

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: PED 162 Challenge Course II

COURSE DESCRIPTION:

An introduction to the foundations of adventure based programs on a Challenge Course, this course will prepare students to lead adventure programs on a challenge course. Emphasis will be placed on adventure programming basics, philosophy, and theory including Challenge by Choice, Full Value Contract, Experiential Learning Cycle, guidelines for goal setting, and the adventure group process. Students will be exposed to a wide range of activities, sequencing activities for a variety of audiences, debriefing and processing skills, adventure counseling skills, and assessment tools.

PREREQUISITE: PED 152 or Instructor Permission

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

COURSE OBJECTIVE: Students will:

1. articulate the role and content of adventure based programs and activities
2. demonstrate a basic ability to organize and conduct adventure based programs and services
3. demonstrate the ability to formulate and evaluate goals and objectives
4. analyze various leadership techniques and strategies
5. differentiate strategies for goal setting and problem solving as an individual and as part of a collective
6. demonstrate the ability to manage group dynamics
7. formulate the principals and procedures for designing adventure based programs
8. assess and evaluate best practice, current research, and standards of operation
9. demonstrate safety procedures
10. demonstrate the use and care of equipment and technology

COURSE TEXTS:

Course Packet

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

COURSE CONTENT:

- I. Introduction
 - A. Risk Mitigation and Safety Management
 - B. History
 - C. Challenge Course characteristics and design
 - D. Risk Management
- II. Philosophy
 - A. Challenge By Choice
 - B. Full Value Contract

- III. Theories and Models
 - A. Experiential Cycle
 - B. Experiential Learning Wave
 - C. Adventure Based Counseling
- IV. Instructional Methodologies
- V. Standards of Operation
- VI. Standards of Practice
- VII. Accessibility
- VIII. Populations
- IX. The Planning Process
- X. GRABBS Modality
- XI. Sequencing
- XII. Group Dynamics
- XIII. Group Management
- XIV. Group Processing
- XV. Sequencing
- XVI. The Implementation Process
- XVII. Leadership Considerations
- XVIII. Leadership Theory
- XIX. Belay School
- XX. Equipment
- XXI. Safety Considerations
- XXII. Belay School
- XXIII. 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, 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.