

# KINES 089 Fall 2022 Syllabus - 3 Credits

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## The AURORA Outdoor Orientation Program

### Course Overview:

KINES 089 is an outdoor orientation program that is offered for incoming students to assist in their transition from high school to college. This course includes multiple days of backpacking through the forests in central Pennsylvania. Through these activities students learn the various skills associated with backpacking and wilderness living.

Students are placed into small groups of eight to ten students with Penn State students and graduate students who mentor and lead the AURORA experience. Small group discussions focus on student life at Penn State.

KINES 089 emphasizes teamwork, group living skills, nutrition and meal strategies, living in the elements, wilderness ethics, health and wellness by introducing students to the craft of backpacking, an activity that students can continue across their lifetime. Throughout the program these various topics are addressed. Incoming first-year students with all levels of experience may take this course.

\*\*\*Equipment for all activities is provided\*\*\*

### Program Director/Professor:

Jen Emigh – AURORA Director/Assistant Teaching Professor for KINES 89

Office on Zoom: [jenemigh](#)

Office Hours: By appointment

Email address: [jen.emigh@psu.edu](mailto:jen.emigh@psu.edu)

### Course Dates:

Trip Dates vary, but class will run till mid-October

### Location:

- Class will be held on University Park Campus
- The expeditions will begin and end at the Snider Agricultural Arena, located on Penn State's University Park campus. Backpacking and other various outdoor activities will occur in the ridge and valley region surrounding State College.
- All of AURORA will attend additional meetings on campus and around the State College area during the Fall Semester. Commonwealth Campus students will use Zoom to attend the two fall classes, more details to come.

## Course Goals:

- Engage in fun, physically challenging outdoor experiences
- Understand backpacking as a lifelong physical activity
- Learn how nutrition needs differ in a backpacking setting and discuss meal strategies when living in the elements
- Meet other incoming students and make new friends
- Foster your personal wellness, increase your confidence, and bolster your self-esteem
- Increase your appreciation and care for the natural environment
- Learn outdoor skills that focus on the “Leave No Trace” outdoor living ethics
- Set goals for your first year at Penn State

## Canvas Course Management

We will use Canvas, Penn State’s web-based course management system, to communicate with you, manage assignments, and grades.

\*\*\*All assignments will be discussed in full at the start of each class and will be available on Canvas in written form for students to review before completing each assignment\*\*\*

## Late Policy:

Students will lose 5 points from their overall course grade if they arrive late or leave early for any component of the course that is unexcused or not approved prior by the professor. Students will also lose 5 points on assignments per day for every day the assignment is late.

## Attendance/Participation Policy = 10 percent of the course grade

Students are required to be present and fully participate in all aspects of the course; attendance will be taken at both the Wellness and Final class and will be considered during your trip week. Students will lose 5 percentage points from their overall course grade if they arrive late or leave early for any component of the course. Students will also lose 5 percentage points on assignments per day for every day late an assignment is. **Students must show up to class by the *day after* adding the class during Add/Drop period. If you need to miss class for any reason, you need to discuss your absence with the instructor prior to the class you would be missing.**

## Positive Participation on Trip = 30 percent of the course grade

To earn all of your participation points, you are required to be a positive member of class as well as your backpacking group. This includes participating in all ice breakers, teambuilding activities, group discussions and community meetings. Points will be deducted for negative participation, such as poor attitude, absence during class, at community meetings and sitting out of group activities.

SIRIUS only - To earn all your participation points, you are required to be a positive member of class. Points will be deducted for negative participation or being disengaged at the Zoom community meetings and sitting out of group activities. Students will lose all participation points for that day if their cell phone is seen during class without instructor’s permission.

### **Mastery Completion and Trip Performance = 15 percent of course grade**

To be successful in this class you must attempt mastery of camp craft skills, improve your backpacking skills and follow through with the entirety of the trip. You are expected to successfully set-up and tear down camp without leader assistance, master group cooking, and take responsibility of your own gear while completing the trip. Points will be deducted for students that do not give considerable effort towards carrying out tasks such as gathering and treating water, setting up camp, lighting stoves, and taking responsibility of their share of group gear.

SIRIUS only - To be successful in this class you must complete the Daily Agenda Hiking Assignments for each day of the virtual trip which include virtual hike and the outdoor activity which are located on Google Classroom. These assignments are due by 5pm each day of the "trip", if assignments are handed in up to 24hrs late they are worth ½ of their total points, over 24 hrs late they will be zero. This applies to assignments during the "trip" Aug 15-19.

### **Journal = 10 percent of course grade**

You will receive a journal at the beginning of your backpacking experience. You must write an entry in the journal for each day of the program week. Your journal should be introspective and thoughtful.

SIRIUS only - You will receive a journal prompt for each day of your AURORA hiking trip experience. You must have an entry for each day of the trip. It is *suggested* that you make an informed comment on at least two other entries from your hiking group. Your entries should be introspective and thoughtful. These journal entries are due by 5pm each day of the "trip", if they are handed in up to 24hrs late they are worth ½ of their total points, over 24 hrs late they will be zero. This applies to journals during the "trip" Aug 15-19.

\*\*\*Failure to fully take part in these activities will be reported by group leaders and will be reflected in your final course grade\*\*\*

### **Assignments = 35 percent of course grade**

There are five assignments for this course. All assignments will be due according to the course schedule.

**Wellness Wheel (50 pts):** You will create a wellness wheel and identify some healthy habits that you already have. Using your healthy habits, you will then come up with some strategies to help improve other categories of your personal wellness.

**Community Engagement (75 pts):** With so much happening in the world, contributing some spare time or resources to help others is a great way to have a positive impact on the planet. For this assignment you will participate in some sort of community support activity. **ACTIVITY** being the key word, which means donations are not an acceptable item. If a donation is a component of your activity and you are comfortable doing so, they can be a part of your project, but they are not meant to be the main component.

**Meal Plan (50 pts):** This assignment will require you to track and visually represent your eating habits. Having done this, you will be reflecting on that information using a tool and guided questions. Paired with the Wellness class, this assignment may introduce the benefits of a balanced diet, as well as other possible practices for maintaining a healthy body and immune system while living on campus.

**Penn State Goals (50 pts):** You will define 4 goals for your first year at Penn State. Each goal will follow an outline that challenges you to consider the elements of success. Your goals will be associated with “wellness” and tailored to your experiences as an undergraduate student.

**Reaction Paper (125 pts):** This paper should discuss what you learned on your AURORA trip and how those lessons can be applied to your next semester at Penn State.

## Penn State Policies

### COVID-19 Statement:

We know from existing data that wearing a mask in public can help prevent the spread of COVID-19 in the community (Lyu & Wehby, 2020; CDC, 2020; Johns Hopkins Medicine, 2020). In accordance with PA Department of Health regulations and guidance from the Centers for Disease Control and Prevention (CDC), The Pennsylvania State University has determined that everyone will be required to wear a face mask in university buildings, including classrooms. You MUST wear a mask appropriately (i.e., covering both your mouth and nose) in the building if you are attending class in person. Masks have been provided for students, instructors, and staff, and everyone is expected to wear one while inside any university building. Students who choose not to wear a mask may participate in class remotely, but may not attend in person. This is to protect their health and safety as well as the health and safety of their classmates, instructor, and the university community. Anyone attending class in person without a mask will be asked to put one on or leave. Instructors will end class if anyone present refuses to appropriately wear a mask for the duration of class. Students should also be sure they are situated at least six feet away from their fellow students and seated in a seat that is designated to ensure that distance. (Add other appropriate language specific to the class here.) Students who refuse to wear masks appropriately or adhere to other stated requirements may face disciplinary action for Code of Conduct violations. On a case-by-case basis, students may consult with Student Disability Resources for accommodations if they cannot wear a mask. Students requiring such accommodations may be advised to take advantage of and participate in the course through synchronous remote learning.

Finally, students who are experiencing COVID-19 related symptoms should not attend class in person and are encouraged to contact a health care provider.

Centers for Disease Control and Prevention. (2020, April 3)

Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

Johns Hopkins Medicine. (2020, June 17) Coronavirus Face Masks & Protection FAQs.

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-face-masks-what-you-need-to-know>

Lyu, W. and Wehby, G.L. (2020, June 16) Community Use Of Face Masks And COVID-19: Evidence From A Natural Experiment Of State Mandates In The US. Health Affairs.

[https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2020.00818?url\\_ver=Z39.88-2003&rfr\\_id=ori%3Arid%3Acrossref.org&rfr\\_dat=cr\\_pub++0pubmed&](https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2020.00818?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub++0pubmed&)

**Students with Disabilities Policy:**

Penn State welcomes students with disabilities into the University's educational programs. Every Penn State campus has an office for students with disabilities. Student Disability Resources (SDR) Web site provides contact information for every Penn State campus: <http://equity.psu.edu/sdr/campus-contacts>. For further information, please visit Student Disability Resources Web site: <http://equity.psu.edu/sdr>.

In order to receive consideration for reasonable accommodations, you must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <http://equity.psu.edu/sdr/guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with an accommodation letter. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. You must follow this process for every semester that you request accommodations.

**Academic Integrity:**

"Academic integrity is the pursuit of scholarly activity in an open, honest and responsible manner. Academic integrity is a basic guiding principle for all academic activity at The Pennsylvania State University, and all members of the University community are expected to act in accordance with this principle. Consistent with this expectation, the University's Code of Conduct states that all students should act with personal integrity, respect other students' dignity, rights and property, and help create and maintain an environment in which all can succeed through the fruits of their efforts.

Academic integrity includes a commitment not to engage in or tolerate acts of falsification, misrepresentation or deception. Such acts of dishonesty violate the fundamental ethical principles of the University community and compromise the worth of work completed by others."

**Decorum**

Students are expected to arrive for the first day of their AURORA experience with the appropriate gear outlined in your welcome packet. Students are also expected to behave in accordance with AURORA policies that will be outlined by your group leaders. Some expectations are being a team player, being responsible for your gear and hygienic needs, arriving on time and participating fully.

**Prerequisites/co-requisites/concurrent requirements/ recommended preparation:**

There are no courses required for completion prior to or concurrent to enrolling in KINES 89.

**Course attributes and/or designations:**

This course allows the student to earn 3 credits toward fulfilling the General Health & Wellness (GHW) requirement in General Education.

**General education learning objectives:**

This course will expose students to General Education Learning Objectives (GELO). The learning objectives addressed in this course are:

- Key Literacies
- Social Responsibility and Ethical Reasoning
- Effective Communication

# Fall Course Schedule

Course Dates	Class/Topics Covered	Assignment
<b>Week of:</b> <b>August 15-19</b>	AURORA Experience -Wilderness ethics -Teamwork -Backcountry Hygiene -Water Purification -Shelter Building -Group Meals -Nutrition -Health and Wellness	Graded on Trip: <ul style="list-style-type: none"> <li>• Positive Participation</li> <li>• Completion &amp; Trip Performance</li> <li>• Trip Journal</li> </ul>
<b>8/22 - 9/13</b>		Work on: <ul style="list-style-type: none"> <li>• Penn State Goals</li> </ul>
<b>8/29 - 9/13</b>		Work on: <ul style="list-style-type: none"> <li>• Wellness Wheel</li> </ul>
<b>9/13</b>	Wellness Presentation 6:00-8:00 PM Heritage Hall <i>Commonwealth Campus will meet on Zoom (Zoom room will be announced in Canvas)</i>	<b>Due:</b> Penn State Goals Wellness Wheel
<b>8/22 - 10/5</b>		Work on: <ul style="list-style-type: none"> <li>• Community Engagement Assignment</li> </ul>
<b>9/13 - 10/5</b>		Work on: <ul style="list-style-type: none"> <li>• Meal Plan</li> </ul>
<b>9/26 - 10/5</b>		Work on: <ul style="list-style-type: none"> <li>• Reflection Paper</li> </ul>
<b>10/5</b>	Wrap Up Class 7:00-9:00 PM Heritage Hall <i>Commonwealth Campus will meet on Zoom (Zoom room will be announced in Canvas)</i>	<b>Due:</b> Meal Plan Community Engagement Reaction Paper

\*\*\*The instructor for this course may make any necessary changes to the course syllabus during the course of the semester. Changes in the syllabus will be updated on Canvas and a notification will be emailed to all students\*\*\*