

Annette Caldwell Simmons School of Education and Human Development

Department of Applied Physiology and Wellness

2135: PRW II Mountain Sports - SMU IN TAOS May Term 2019

Instructor: BJ Warren

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Office Hours: By Appointment bwarren@smu.edu

Course Description

Mountain Sports is a class where students will have the opportunity to participate in a wide range of activities such as hiking, rafting, rock climbing, horseback riding, and fly-fishing. Students will have the opportunity to apply the five components of health related fitness to all of the activities that they pursue.

Course Objectives and Student Learning Outcomes

Students will be able to:

1. Complete a PAR-Q (Physical Activity Readiness Questionnaire) to determine clearance for participation for vigorous exercise and modifications that may be warranted.
2. **Develop and implement a personal plan to promote and maintain health-related fitness.**
3. Monitor his/her own heart rate and RPE (rate of perceived exertion) and adjust exercise intensity to the appropriate level for the individual.
4. Identify and explain the health and physiological benefits of regular exercise.
5. **Identify and explain the five components of health related fitness.**
6. Recognize cardiorespiratory responses to acute exercise. Demonstrate increased cardiorespiratory endurance through increases in intensity and/or duration of workouts.
7. Have a great time participating in mountain sports and getting more fit!

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 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.*

Grading Scheme:

Personal Fitness Plan: (rubric provided)	20 points
Pre-Orientation Quiz	10 points
Attendance & Participation (see calendar for event details):	50 points
Knowledge Test:	<u>40 points</u>
	120 total points

Attendance and participation in the following are required for the class: **Course Orientation, Fitness assessment, Fitness Lectures, Raft trip, Rock-Climbing Trip, Fly-fishing Trip, Class Hike Trip, and Yoga session** (*activities are subject change*).

*****Missing any element of these requirements will result in course failure.*****

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.)

Date	Day	Time	Place	Notes
5/15/19	Wednesday			Travel Day for all students
5/16/19	Thursday		Dining Hall	First Day of Classes
5/18/19	Saturday	7:30am	Dining Hall	Class Orientation, Quiz, Yoga session sign-up. Fitness Testing & Lecture, Afternoon rafting trip @ 12:15p (Mark)
5/19/19	Sunday	7:00am	Dining Hall	Mark: Rock Climbing * Pack lunch
5/21/19	Tuesday	4:30pm-5:30pm	Auditorium	Yoga session #1 *Bring towel or mat
5/22/19	Wednesday	6:00am	Nature Trail	<i>OPTIONAL. Sunrise hike on Orange Trail</i> <i>*subject to change</i>
5/23/19	Thursday	4:30pm-5:30pm	Auditorium	Yoga session #2 *Bring towel or mat
5/24/19	Friday	6:00am	Nature Trail	<i>OPTIONAL. Sunrise hike on Orange Trail</i> <i>*subject to change</i>
5/25/19	Saturday	7:00am	Dining Hall	Mark: Fly Fishing * Pack lunch
5/26/19	Sunday	7:00am	Dining Hall	Mark: Hike * Pack lunch
5/27/19	Monday	6:00pm	TBD	Knowledge Test Fitness Plan DUE

***Activities are subject to change.**

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).

Student Learning Outcomes: Please include in your syllabi all student learning outcomes, both those specific to your course, as well as those that satisfy major and general education requirements.

Final Exams: Final course examinations shall be given in all courses where they are appropriate, and some form of final assessment is essential. Final exams or final assessments must be administered as specified in the official examination schedule, and shall not be administered during the last week of classes or during the Reading Period. Please state clearly in the syllabus the date/time and form of the final exam or assessment.

Taos Trips



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 Floation 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. If you have enjoyed your services, you are welcome to leave gratuities with your guide. *"If you liked your ride, tip the guide."*

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. Jeans are not appropriate river wear; t-shirts are also not appropriate; Bathing suits are appropriate, but optional. Footwear: TEVA type sandals are the best, tennis shoes are fine, but **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; wear sunscreen. 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!



FLY-FISHING TRIP

Once on campus, we will tell how 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.

Bring your driver's license when picking up your fishing permit.

Bring the following with you on the trip: fishing permit, daypack with **lunch and 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!



ROCK-CLIMBING TRIP

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.)

If you have your own climbing shoes and harness, bring them too.

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



GROUP HIKES

Be sure and have plenty of water in your daypack. It is your responsibility to keep yourself well hydrated. Proper hydration can make or break a great time in the wilderness.

EQUIPMENT AND SAFETY NEEDS

- **Clothing:** Afternoon thundershowers occur frequently over the mountains during the summer. Temperatures can drop drastically. Wool/silk and some synthetics will keep you warm, even when wet. Cotton next to your body will actually take heat away and make you colder. At high elevations most people sunburn much faster; a cap and sunscreen are essential. Sun glasses protect eyes from both sun and dust. Bring snacks.
- **First Aid:** A pocket sized first aid kit comes in handy for scrapes and bruises.
- **Buddy System:** Do not travel alone - always take someone with you. If one person becomes hurt the other person can apply first aid and seek help. Even when we are in a group be sure you have paired up with someone.

Stay on Constructed Roads and Trails

Obey gate closures and regulatory signs. Some sensitive areas such as meadows, wet areas, stream sides, and steep hillsides have barriers placed to protect them. Respect barriers and do not cross or go around them.

Stay off of Meadows, Steep Hillsides, Stream banks and Lakeshores.

These areas are sensitive and easily damaged from erosion caused by churning wheels and compaction. Ford streams only at constructed crossings. Open meadows are tempting - but don't go across them. Steep hills are tempting - but don't climb them. Stay on constructed roads and trails!

Stay Away From Wild Animals

- Animals are rearing their young need space and privacy. Interference may cause the mother to abandon their young. View wildlife from a distance. Do not chase wildlife.
- **Stay Out of Designated Wilderness!** Know where the boundaries are, respect them and don't cross them!

Pack Out Your Trash!_Littering is unsightly...and illegal!

You are responsible and accountable for your behavior. Your continued good judgment, respect for others, and responsible use will ensure that everyone can enjoy the beauty and serenity of the trails.

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

Specific hike descriptions

Comales Canyon Trail

Difficulty: Moderate to difficult; some steep sections but lots of shade for most of the hike.

The hike: Comales Canyon Trail begins at 8,000 feet and climbs to 10,400 feet. The first section is on an open, rocky incline. The trail soon enters the woods and follows a creek. This section is wet and surrounded by woods of aspen and pine trees (your feet will get wet crossing the streams!). Rocky walls of orange and gray granite line the west side of the creek. There are numerous crossings, with rocks and logs to provide a way across. After about 50 minutes of gradual climbing, there is an aspen grove that contrasts the surrounding growth. Continuing along the trail, you will reach an expansive meadow, this will be our goal and turn around point! Reaching the meadow will be a beautiful reward for the work and a great place to pull out your camera for the traditional group shot. This is an out and back trail. We don't hike

the entire trail.

<http://www.fs.usda.gov/recarea/carson/recreation/hiking/recarea/?recid=44270&actid=50>

Divisidaro Trail

Difficulty: Moderate; some steep sections, lots of sun, a test of endurance.

The hike: Divisidaro Mountain Trail is a long, winding and challenging trail that provides surprising views of Taos and surrounding areas. Bring sunscreen and plenty of water for this hike, as it is lengthy and affords exposure from the sun for most of the trek, but the views and sense of accomplishment are well worth the effort. The first half of the journey culminates at a peak that is shaded and provides a great spot for pictures and rest. The second half winds around the backside of the mountain and eventually joins the trail where it began. You will earn your dinner on this one!

<http://www.fs.usda.gov/recarea/carson/recarea/?recid=44220>

The Ridge

Difficulty: Moderate to difficult; some very steep sections, a true test of endurance.

The hike: The Ridge Trail is located on the backside of the Ft. Burgwin campus and provides a great start to any day. The hike will begin at 6:00am sharp and wind its way through pine trees, rocks and some very steep segments. Along the way, there is the occasional break in the trees and the campus below comes in view. The true reward, however, comes to those who reach the summit. From a small, rocky bluff, the climber will have an expansive view of the surrounding mountains and the tiny SMU campus below. Bring your camera; the view and the effort will be worth it. You will earn your breakfast on this hike!

**PLEASE NOTE THIS HIKE MEETS AT THE GATHERING SPOT JUST OFF THE NATURE TRAIL*

Cebolla Mesa

<http://www.fs.usda.gov/recarea/carson/recreation/hiking/recarea/?recid=44126&actid=50>

Italianos Canoyon Trail

<http://www.fs.usda.gov/recarea/carson/recreation/hiking/recarea/?recid=44368&actid=50>

Wheeler Peak- JUNE & AUGUST ONLY

Highest peak in New Mexico- Need we say more?! Bring more water than you think you'll need.

<http://www.fs.usda.gov/recarea/carson/recreation/hiking/recarea/?recid=75370&actid=50>

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