems, Trust Activities and a Guide to Effective Leadership. Dubuque, IA: Kendall/Hunt. 1995.

Cain, J. and Jolliff, B. Teamwork and Team Play. Dubuque, IA: Kendall/Hunt. 1998.

Rohnke, Karl Silver Bullets: A Guide to Initiative Problems, Adventure Games, Stunts, and Trust Activities. Dubuque, IA: Kendall/Hunt. 1984.

Rohnke, Karl. Cowtails and Cobras II: A Guide to Games, Initiatives, Ropes Courses and Adventure Curriculum. Dubuque, IA: Kendall/Hunt. 1989.

ADDITIONAL INFORMATION:

With or without reasonable accommodation, all students must be able to:

- Navigate difficult and varying terrain in the mountain, aquatic, challenge course, and alpine environments.
- Lift and carry heavy loads that often exceed 50lbs. over difficult and strenuous terrain.
- Walk, paddle, climb, and hike long distances carrying substantial weight.
- Assist in rescue efforts which may include lifting, climbing and carrying substantial weight over difficult and varying terrain.

Under Section 504 of the Rehabilitation Act of 1973, a post-secondary student with a disability who is in need of academic accommodations or auxiliary aids is required to

notify the College of the nature of the disability and to provide appropriate documentation which supports the request for reasonable accommodations or auxiliary aids.

Individuals who would like to self-identify with a disability (and have not already) or think they may have a disability and want to request accommodations should contact the Office of Accessibility Services directly in Warren Hall, or call 743-2282 / (TTY) 743-2323 for an appointment.