

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: PED 152 Challenge Course I

COURSE DESCRIPTION:

An introduction to group initiatives and high and low elements on the ACC Challenge Course, this course is designed to introduce students to the foundations of Challenge Course leadership. Emphasis will be placed on fostering personal and group development, teamwork, leadership, communication and problem solving skills by reaching beyond perceived limitations.

PREREQUISITE: None

CREDIT HOURS: Lecture: 1 hr. Lab: 1 hr. Credit: 1 hr.

COURSE OBJECTIVE: Students will:

1. assess the skills necessary to be a productive member of a learning team
2. demonstrate the ability to think critically, identify problems, and provide solutions in a group setting
3. analyze interpersonal communication
4. differentiate strategies for goal setting and problem solving as an individual and as part of a collective
5. demonstrate the ability to manage information
6. identify perceived physical and emotional limits and innate potential
7. develop a kinesthetic awareness of challenge course activities and techniques
8. interpret the environment and apply environmental ethics
9. demonstrate the use of equipment and technology
10. understand thermoregulation, physiology, and nutrition in the challenge course environment

COURSE TEXTS:

Course Packets

COURSE CONTENT:

- I. Introduction
 - A. Risk Mitigation and Safety Management
 - B. History
 - C. Challenge Course characteristics and design
- II. Challenge By Choice
- III. Full Value Contract
- IV. Equipment
 - A. Props
 - B. Elements
 - C. Climbing
- V. Thermoregulation, physiology, and nutrition in the challenge course environment
- VI. Safety Considerations
 - A. Spotting and Lifting
 - B. Knots

- VII. Belay School
 - A. Helmets
 - B. Harness
 - C. Ropes
 - D. Hardware
- VIII. Awareness of Others
- IX. Communication Skills
- X. Cooperation
- XI. Decision Making
- XII. Leadership Skills
- XIII. Goal-Setting
- XIV. Effective Problem Solving
- XV. Motivation
- XVI. Healthy Risk Taking
- XVII. Problem Solving
- XVIII. Social Competence
- XIX. Time Management
- XX. Trust and Encouragement
- XXI. Review, Reflection, and Assessment
 - A. Safety Considerations
 - B. Service Learning Project
 - C. Environmental Stewardship

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

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

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

Webster, Steven, E. Ropes Course Safety Manual: An Instructor's Guide to Initiatives and Low and High Elements. 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.