

**Course Code & No. - Section:** PHED/ODAL 153- Section 1  
**Course Title (Credits):** Challenge Course Experience (1)  
**Term & Year:** Fall / 2015  
**Course Ref. No. (CRN):** 80015

**Instructor:** Dr. Mike Selby  
**Phone(s):** 775-849-3393 office  
**Email:** mike@projectdiscovery.com  
**Office:** Off campus  
**Office Hours:** By appointment only

**Class Meeting Time:** Friday (10/23) 4- 6 pm, TCES 106; Sat/Sun (10/24 & 25)  
8:00 a.m. to 5:00 p.m.

**Location:** Mt. Rose Leadership Challenge Course at Sky Tavern

**Fees:** \$50

**Prerequisites** (from Catalog): NONE

**Corequisites** (from Catalog): NONE

### **Course Description**

This is an introduction to challenge courses both as a participant and as a facilitator. This is the first component of the 2 unit 40 hour certificate course. It is designed to introduce students to the concepts and best practices of the Challenge Course industry and adventure based learning. Students will learn about facilitation of challenge course experiences in five major areas including: 1) the soft skills of facilitation; 2) risk management; 3) technical rope and climbing skills including self-belay; 4) rescue training, and; 5) understand the experiential learning cycle (frame, experience, debrief). This course takes place entirely in the field.

### **Student Outcomes**

Upon successful completion of this course, a student will be able to:

1. Understand the experiential learning cycle.
2. Apply technical skills to a challenge course environment.

### **Methods of Assessing Student Outcomes**

Student outcomes will be assessed using the following:

1. Class Participation
2. Oral presentations
3. Skills demonstrations
4. Paired/group activities
5. Peer feedback

### **Instructional Strategies**

E.g.: This class will utilize the experiential teaching approach through inquiry learning, case studies, paired/group activities, peer feedback and independent research. The course text will provide a framework for the course. Flexibility and adaptability are central to success in an outdoor setting and in this class as well.

---

**Required Texts and Materials**

- Challenge Course Training Manual
- Independent research

**Attendance**

Students are expected to attend all classes and to be on time. Please notify me in advance if you will be absent. Since the course is conducted on only two days, students must attend both days in order to receive credit for the course.

**Class Requirements**

Please turn off cell phones and laptops while in class session.

Due to the experiential nature of this class, students are asked to **experience** all course material including discussions, problem-solving, physical activities and the exchange of feedback. Sensitivity and attentiveness toward each group member's experience and the group's progress as a whole will be the responsibility of each group member.

**Consequences for Violating the Faculty/Student Honor Code:**

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC catalog. Faculty are responsible for presenting the Honor Code and consequences for violating it to students at the start of their classes and for reporting all incidences of academic dishonesty to the provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM, and FABRICATION and refraining from these and other forms of academic dishonesty. Violations of the honor code become part of a student academic record.

**SNC'S DISCIPLINARY SANCTIONS FOR HONOR CODE VIOLATIONS:**

- 1<sup>st</sup> Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 2<sup>nd</sup> Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 3<sup>rd</sup> Offense: Student is expelled.

**Grading Policy**

Students' grades will be determined as follows:

- Class/Field Participation: 100 (50 pts for each class)
- On-site experiential examination 100 points

Total points: 200 pts

**Academic Accommodations:** In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314

---

x7534, [hconover@sierranevada.edu](mailto:hconover@sierranevada.edu) or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

### Class Schedule

<i>Date</i>	<i>Class Plan</i>	<i>Assignments</i>
10/23	<ul style="list-style-type: none"><li>• Welcome and Introductions</li></ul>	<ul style="list-style-type: none"><li>• Practice your new skills for your final field exam!</li></ul>
10/24	<ul style="list-style-type: none"><li>• Facilitation</li></ul>	
-	<ul style="list-style-type: none"><li>• Risk Management</li></ul>	
10/25	<ul style="list-style-type: none"><li>• Technical rope and climbing skills</li><li>• Rescue Training</li><li>• Experiential Learning cycle</li></ul>	<ul style="list-style-type: none"><li>• Happy adventuring!</li></ul>

*Please note that the schedule of class topics and assignments are subject to change. As outdoor enthusiasts, we are always **POISED FOR CHANGE!***

### Directions to Project Discovery Ropes Course:

From SNC take SR 431 up and over the Mt. Rose Summit. After passing the main entrance to the Mt. Rose Ski Area drive approximately 1.5 miles until you come to your first paved road on your left which is Bum's Gulch Road. On the corner will also be the first building you will pass on your left since Mt. Rose Ski Area. The sign on the building identifies it as Mountain Top Sports. Turn left and drive approximately 100 yards. On your right will be the entrance to the Project Discovery parking lot. There will also be a large orange Project Discovery sign. Park in the paved lot and walk South through the entrance and past the banners into the course.

### Equipment needed:

Wear your normal athletic wear that is appropriate for the weather. Please wear **closed toed shoes**. Keep in mind it is up to 15 degrees colder on Mt. Rose than Lake Tahoe, so mornings in the fall can range in the teens to 50's depending on the weather. The course is cold and shady in the morning and students should plan accordingly. **BRING LAYERS**. You should also bring something to write with and a **notebook**. This is a college class. AND...**Bring snacks/lunch/water!**

An equipment list and driving directions from Reno is also available as downloadable and printable PDF files on the PD website under "Info" at: [www.projectdiscovery.com](http://www.projectdiscovery.com).

**NOTE: A Liability Release form** is required from all participants for all Project Discovery programs!