

CALIFORNIA STATE UNIVERSITY, FRESNO

Recreation Administration and Leisure Studies Program

RLS 75: Syllabus

COURSE TITLE: Adventure Ropes Course Experience (1 unit)

COURSE DESCRIPTION: An experiential journey of self-awareness, esteem building, and group processing through initiative games and high ropes elements. (Students will have expenses of \$30 related to field trips).

TEXT: None required. Articles and materials will be distributed in class or placed on library reserve.

COURSE OBJECTIVES: The aims include:

1. individual and group goal setting and evaluation.
2. promoting the benefits of teamwork, cooperation, and the value of diversity.
3. enhancing leadership, communication, and active listening skills.
4. having students test and surpass preconceived limits in regards to perceived risk and emotional growth.
5. defining perceived risk and its application to personal growth and well-being.
6. introducing journal writing format to assist students in introspection and personal growth.

COURSE CONTENT: students will:

1. utilize established goal setting techniques and evaluation methods for individual and group course goals.
2. participate in group problem solving and initiative activities requiring teamwork and the contribution of each student.
3. have each initiative activity debriefed and processed to discern the better leadership, communication, and planning styles. The sequencing of initiatives will provide an opportunity to transfer previously gained skill to more challenging arenas.
4. use high ropes elements, trust activities, and other perceived-risk experiences in which to test personal limits and foster higher trust levels among peers and self.

5. learn journal writing skills and apply these to an evaluation to the adventure ropes course experience.

6. spend five hours in lecture and ten hours of participating in group initiative activities and high ropes elements.

COURSE ASSIGNMENTS:

1. Class participation 50 points

2. Writing assignments 50 points

Total 100 points

COURSE GRADING:

Course is graded credit/non-credit. Students with 70 points or better will receive a credit grade.

COURSE GUIDELINES:

1. Students are expected to attend each class session and participate in the ropes course for the full duration.

2. It is unacceptable to come to class late or leave early.

3. Students are responsible for course fees, proper registration, and transportation to and from facility.

!!!!IMPORTANT!!!!

RLS 75 (E.D.G.E. Ropes Course) Incomplete Policy

If you did not attend the ropes course but did register for RLS 75 (one unit), you must pay the \$30.00 to Joyal (cashier). You will receive an "I" (incomplete) for a grade. Simply come to PHS 121 the beginning of next semester and sign-up for a date and show up that day at 8:30 a.m. Do not register again for the course!!!