

Prepared by the Department of Natural Sciences and Life Fitness

Date of Departmental Approval: 2/5/07

Date Approved by Curriculum and Programs: October 29, 2007

Effective: Fall 2007

1. Course Number: FIT170

Course Title: Adventure Concepts

2. Description: This course will explore the use of the adventure paradigm (model) as a means of promoting effective intrapersonal and interpersonal behavior. Using an interdisciplinary approach, the course will examine the relationship of risk, goal setting and skill development/application to personal and social growth. Adventure activities such as rappelling, group problem solving tasks and individual initiative projects will be used to provide a common experiential base for discussion of class concepts.

3. Student Learning Outcomes: (instructional objectives; intellectual skills):

Upon successful completion of this course, students are able to do the following:

- Describe the adventure paradigm and explain its use as a means of promoting personal and social effectiveness.
- Demonstrate the use of the adventure paradigm in an alternative learning environment.
- Explain the role of personal choice, challenge, initiative and accountability in the development process.
- Discuss basic interpersonal skills as related to communication and conflict management.
- Identify basic intrapersonal skills and explain their role in personal development.
- Critique their roles/skills in group problem solving and individual initiative tasks.

4. Credits: 3 credits

5. Satisfies General Education Requirement: No

6. Prerequisite(s): None

7. Semester(s) Offered: Fall, Spring

8. Suggested General Guidelines for Evaluation:

10% Evaluative Essays (written and oral presentation)

20% Journal (daily entries and topic summaries)

15% Quizzes (written)

10% Daily assignments (written or oral assignments)

25% Individual Initiative Project

20% Participation

9. General Topical Outline (Optional): See attached.

Content Outline for FIT170 Adventure Concepts

Introduction – Adventure Paradigm (model)
Adventure Trial: Terms of Purpose, Process, Product
Adventure Application: Creativity and Growth

Trust Experience
Trust Definition and Need
Trust Skills

Class Responsibilities
Individual Project Discussion
Introduction of Individual Initiative Tasks

Individual Initiative Skills Development
Individual Initiative Tasks

Individual Initiative Tasks
Critique #1 – Discussion

Individual Initiative Tasks
Discussion of Self Skills and Tasks

Self-confidence, Concept and Adventure
Self-awareness, Acceptance, Description & Disclosure
Personality/Learning Styles

Critique #2 – Discussion
Individual Project Consultations
Introduction to Group Problems Solving

Group Problem Solving

Group Problem Solving
Approach to Problem Solving
Interactional Skills Discussion

Interpersonal Skills, Problem Solving & Personal Effectiveness

Conflict Resolution
Confrontation and Influence
Managing Anger and Stress

Values Application and Decision Making
Setting and Achieving Goals

Vocational Interests and Career Selection
Career Selection as an Adventure

Project Presentations
Final Examination