Term Information

Effective Term
Summer 2014
Previous Value
Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Credit increase from 1-credit to 2-credits
Grading basis change from S/U to Letter Graded

What is the rationale for the proposed change(s)?
This course offers greater in-depth content and experiences than the 1139.07 Introductory Outdoor Pursuits Program: Experimental Sections which is 1-credit and S/U graded. When appropriate this course would be offered for subjects needing greater contact time and more precise and differential grading.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No
Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area
Kinesiology: Sprt, Ftms&Hlth Pr
Fiscal Unit/Academic Org
Human Development & Family Sci - D1251
College/Academic Group
Education & Human Ecology
Level/Career
Undergraduate
Course Number/Catalog
1140.07
Course Title
Outdoor Pursuits Program: Experimental Sections
Transcript Abbreviation
Experimntl Section
Course Description
Activities deemed worthy of developing on an experimental basis; activities will be announced and published when course is offered.
Semester Credit Hours/Units
Variable: Min 1 Max 2
Previous Value
Fixed: 1

Offering Information

Length Of Course
14 Week, 7 Week, 4 Week (May Session), 12 Week (May + Summer)
Flexibly Scheduled Course
Never
Does any section of this course have a distance education component?
No
Grading Basis
Letter Grade
Previous Value
Satisfactory/Unsatisfactory
Repeatable
Yes
Previous Value
No
Allow Multiple Enrollments in Term
Yes
Max Credit Hours/Units Allowed
6
Max Completions Allowed
3
Course Components
Laboratory
Grade Roster Component
Laboratory
Prerequisites and Exclusions

Prerequisites/Corequisites
Prereq; Permission of instructor.

Exclusions
Not open to students with credit for EduPAES 140.07.

Cross-Listings

Subject/CIP Code

Subject/CIP Code 31.0599
Subsidy Level General Studies Course
Intended Rank Freshman, Sophomore, Junior, Senior

Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes
• To be determined based upon the subject of the course (see sample syllabus).

Previous Value

Content Topic List
• To be determined

Attachments

• KNSFHP 1140.07 Outdoor Pursuits Experimental Sections Cover Letter.doc
  (Cover Letter. Owner: Shiebler,Charles L)

• KNSFHP1140.07 Outdoor Pursuits Program Experimental Sections (Sample Syllabus).docx
  (Syllabus. Owner: Shiebler,Charles L)

• Hypothermia C 14.docx: Sample additional course material
  (Other Supporting Documentation. Owner: Shiebler,Charles L)

• Ratings D 14.docx: Sample additional course material
  (Other Supporting Documentation. Owner: Shiebler,Charles L)

Comments
• updated variable credits to 1-2 rather than 1-3 and updated max credit hours from 3 to 6, per conversation with C. Shiebler
  (by Odum,Sarah A. on 12/17/2013 04:26 PM)
## Workflow Information

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<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
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<td>12/11/2013 05:21 PM</td>
<td>Submitted for Approval</td>
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<tr>
<td>Approved</td>
<td>Buckworth, Janet</td>
<td>12/16/2013 11:58 AM</td>
<td>Unit Approval</td>
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<td>Achterberg, Cheryl L</td>
<td>12/16/2013 11:58 AM</td>
<td>College Approval</td>
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<td>Zircher, Andrew Paul</td>
<td></td>
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To Whom It May Concern,

Attached is the course change request for KNSFHP 1140.07 Outdoor Pursuits Program: Experimental Sections. Due to the large number of courses (~140) and diverse subjects (Aikido to Weight Training) within the Sport, Fitness and Health Program and the nature of an experimental section it is not realistic to provide a single syllabus that would be accurate and appropriate for all possible situations. The provided sample syllabus is an example of one such use of a KNSFHP 1140.07 Outdoor Pursuits Program: Experimental Sections.

Please contact me if you have any questions.

Chuck Shiebler
Program Manager
Sport, Fitness and Health Program
Course Description
The purpose of the Rio Grande Wilderness Kayak course is to familiarize the student with the planning, equipment, travel and mental processes required for a long term expedition type adventure trip. Instruction will include historical and technical perspectives; appropriate equipment, principles, techniques, safe practices, and strategies of recreational and commercial extended duration adventure trips. Participants will be paddling a touring kayak up to 80 miles in one of the wildest areas of the U.S. This is a true wilderness experience and adventure exploring the Chihuahua Desert. We will cover everything you need to know to select and use the proper equipment for a trip of this nature. Each student will gain river and backcountry skills, learn about desert flora & fauna, history of the region, and safety requirements for wilderness and desert travel. The class will spend up to 6 days in Big Bend National Park, with up to 5 of those days on the Rio Grande through some of the most spectacular canyons in the West. The course will include 28 classroom hours (arranged by the group) and an 11 day trip.

Relationship to Other Courses
This is a basic activity course in the Sport, Fitness, and Health Program. It is open to any student at The Ohio State University. There are no prerequisites for this course.

Course Objectives
By the end of the semester, the student should be able to:
1. Understand and demonstrate basic whitewater navigation terminology
2. Understand and demonstrate river safety requirements and procedures
3. Understand and demonstrate river environment characteristics
4. Understand and demonstrate equipment necessary for a safe river float trip.
5. Understand and demonstrate planning, equipment, and practices required for an extended wilderness trip.

* This class will not qualify anyone to lead their own trip or take the place of seeking competent long-term instruction, personal experience, and sound judgment. All whitewater can be very hazardous if not executed properly. Only very basic skills will be taught. Personal experience and sound judgment are necessary to make any outdoor/wilderness adventure experience as safe as possible.
Text
There is no required text to purchase for this course. All course materials will be made available on CARMEN for each enrolled student.

Off Campus Field Experience
Students will be required to attend a weekend whitewater rafting trip that will take place out of state. Students must travel in course assigned transportation.

Statement on Diversity
The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

The Department of Human Sciences (DHS) is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the Department seeks to develop and nurture diversity, believing that it strengthens the organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The Department prohibits discrimination against any member of the school's community on the basis of race, religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.

Technology
The use of CARMEN is employed in this course for the dissemination of course materials such as syllabus, handouts and course notes. Additional means of communication between the instructor and students are available through the use of OSU email.

Topical Outline (Calendar)
Class 1: classroom session - Friday, January 10; 7:30pm-9:30pm Jennings Hall 0251
Class 2: classroom session - Friday, January 17; 7:30pm-9:30pm Jennings Hall 0251

All other class times and hours will be arranged and scheduled after during the second scheduled class session

Final Class: Mandatory Trip: March 5 – 16, 2014

Trip Location - Dates - Departure - Return - Equipment Return

| Trip Location: | Big Bend National Park, Texas |
| Trip dates: | March 5 – 16, 2014 |
| Trip departure: | Wednesday, March 5, 7:00 PM |
Activity Session (weekend trip & quiz):
Students cannot make-up trip dates that they have missed. Trip dates may change due to unexpected circumstances. In the event that it is necessary to change the trip date an attempt will be made to find a date that is suitable for all students, but this is not always possible. It is the responsibility of each student to make every effort and arrangements needed to complete the course. An incomplete is seldom acceptable due to the nature of the course. Missed class time or course trip will drastically affects the student final grade.

Departure:
By 9:00 PM; Students must check-in at 5:00 PM. (The trip meeting location will be announced in class.) Anyone not on time for departure will be left behind and will receive an automatic failure of the course.

Return:
Arrival time in Columbus will be late evening. The class will not be dismissed until after the vans have been cleaned out and OK’d by the drivers.

Evaluation

Grading Scale

93% - 100% = A  80% - 83% = B-  67% - 69% = D+
90% - 92% = A-  77% - 79% = C+  60% - 66% = D
87% - 89% = B+  74% - 76% = C  0 – 59% = E
84% - 86% = B  70% - 73% = C-

Students who have arranged through their College to take this course under the Pass/Nonpass grading option must achieve a minimum of 60% to receive a Passing (P) grade.

Classroom sessions and participation - 30% of grade
Students are expected to attend all classrooms sessions. There will be no make-up classroom sessions offered. For safety reasons, no one will be admitted to class 15 minutes after the start of each classroom session.

Extended trip participation and skills - 40% of grade
Students are expected to be on time, follow all safety rules, stay with the class during travel, and participate in all activities. Evaluation will be based upon demonstration of proper equipment; correct and safe raft handling skills; proper and suitable use of terminology throughout the trip; and appropriate skill performance in water safety, equipment use/storage and other skills covered in classroom sessions.

Project - 15% of grade
The student will complete an in class presentation on an agreed upon trip related topic. Topics will be discussed in one of the early class sessions.

Knowledge - 15% of grade
The student will complete a quiz that will cover terminology, history, theory, etc.
An online quiz will be given during the semester before the trip departure.

**Excused Absences**
An excused absence means that the student will be given an opportunity to make up work (or an assignment equivalent to the work) that he or she missed. There are four situations which constitute an “excused absence” from the class meeting time and crew sessions. They are:
1. Students who participate in a documented University sanctioned event
2. Students who have a documented death in the family
3. Students who are observing a religious holiday
4. Students who are too ill or injured to participate in class

- In accordance with Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy of the scheduled events and those classes which will be missed. This documentation must be on University letterhead, signed by the coach/supervisor, and given to the instructor within the first two weeks of the semester.
- Students who have missed class due to a death in the family must provide documentation of the death (death certificate, obituary, etc.).
- Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the semester.
- Students who are too ill or injured to participate in class must provide written documentation from a physician stating that the student cannot participate in class.
- Any excused absences must be made up within two weeks of the absence and the student must submit an official “SFHP Course Make Up Form.” Failure to complete an “SFHP Course Make Up Form” and the necessary activity within two weeks will result in that absence becoming an unexcused absence. The make up form is available from the instructor. There will be no make up of unexcused absences.

Students with extenuating circumstances that are in conflict with these set policies are encouraged to contact the instructor during office hours or by appointment.

**ODS Statement**
Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; [http://www.ods.ohio-state.edu/](http://www.ods.ohio-state.edu/). Please make sure that students know they will be expected to follow Americans with Disabilities Act Guidelines for access to technology.

**Grievances and Solving Problems**
According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by *speaking first with the instructor or professor*. Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of
the assistant’s department. “

**Risk Potential**
As you are considering enrolling in a University Sport, Fitness and Health Program class, the University would like you to be aware that participation in any physical activity involves minor/serious risks to your body. Prior to participation you will be asked to read and sign a statement that you (or parent/guardian if under 18) are aware of these risks and that you consent to medical treatment in the event that you are injured. For certain classes that are potentially dangerous, vigorous, and/or involve risky behavior, you will be asked to sign a statement releasing the University and its’ instructors from liability in the event that you are injured as a result of your participation.

**Academic Misconduct**
The Ohio State University’s Code of Student Conduct (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination, or violating any safety rules. Ignorance of the University’s Code of Student Conduct is never considered an “excuse” for academic misconduct.

If I suspect that a student has committed academic misconduct in this course, I am obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the University’s Code of Student Conduct (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct.

http://studentaffairs.osu.edu/resource_csc.asp
Hypothermia - The body is losing heat faster than it can generate it, resulting in hypothermia.

**Causes**

1. **0 F - 40 F air temperature range** where most commonly occurs.
2. **Poor health** (poor physical conditioning)
3. **Poor nutrition**. Fats and carbohydrates provide the most warmth...bacon and eggs for breakfast provide little energy for cold weather.
4. **Wind**
5. **Water**
6. **Conduction**

<table>
<thead>
<tr>
<th>Core Temperature</th>
<th>Symptoms</th>
</tr>
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<tbody>
<tr>
<td>98.6</td>
<td>Normal</td>
</tr>
<tr>
<td>96</td>
<td>Uncontrollable shivering</td>
</tr>
<tr>
<td>92</td>
<td>Slow - mentally and physically (quiet)</td>
</tr>
<tr>
<td>88</td>
<td>Stumbling - delayed mental/ physical response</td>
</tr>
<tr>
<td>84</td>
<td>Hallucinating</td>
</tr>
<tr>
<td>80</td>
<td>Collapse</td>
</tr>
<tr>
<td>78</td>
<td>LOC</td>
</tr>
<tr>
<td>76</td>
<td>Ventricular Fibrillation (death)</td>
</tr>
</tbody>
</table>

**Treatment**

Gradual, dry warmth is required in this situation.

Depending on what stage you find the individual:

1. Dry, clothes, warm surroundings, exercise, warm - sweet liquids.  **NO ALCOHOL OR TOBACCO!**
2. Passive re-warming is required. Re-warming should only be done if there is no possibility of further cold exposure. If the individual is unable to exercise, get them in a sleeping bag(s) and warm them with another person's body heat. Skin-to-skin contact is the best, provided that the re-warming person doesn't become hypothermic as well. Do not re-warm too rapidly. Rapid re-warming causes **afterdrop**. "Afterdrop" is a condition in which the cool blood in the extremities is circulated too rapidly to the heart. This causes a shock to the heart which can lead to cardiac failure (Ventricular Fibrillation). Afterdrop can occur even after the person appears to have recovered, so be alert to the possibility.
3. If the individual has lost consciousness, warm them externally, maintain their airway, DO NOT give fluids, seek medical attention. Treat their body carefully. Do not jostle or move roughly.
Understanding and being familiar with a river and rapid rating system can be a valuable tool in trip planning and safety. The rating systems to be discussed are not ends in themselves, but guides to be used as one of the many resources which will make your boating experiences positive. At the present, the two most popular and widely used scales are the International (European) scale and the Western scale. The International scale ranges from Class I through Class VI. Class I being very easy and Class VI being on the extreme edge of navigability. The International scale is the most widely used and is predominantly the scale used in guide books.

The Western scale, a product of the Colorado river, is based on a 1 through 10 scale and is used on various western rivers (typically high volume rivers). The comparison made in the chart below will help put the two scales into perspective:

<table>
<thead>
<tr>
<th>International</th>
<th>Western</th>
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<tbody>
<tr>
<td>Flatwater</td>
<td>0</td>
</tr>
<tr>
<td>I Easy</td>
<td>1-2</td>
</tr>
<tr>
<td>II Medium</td>
<td>3-4</td>
</tr>
<tr>
<td>III Difficult</td>
<td>5-6</td>
</tr>
<tr>
<td>IV Very Difficult</td>
<td>7-8</td>
</tr>
<tr>
<td>V Extreme Difficulty</td>
<td>9-10</td>
</tr>
</tbody>
</table>

Under the International system, a total river can be given a single rating which usually reflects a combination of its most difficult rapids. More frequently a river is classified to its range of difficulty (II-III, II-V). Also, a single rapid may be classified in a range because of variance by water levels. (Salmon Falls on the Main Salmon is a III-IV rapid).

Rapid and river ratings are determined by experts and some ratings are lower (and often higher) than they should be. Ratings provide only a rough indication of what the rapid is like. Many other factors such as water levels, temperature, volume, water depth, or geology of the riverbed can affect the rating. It is through good judgment, proper planning, adequate equipment, and increased experience that the progression to more difficult runs moves. The progression moves from novice to expert only after many years of rafting experiences. Don't lose sight of the progression and infringe on its outer limits; you could get hurt.