

# RPTM


## 330

Adventure-Based  
Program Leadership

### Course Specifics


 **Thursdays 6-9pm**


 **107 Forest  
Resources Buildin**


 **Course Text**  
AMC Guide to Outdoor  
Leadership. Kosseff (2<sup>nd</sup>  
Edition), Boston, MA:  
Appalachian Mountain  
Club 2010.

### Contact

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Meetings by appt - send  
email to schedule

### Grading

Participation 15% &  
Attendance 5%



Assignments 25%



Journal 15%



Reading Discussion 15%



Exam 10% & Quizzes 15%



**COME TO CLASS ON TIME**  
Come 5 minutes early and get ready



**ALWAYS COME PREPARED**  
Have your materials and ready to learn



**PARTICIPATE & LEARN**  
Be an active member of the classroom



### Course Description

Both theoretical and experiential components are included as the role of the leader in adventure programs is examined. This course will focus on the philosophy, leadership techniques, ethics, and current practices in the area of adventure programming. Focus of instruction will be upon program design, developing skills for facilitating personal growth and providing leadership for outdoor pursuits. A weekend retreat is included in the course curriculum.



# 1

## Course Objectives & Learning Objectives

### COURSE OBJECTIVES

- The student will be introduced to adventure-based programming, its theories and practicals in an experiential realm.
- The student will become familiar with outdoor leadership and begin to develop skill competencies in decision-making, judgment, risk management, and group facilitation.
- The student will become familiar with the philosophy, theories, and various models of adventure programming and leadership.

### LEARNING OBJECTIVES

- Differentiate between personality and behavior in order to apply various behavioral style characteristics and tactics to facilitate better communication with others
- Manage and respond to one's own emotions, and those of others, in order to guide thought and behavior in a leadership role
- Create a welcoming environment that fosters the expression of vulnerability in participants and leaders
- Manage and resolve conflict in order to move forward in a positive and constructive manner
- Embody the characteristics of an empathic leader
- Utilize the principles of expedition behavior with regard to group leadership.
- Assess the level of risk in a given situation utilizing one's judgment and decision-making skills

# 2 Course Requirements



## PARTICIPATION 15% & ATTENDANCE 5%

This includes arriving to class on time (points are deducted for tardiness), attendance and positive interactive participation in EVERY aspect of the course. This is a leadership course; students are required to lead or participate in group discussions with insightful contributions to the dialogue. Participation also includes being prepared for each activity or activity as briefed by the instructor. Working within a small groups is required throughout the course .



## ASSIGNMENTS 25%

There will be 2 assignments. One worth 150 points and the second worth 100 points.

*Late Assignments: All assignments are due on the date noted in the syllabus at the beginning of class. Late assignments will be penalized 5 points off the total assignment grade for each day past due.*



## Journal 15%

You will be required to keep a journal throughout the semester. There will be a total of 3 journal entries. You will be informed by the instructor when to do a journal entry.

*Late Journals: Journals are due on the date noted in the syllabus at the beginning of class. Late journals will be penalized 2 points off the total journal grade for each day pastdue.*



## Reading Discussion 15%

You are required to complete the readings that are assigned for each class. Discussions will take place at the beginning of each class and your participation is vital. Do the readings before class and come prepared with questions and comments from the readings for our discussions. It is paramount that you show you have read the readings in order to receive credit.



## Exam 10% & Quizzes 15%

There will be one exam during class, and it will encompass all the learning from throughout the semester.

There will be quizzes at the beginning of some of the classes on either the readings or material from previous classes. Once the professor has closed the quiz, there will be no re-opening of the quiz. If you are not in class you cannot take the quiz, unless you have a pre-approved excused absence.

Attendance & Participation at the in-person retreat weekend for the course is mandatory as it is time required for in-person instruction of class.

Remember this course meets only once a week for half of the semester, therefore if you have an unexcused absence you will lose all your participation and attendance points for that day.

If you are going to miss class for any reason please notify the instructor prior to the start of class for it to be considered an excused absence. Excused absences go according to the University approved curricular or extracurricular activity (University Faculty Senate Policy 42-47).

# COURSE

# SCHEDULE

Date	Topics	Due for this Class	Readings/Viewings for this Class & Quiz Dates
Thursday, Jan 12	Intro, Explanation of Class and Required Dates, Outdoor Leadership, Behavioral Styles		Kosseff: Ch. 1, 2
Thursday, Jan 19	Communication, Judgment, Decision Making, Trust, Empathy, Sympathy, Vulnerability	<b>Journal #1 – 3-Legged Stool</b>	Kosseff: Ch. 3, 4, 5, 13 Quiz 1
Thursday, Jan 26	Risk Management & Adam's Story (Talk about Retreat)	<b>Journal # 2 -Johari's Window &amp; You</b>	Kosseff: Ch. 15 Adam's Story Quiz 2
Thursday, Feb 2	Risk Management, Expedition Behavior		Ch. 11, 12 Be sure to plan when you Watch 127 Hours you will need to do an assignment involving 127 Hours by Feb 9th Quiz 3
<b>Friday, February 3 – Saturday, February 4 till 5pm</b>	Teambuilding Building Trust in Your Group Debriefing Reading Your Audience Leadership Ethics & Values  Guest Speaker from Drew Lehnerd LNT Assignment Assigned		
Thursday, Feb 9	Discuss 127 Hours Individual Risk, Rugged Individualism Mentor Class	<b>Assignment – Ethics in Leadership Assignment</b>	Kosseff: Ch 6, 10
Thursday, Feb 16	Rewind & Digging Deeper Types of Adventure Programming Historical Perspective of AP Foundations/Philosophy Adventure Settings (urban, wilderness, ropes course, Clients (youth, at risk, higher ed, corporate, adult) In Class assignment of building own program	<b>Assignment – Expedition Behavior and Risk Assessment Assignment</b>	Quiz 4
Thursday, Feb 23	Conflict Management Exam Review	<b>Journal #4 – What type of leader do you want to be?</b>	Quiz 5
Thursday, Mar 2	EXAM		

# 3 Penn State Policies

## 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.

For further information, and the College of Health and Human Development's expanded policy, please follow this link.

## Student Disability Resources

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

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.

## Counseling and Psychological Services

Many students at Penn State face personal challenges or have psychological needs that may interfere with their academic progress, social development, or emotional wellbeing. The university offers a variety of confidential services to help you through difficult times, including individual and group counseling, crisis intervention, consultations, online chats, and mental health screenings. These services are provided by staff who welcome all students and embrace a philosophy respectful of clients' cultural and religious backgrounds, and sensitive to differences in race, ability, gender identity and sexual orientation.

Counseling and Psychological Services at University Park (CAPS)  
(<http://studentaffairs.psu.edu/counseling/>) 814-863-0395

Counseling and Psychological Services at Commonwealth Campuses  
(<https://senate.psu.edu/faculty/counseling-services-at-commonwealth-campuses/>)

Penn State Crisis Line (24 hours/7 days/week): 877-229-6400

Crisis Text Line (24 hours/7 days/week): Text LIONS to 741741

*Reminder: These services are for non-emergencies only. If you or someone you know is experiencing a crisis situation, please call your local crisis center or 911.*

## Penn State Values

The Penn State Values, recently approved by the University, represent a core set of ideas developed by the university community.

### Penn State Values

**INTEGRITY:** We act with integrity and honesty in accordance with the highest academic, professional, and ethical standards.

**RESPECT:** We respect and honor the dignity of each person, embrace civil discourse, and foster a diverse and inclusive community.

**RESPONSIBILITY:** We act responsibly, and we are accountable for our decisions, actions, and their consequences.

**DISCOVERY:** We seek and create new knowledge and understanding, and foster creativity and innovation, for the benefit of our communities, society, and the environment.

**EXCELLENCE:** We strive for excellence in all our endeavors as individuals, an institution, and a leader in higher education.

**COMMUNITY:** We work together for the betterment of our University, the communities we serve, and the world.

## **Report a Bias Incident**

Penn State takes great pride to foster a diverse and inclusive environment for all students, instructors, and staff. Acts of intolerance, discrimination, or harassment due to age, ancestry, color, disability, gender, gender identity, national origin, race, religious belief, sexual orientation, or veteran status are not tolerated.

Students, instructors, or staff who experience or witness a possible bias motivated incident are urged to report the incident immediately through Educational Equity at the Report Bias webpage: <http://equity.psu.edu/reportbias/>

## **TEACH Act**

The materials on the course website are only for the use of students enrolled in this course for purposes associated with this course and may not be retained or further disseminated.

## **University Emergency Procedure**

In the event of a University-wide emergency, the course may be subject to changes. Exigent circumstances may require alternative delivery methods, class materials, and interactions with the instructor and/or classmates. In addition, there may be revisions to grading policies and the Calendar, including assignments and their due dates. In the event of a University-wide emergency, please refer to the Canvas website at <https://psu.instructure.com> for specific information related to the course. For more general information about the emergency situation, please refer to the Penn State website at <http://www.psu.edu> or Penn State News website at <http://news.psu.edu>.

To register with PSUAlert, a service designed to alert the Penn State community when situations arise that affect the ability of a campus to function normally, please go to the PSU Alert website at <https://psualert.psu.edu/>. Subscribers can receive alerts by text message to cell phones, and also can elect to have alerts sent to an email address.

## **Syllabus Subject to Change**

The class will likely adhere to the information outlined in this syllabus, but adjustments may be made based on what actually transpires during the semester. Remaining in the course after reading the syllabus will signal that you accept the possibility of changes and responsibility for being aware of the.