

MAYVILLE STATE UNIVERSITY

Fall Outdoor Pursuits, HPER 131

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Fall, 2018

Instructor Name and Contact Information: FH 130, alex.herman.2@mayvillestate.edu

Hours of Availability: Hours are posted on office door. **Schedule an appointment for certain time.

Learning Management System (LMS) used for this Course: Moodle

Instruction Mode: On-campus face-to-face

Time Zone: All times indicated throughout this syllabus reflect Central Time (CT)

How to address your instructor: Coach Al or Mr. Herman will both work with me.

Meeting Times and Location: Tuesday, 12:00-1:45

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.

Course Objectives

Students will be able to: (INTASC 4,5)

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)

Program Student Learning Outcomes (SLOs) Addressed in This Course

Health Education, B.S.Ed.

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.

The Academic Program Student Learning Outcomes document can be found in your course shell. It contains all learning outcomes pertaining to Essential Studies courses and all majors and minors. The document has an index so you can quickly find the degree you are pursuing.

Course Improvements Based on Most Recent Assessment Findings

This course will be assessed in the future and the findings will be reported in this syllabus.

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

Expectations/Protocols

Attending class and actively participating with others is a must in this course. If you are going to be gone, communicate with me as soon as possible.

Instructor/Student Communication

Please contact me whenever needed regarding attendance or general questions/concerns. Email will be the best means of communication, this will be how I will communicate if there comes a time when I will be absent from class as well. If you email me between the hours of 7:00 am and 7:00 pm, you can expect a timely response. Any email after 7:00 pm, I will reply as soon as I see it the next morning.

Students are accountable for all academic communications sent to their Mayville State University e-mail address.

Method of Evaluation/Grading

(Grades are based on total points)

1. Attendance - you are expected to be in class every day. Please notify the professor prior to your absence.
2. Active participation in cooperative learning activities and class discussions
3. You receive 5 points for being on time and active in class. If you are late or not active you will lose points.

Grading Scale:

A = 90%

B = 80%

C = 70%

D = 60%

F = below 60%

Important Student Information

In the course shell, you will find a document entitled, "Important Student Information," which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement

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.