

Annette Caldwell Simmons School of Education and Human Development
Department of Applied Physiology and Wellness

2135: PRW II Mountain Sports

SMU IN TAOS
Southern Methodist University

Instructor: Anne Levine

Office Hours: By Appointment

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Course Objectives and Student Learning Outcomes

The Student Will:

1. complete a PAR-Q (Physical Activity Readiness Questionnaire) to determine clearance for participation for vigorous exercise and modifications that may be warranted.
2. complete and review health-related fitness assessments
3. **develop and implement a personal plan to promote and maintain health-related fitness.**
4. monitor his/her own heart rate and RPE (rate of perceived exertion) and adjust exercise intensity to the appropriate level for the individual.
5. **identify and explain the five components of health related fitness.**
6. recognize cardiorespiratory responses to acute exercise
7. demonstrate safe, effective exercise, warm-up and cool down procedures.
8. have a great time working out and getting more fit!

Course Description:

Mountain Sports is a class where students will get the opportunity to participate in a wide range of activities like hiking, rafting, rock climbing, and fly fishing.

Course Requirements

- 1) **Fitness Assessments and Personal Fitness Plan: All students will complete and review comprehensive fitness assessment.**

A Physical Activity Readiness Questionnaire (PAR-Q) will be completed to assess your readiness for this assessment and the class. Each student will complete a physical fitness assessment at the beginning of the semester and receive a detailed results report. This information will be used in designing a personal plan to promote and maintain health-related physical fitness. Students will set up short-term goals for their time in Taos and longer-term goals for the Spring Semester. We will review your plan at mid-term and again at the end of the term to evaluate your progress toward the goals you set.

- 2) **Preparation for Class/Physical Activity:** Students are expected to come to class prepared to participate in the planned activity. See course schedule for details.

- 3) **Attendance & Participation:** Attendance and participation are required. **All** class sessions and Trips are mandatory. *If you become too ill to participate, you must drop the course. If you sustain an injury or have a medical or physical condition that prohibits you from moderate to vigorous aerobic activity, you must drop the course.* TRIPS include the following: Raft Trip, Rock Climb Trip, Hike, and Flyfishing Trip.
Check SMU-in-Taos website for add/drop deadlines.

Grading Scheme:

Personal Fitness Plan: (rubric provided)	20 points
Syllabus/Powerpoint Quiz @1st Class Meeting	10 points
Attendance & Participation:	50 points
Knowledge Test:	<u>40 points</u>
	120 total points

Grading Scale:

A = 94 – 100% (112 -120 pts.), **A-** = 90 – 93% (108 -111 pts.), **B+** = 87-89% (104 -107 pts.)
B = 84-86% (100 -103 pts.), **B-** = 80-83% (96 -99 pts.), **C+** = 77-79% (92 - 95 pts.),
C = 74-78% (88 - 91 pts.), **C-** = 70-73% (84 - 87 pts.), **D+** = 67-69% (80 - 83 pts.),
D = 64-66% (76 - 79 pts.), **D-** = 60-63% (72 - 75 pts.), **F** = <60% (<72 pts.)

Disability Accommodations: Students needing academic accommodations for a disability must first register with Disability Accommodations & Success Strategies (DASS). Students can call 214-768-1470 or visit <http://www.smu.edu/Provost/ALEC/DASS> to begin the process. Once registered, students should then schedule an appointment with the professor as early in the semester as possible, present a DASS Accommodation Letter, and make appropriate arrangements. Please note that accommodations are not retroactive and require advance notice to implement.

Religious Observance: Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9.)

Excused Absences for University Extracurricular Activities: Students participating in an officially sanctioned, scheduled University extracurricular activity should be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue)

COURSE OUTLINE

ARRIVAL DAY

CLASS ORIENTATION- 5:45PM

(Review the Powerpoint & Syllabus and before class)

RAFT

Meet at DH
See Taos Tips for Info

ROCK

Meet at DH
See Taos Tips for Info

FIT TEST 4:30PM
(Wear workout clothing)

CLASS 5:45PM
(Discuss fitness
results/Lecture/assignment)

FLYFISH

Meet at DH
See Taos Tips for Info

HIKE

Meet at DH
See Taos Tips for Info

EXAM 5:30PM
(Location: TBD)

CHECK YOUR EMAIL FOR TIME CHANGES/SCHEDULE UPDATES

**DATE SUBJECT TO CHANGE. WE WILL CONFIRM DATE AT OUR FIRST CLASS MEETING/ORIENTATION WHEN YOU ARRIVE IN TAOS

---Please review your other course schedule for any conflict with PRWII **weekday** class meeting times. Please let me know ASAP if there is a conflict. We can make it work, but we'll need to get an early start on this.

Be advised, you WILL NOT have any class conflicts on the weekends. Weekends are reserved for Wellness- Other classes are not scheduled during the weekends.

[COURSE CALENDAR LINK](#)

Please be sure you are looking at the correct times- the calendar is set up for MST.

Taos TIPS

WHITE WATER RAFTING TRIP



We will be rafting one of Taos' most popular day trips. Our guides will teach you how to paddle as a team as most of the rafts we take are paddleboats. The 14 and 15-foot self-bailers have interior grab lines, and foot cups, the best of Class V paddle-rafting technology.

River trips contain an element of risk. Our guides are thoroughly equipped and prepared to minimize the risks. They use quality manufactured self-bailing river rafts. At the river, **Personal Floatation Devices** (lifejacket) will be fitted to you. Instruction in river safety and paddling techniques will be given and then we'll be on the river.

The Guides are experienced, friendly, professional boatmen and women who are committed to making your trip safe and fun. The knowledgeable and committed guides all have at minimum CPR and Advanced First Aid or First Responder training. Most of the guides are also certified as EMTs and as Swiftwater Rescue Technicians.

BRING/WEAR: You will be on the water and you should plan on getting wet! Please bring **dry clothes** to change into after your trip. Summer weather conditions are quite variable. The morning's sun will likely turn to afternoon showers and vice versa. Rain suits or wetsuits will be provided according to current conditions. Lunch will be provided. You may want to pack snacks for the ride home.

Quick-dry shorts synthetics are quick drying fabric options are strongly recommended. Jeans are not appropriate river wear; cotton t-shirts are also not ideal; Bathing suits are appropriate, but optional. Footwear - TEVA/CHACO type sandals are the best, tennis shoes are fine, **NO** flip-flops; Cap or hat and a re-straining strap is strongly suggested in order to secure it to you; Sunglasses -It's best to have some kind of retainer for them if you want to keep them; and Sunscreen. However you won't want to apply it to your forehead, as you don't want it getting in your eyes; Water bottle - It's a good thing to bring one along, however a lunch & beverage is offered mid trip. Bring a change of clothes and towel for after the trip.

NO FLIP FLOPS ON RAFTING TRIP!

www.raftphotos.com will "shoot you in the rapids" giving you a river action shot of you on your river trip.

We'll meet for this trip in the Dining Hall and then head out as a group. Don't be late!

FLYFISHING TRIP



Bring your driver's license to the Solitary Angler Shop so that you can get your fishing permit. You must bring your fishing permit with you on the trip! You'll be paired up with a few classmates and guide where you'll receive lots of one on one support to make your trip fun and successful.

Students must go to Solitary Angler BEFORE the trip to pick up fishing license. Bring your driver's license. Solitary Angler is located in town- North of the Plaza, across from Kit Carson Park, Near Salon X and Michael's Kitchen.

Bring the following with you on the trip: Fishing Permit; Daypack with snacks, water, sunglasses, hat, sunscreen, rain jacket, layers (*muted colors if possible*); Wear Jeans/Pants and Socks; Waders will be provided.

We'll meet for the Trip at the Dining Hall and head out as a group. Don't be late!



This is a hands-on climbing experience. General introduction to technique and procedure will be provided. Hands on instruction includes: Basic Knots, Belay and Rappel techniques, climbing communication, safety procedures, and moving on the rock. First time climbers will be gradually introduced to varying degrees of height and difficulty as each climber comfort level allows. You'll be treated to panoramic high desert views and breath-taking mountain vistas.

Wear comfortable clothing that allows free movement; shorts, sweats, or Lycra. Because of the Southwest's propensity for dramatic weather changes, dress in layers. Warm summer days can turn surprisingly cold with clouds moving in and winds picking up. A water resistant shell is a good idea.

Pack a lunch!

Bring the usual (Daypack with water, sunglasses, hat, sunscreen, rain jacket, etc.)

There will be plenty of time between climbs so you can bring a book or schoolwork. If you have your own climbing shoes and harness, bring them too. Bring more water than you think you'll need. Students often run out.

We'll meet for this trip in the Dining Hall and then head out as a group. Don't be late!



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