

Wayne State University
College of Education

Division	Kinesiology, Health, and Sport Studies
Program Area	Kinesiology Pedagogy
Course	KIN 3630 Fitness and Adventure Education KIN 6630 Advanced Fitness and Adventure Education
Course Credit	3 hours
Term/Year	Spring 2014
Course Location	Matthaei 110 (gym) & 128 (dance studio)
Time/Day	Tuesdays & Thursdays 5:00 – 8:00 pm
Instructor	Dr. Ryan E. Lazar
Office	261 Matthaei
Office Hours	Tuesdays & Thursdays 4:00 – 5:00 PM; Or by appointment
Telephone	(313) 577-4249
Email	drlazar@wayne.edu

Course Description This course introduces students to adventure and fitness education K-12. Adventure content will include initiatives, trust activities, and challenges at the elementary level, and larger, more sophisticated activities such as rock climbing, hiking, and orienteering at the secondary level. This course also covers fitness education including fitness concept instruction and activity instruction (i.e., aerobics, yoga, jumping rope, etc.).

Course Objectives Upon completion of the course, students will be able to:

- Demonstrate insights into how children learn and develop fitness and adventure skills.
- Demonstrate an understanding of developmentally appropriate physical education experiences designed to improve physical fitness of elementary and secondary students.
- Demonstrate an understanding of fitness education and health-related fitness components.
- Demonstrate an understanding of adventure education.
- Demonstrate the ability to assess students' progress in learning fitness concepts, developing fitness levels, and learning adventure concepts.
- Demonstrate the ability to adapt teaching situations to best meet the needs of all learners (Differentiated Instruction)
- Demonstrate the ability to provide appropriate learning cues, sufficient prompts, and task-specific feedback.

- Required Text**
- Corbin, C.B., & Lindsey, R. (2005). *Fitness for life* (5th ed.). Champaign, IL: Human Kinetics.
 - Panicucci, J. (2002). *Adventure curriculum for physical education: Elementary school*. Beverly, MA: Project Adventure, Inc.
 - Panicucci, J. (2002). *Adventure curriculum for physical education: Middle school*. Beverly, MA: Project Adventure, Inc.
 - Panicucci, J. (2002). *Adventure curriculum for physical education: High school*. Beverly, MA: Project Adventure, Inc.
 - **Note: Additional readings will be posted on Blackboard and/or handed out in class.**

Assignments/Points	Assignments	Points
	Reading Quizzes (via Blackboard)	80 (10 each)
	Reflection Paper (High Ropes Day)	100
	Peer Teaching (2)	100 (50 each)
	Peer Teaching Reflection (2)	20 (10 each)
	Lesson Plans (4)	200 (50 each)
	Exams (2)	100 (50 each)
	Attendance at Walled Lake Outdoor Education Center	Pass/Fail
	Undergraduate TOTAL Points	600
Additional Graduate Assignment	Graduate Research Paper	100
	Graduate TOTAL Points	700

Course Schedule See attached.

Course Grading for Undergraduate Students	A = 93 – 100%	B- = 80-82%	D+ = 67-69%
	A- = 90-92%	C+ = 77-79%	D = 64-66%
	B+ = 87-89%	C = 73-76%	D- = 60-63%
	B = 83-86%	C- = 70-72%	F = 59% or below

Course Grading for Graduate Students	A = 93 – 100%	B- = 80-82%
	A- = 90-92%	C+ = 77-79%
	B+ = 87-89%	C = 73%-76%
	B = 83-86%	F = 72% or below

Class Policies

1. As an undergraduate/graduate student, it is expected that you are dedicated to your own professional development and, as such, you will maintain a high standard of integrity and personal responsibility.
2. You are expected to attend all class sessions, be on time to class sessions, be courteous and respectful while participating in class sessions, and be present for the duration of each class session. Failure to meet such expectations will be reflected in your grade.
3. **You are allowed one pre-arranged absence during the semester. Any other absences will result in a 10% deduction of your final grade.** Arriving late or leaving early will be considered a partial absence. Three partial absences equal one full absence.
4. Professional attire is expected. Most class sessions will involve physical activity. Please dress in comfortable clothing that permits movement including athletic-style shoes. Hats, jog bras without a cover shirt, cut-off shirts, and articles of clothing that do not exemplify professionalism are not permitted.
5. Inappropriate behaviors during class, including talking out of turn, being disrespectful to others, using laptops, reading, cell phone/pager interruptions, will not be tolerated. If you are asked to leave, it is expected that you will do so without further interruption of the class.
6. Assigned readings must be completed prior to each class session.
7. The schedule for the semester is tentative. It is expected that you be prepared for what is planned; and be flexible if changes to the schedule are required.
8. **All assignments are due on the due date in class (hard copy) and will NOT be accepted via email.**
 - There will be a 20% deduction each day an assignment is turned in late. For example, if a 100-point assignment is due on Thursday and is turned in on Friday, the most that can be earned becomes 80 points.
9. All assignments must be typed and stapled together, identify your name, the course number, and the assignment title.
10. The syllabus, notes, and announcements will be posted on Blackboard. In addition, I will email individuals as well as the whole class to communicate important information using Blackboard. As such, you must activate your WSU access and maintain your WSU email account (Blackboard emails go to your Wayne State University email account). You may forward your WSU email to another account, but you must be able to communicate via email for this course.

Plagiarism

Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. If you're in doubt about the use of a source, cite it. **Students caught plagiarizing information from other sources will receive a failing grade in the course.** University policy states that students can be subject to multiple sanctions, from reprimand to expulsion as a consequence of academic dishonesty. To enforce this policy, all outside references must be submitted with assignments.

**Enrollment/
Withdrawal Policy**

Beginning in Fall 2011, students must add classes no later than the end of the first week of classes. This includes online classes. Students may continue to drop classes (with full tuition cancellation) through the first two weeks of the term. Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.

- WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested
- WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested
- WN will be awarded if no materials have been submitted, and so there is no basis for a grade

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved. Beginning in Fall 2011, the last day to withdraw will be at the end of the 10th full week of classes. The withdrawal date for courses longer or shorter than the full 15-week terms will be adjusted proportionately.

**Attention Students
With Disabilities**

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-577-3365 (TDD only). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services' mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

**Religious
Observances Policy**

Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

3630/6630 Tentative Course Schedule (2014)

Date	Content Covered	Readings Covered	Assignments Due
5/6	<ul style="list-style-type: none"> • Introductions, Syllabus, Assignments • Introduction to lesson objectives & assessments • Introduction to Adventure Education 		
5/8	<ul style="list-style-type: none"> • Adventure Initiatives (Elementary) • Initiatives (Middle School) • Initiatives (High School) 	-P.A. High School book Pgs 1-19 -P.A. Elementary School book pages 15-19	Blackboard quiz due by 4:30 pm
5/13	<ul style="list-style-type: none"> • Rock Climbing @ WSU Recreation & Fitness Center (RFC) 	Adventure Article #1: <i>Climbing Mt Everest</i>	Blackboard quiz due by 4:30 pm
5/15	<ul style="list-style-type: none"> • Kayaking @ WSU Matthaei Pool (Remember to bring Swim Suit) 		Lesson plan #1 = elementary
SAT. 5/17	High Ropes Course @ Walled Lake Outdoor Education Center 10:00 AM – 1:00 PM – Please remember to bring water & sports drinks, sunscreen, bug spray, etc.		
5/20	<ul style="list-style-type: none"> • Orienteering/Camping/Cooking 	Adventure Article #2: <i>Walking our talk</i>	Blackboard quiz due by 4:30 pm
5/22	<ul style="list-style-type: none"> • Hiking Activities @ Maybury State Park <i>(You will need a State Park pass 'P' on license plate or pay for the day pass)</i> 	Adventure Article #3: <i>Two PE teachers- Project Adventure</i>	Blackboard quiz due by 4:30 pm High Ropes Reflection paper
5/27	<ul style="list-style-type: none"> • Small Group Peer Teaching - Adventure Initiatives 		Lesson plan #2 = secondary
5/29	<ul style="list-style-type: none"> • Exam #1 		Peer teaching reflection
6/3	<ul style="list-style-type: none"> • Zumba • BOSU • Piloxing 	F.F.L Ch. 1-5	Blackboard quiz due by 4:30 pm
6/5	<ul style="list-style-type: none"> • Fitness Activities and Games • Fitness Stations • Jump Rope (w/Technology) 	F.F.L Ch.6-10	Blackboard quiz due by 4:30 pm
6/10	<ul style="list-style-type: none"> • Yoga and Pilates • Lifetime Fitness Discussion • Fitness Testing 	-F.F.L. Ch. 11-12 -Fitness Article	Blackboard quiz due by 4:30 pm Lesson plan #3 = elementary
6/12	<ul style="list-style-type: none"> • Bodyweight Gymnastics • Weight Training/Functional Fitness/Resistance Bands • Cross Fit 	F.F.L. Ch. 17-18	Blackboard quiz due by 4:30 pm Graduate Paper
6/17	<ul style="list-style-type: none"> • Small Group Peer Teaching - Fitness 		Lesson plan #4 = secondary
6/19	<ul style="list-style-type: none"> • Exam #2 		Peer teacher reflection
6/24	Final Exam Day (if needed)		

Student Information Sheet

Please circle the appropriate response for the following statement.

I am currently completing my studies as a:

Physical Education Major

Physical Education Minor

My advisor is: _____

Please print the following information:

Name _____

Non WSU Email _____

Phone Numbers Home: () _____

Cell: () _____

Major Teaching Area _____

Minor Teaching Area _____

What other information do you feel I need to be aware of?

Student Agreement

I have received a copy of the course syllabus for KIN 3630/6630 and understand all aspects described in the syllabus.

Signature: _____

Date: _____

Witness: _____

Date: _____