

MAYVILLE STATE UNIVERSITY
DIVISION OF
HEALTH, PHYSICAL EDUCATION & ATHLETICS
COURSE SYLLABI

COURSE NUMBER: HPER 130

SEMESTER: Spring 2018

HOURS OF CREDIT: 1

PHONE: (W) 788-5202

OFFICE HOURS: Office in FH 136, hours are posted on door

COURSE TITLE: Outdoor Pursuits

INSTRUCTOR: Ashley Nelson

TIME: TH 12:00-1:45 pm

E-MAIL: Ashley.n.nelson.2@mayvillestate.edu

COURSE DESCRIPTION:

A course that combines the skills used when participating in outdoor activities such as any of the following: Cross-country skiing, Snowshoeing, Broomball, Hiking, Archery, Orienteering, and Geocaching, as well as others. This course will be divided up to allow for a minimum of three activities to be covered. Students in this class will be introduced to teaching methodology for each of the activities.

PURPOSE OF THE COURSE:

Participants will learn how to do and peer-teach a variety of outdoor education activities designed for all age students. The participants will understand how these activities will be tied to the National PE standards. The use of heart rate monitors, pedometers and GPS units will allow the students to become familiar with these discipline specific forms of technology.

TEXT: Bunting, Camille J., Interdisciplinary Teaching Through Outdoor Education, Copyright 2006, Human Kinetics-not required

COURSE OBJECTIVES: (Including references to INTASC Standards applicable to your course)

The course activities, experiences, and sequence are intended to provide opportunities for class members to accomplish the following:

The student will:

1. Learn, understand and demonstrate the benefits of outdoor activities as a lifelong physical activity and as a contributing factor to increased cardiovascular endurance and muscular endurance. (1,9)
2. Identify safety rules and state the importance of hydration.(1,9)
3. Develop a basic understanding, terminology, equipment and techniques of several outdoor activities.(1,9)
4. Identify proper clothing to be worn during the activities.(1,9)

STUDENT LEARNING OUTCOMES (SLO).

SLO #1: P.E. majors will know and apply discipline-specific scientific, technological, and theoretical concepts critical to the development of physically educated individuals.

SLO #2: P.E. majors will be physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health enhancing fitness as delineated in the NASPE K-12 Standards.

SLO #5: Utilize assessments and reflection to foster student learning and inform instructional decisions.

DIVERSITY OBJECTIVES:

Understand cultural self-awareness and worldviews as they relate to teaching and learning decisions.

Demonstrate actions consistent with the belief that all students are valued and can learn.

INSTRUCTIONAL STRATEGIES

- Cooperative Learning Activities
- Class Discussions
- Micro-Teaching
- Written and Oral Communication Tasks

LEARNING EXPERIENCES

Through the following teaching experiences and special projects you will get a great deal of hands on work with your professional training as a teacher.

1. Attend class. Please notify the professor prior to any absence.
2. Participate actively in cooperative learning activities and class discussion
3. Teach physical education activities to your peers.
4. Appreciate the beauty of the outdoors.
5. Incorporate technology into a physical education class by using a GPS.

PROJECTS AND EVALUATION:

Assessment will be based on class participation, teacher observation of skill development, and the use of written tests for basic knowledge.

A. Class requirements:

1. Participate in ALL class meetings
2. Dress **appropriately** for each class/activity

B. Evaluation:

Final grades are determined on a point basis as follows:

Class participation & assignments.....	300	A = 90-100%
Tests – Quizzes and Unit tests	<u>100</u>	B = 83-89%
TOTAL.....	400	C = 75-82%
		D = 65-74%
		F = below 65%

Final Exam (class): Please see Spring 2018 Exam Schedule.

Assumption of Risk: There are many special benefits from the activities being offered to students by the HPER division. Within the activities it must be understood that there are dangers that may lead to injury to students. Therefore, the purpose of this section is to make all students aware that dangers do exist and that participation is done with the understanding that risks are involved. It is further understood that students must share in the responsibility for their own safety and the safety of others.

FOR YOUR INFORMATION

SLO's for all majors can be found on Moodle under **MSU Academic Student Learning Outcomes**.

The **INTASC Standards** adopted for the Reflective-Experiential Model for Early Childhood Education, Elementary Education and Secondary Educations can be found on the Moodle page under **Accreditation**.

The following important student information can be found on the Moodle page under “Important Student Information” link:

- English Proficiency and Other academic Concerns
- Students with Disabilities
- Academic honesty
- Emergency Notification
- Continuity of Academic Instruction for a Pandemic or Emergency
- Family Educational rights and Privacy Act of 1974 (FERPA)