

**Welcome to the UGA Spring Study Abroad**  
*Outdoor Adventure Activities*  
PEDB 1090 (1 credit)

*This is a sample syllabus intended as a general guide only and deviations may be necessary (a final syllabus will be included in the reading packet or available by contacting the office)*

Instructor: Dr. Michael Tarrant, Meigs Distinguished Teaching Professor, Warnell School of Forestry and Natural Resources; [Tarrant@uga.edu](mailto:Tarrant@uga.edu)

Office Address: *Discover Abroad*  
Building One, Room 300  
Warnell School of Forestry and Natural Resources  
The University of Georgia  
Athens, GA 30602-2152

Telephone: 706.542.9713

Website: [www.discoverabroad.uga.edu](http://www.discoverabroad.uga.edu)

Contact e-mail: [discoverabroad@uga.edu](mailto:discoverabroad@uga.edu)

Course Description

Activities include backcountry trail hiking (in rainforest, alpine, Outback/desert, and mountain environments), sea/river kayaking, swimming with dolphins, glacier hiking, and snorkeling throughout the South Pacific. The course is a non-traditional format.

Course Objectives

By the end of the program students will:

1. Develop and participate in a minimum 25 hours of adventure activities as part of a study abroad program;
2. Actively participate in 5 hours of class instruction on trip safety, trip preparedness, team-building, and outdoor activity knowledge base;
3. Become inspired to continue participation in adventure activities beyond class participation.
4. Develop an understanding for the importance of exercise to overall health;
5. Gain knowledge of basic health, fitness and wellness principles by completing Fitness Knowledge Component\*

\* Only required if you are taking this course for PE graduation requirement. If you have previously completed this requirement in another PE course, please bring a copy of your Degree Audit Report (DAR). Students who have already taken a PE course and meet the PE graduation requirement are not required to complete the fitness knowledge component of this course.

Course Credit

Credit is offered for a total of one semester hour in Outdoor Adventure Activities (PEDB 1090).

Prerequisites

All students in good academic standing are eligible to take the course. There are no prerequisites.

## Attendance

You must attend and participate in the following:

1. All scheduled program–related recreation/field activities;
2. Three class meetings on:
  - a. Different types of outdoor activities offered during the course (basic run through of what activity entails, equipment needed, etc) and a broad outdoor activity safety lecture (appropriate clothing sample gear list, safety checklist, hypothermia, water issues, physical abilities, etc); this will occur at pre-departure orientation;
  - b. Team-building exercise;
  - c. Leave No Trace principles.

During the field studies, no student may leave the group without the consent of the faculty supervisor. Unless an absence is approved by one of the instructors or the program director, students will lose 10% of their final grade for each day or part-day they fail to participate. Unexcused absences or chronic late arrival to program activities may, at the discretion of the Program Director, be grounds for dismissal from the program.

## Late and Missed Assignments

Because of the nature of this course and the tight schedule, assignments are not accepted late without prior approval from the instructor.

## Academic Honesty

All academic work must meet the standards contained in the University's Culture of Honesty policy ([www.uga.edu/honesty](http://www.uga.edu/honesty)). All students are responsible for informing themselves about those standards before performing any academic work. The penalties for academic dishonesty include (but are not limited to) award of a failing grade for the course, suspension, notification placed on the student's transcript of their having been found guilty of cheating, and expulsion from the university, and ignorance is not an acceptable defense. Academic dishonesty will be reported to the University Academic Policy Panel.

## Special Accommodations

Any student(s) who require special accommodation(s) or other requirements in this course must contact the instructor before or at the UGA on-campus orientation and register with UGA Disability Resource Center ([www.drc.uga.edu](http://www.drc.uga.edu)). Some activities include moderate exercise, such as hiking and snorkeling.

## Course-book

*UGA Physical Education and Fitness Activities Access Card* (available at the bookstore) or online through McGraw-Hill: [http://www.mhprofessional.com/mhhe\\_product.php?isbn=0078032008&cat=108](http://www.mhprofessional.com/mhhe_product.php?isbn=0078032008&cat=108) ISBN is 0078032601: Instructor will provide instructor code once registered. Also use eLC-New <https://uga.view.usg.edu/?logout=1>

## Course Requirements

In addition to participation in the field activities and attendance at the lectures, you will be required to complete the following:

1. *Attendance in field activities and lectures (40%)*

## 2. Final paper (20%)

A final paper is required which describes your overall PEDB1090 and study abroad field activities experience. Your topic: What was the value of the outdoor experiences in this program? What did you learn about yourself, the environment, about being a part of a group and from the instructors and guides? Do you plan to incorporate outdoor recreation/adventure into your life and, if so, how? If not, why? The paper is to be 500 typed words (excluding references and any appendices) in Arial 9.5 point font (single-spaced) and emailed as one electronic (Word or .pdf) file (titled "*your last and first name* PEDB 1090 final paper") to the instructor within four (4) weeks after the end of the program in-country. Failure to adhere to any of these requirements (e.g., file name, submission date, etc) will result in an automatic 10% (minimum) to 20% (maximum) penalty in grade.

## 3. On-line fitness component (40%)

There are 7 chapter readings and 7 assessments associated with the on-line coursework. Assessments will be graded on-line. You must score 80% to receive credit for the sections. The online fitness component can be accessed at <http://mhlearningsolutions.com/georgia> PE Read the following sections and complete each associated assessment: (a) exercise vocabulary (5%), (b) health benefits (5%), (c) the FITT principle (5%), (d) behavior change (5%), (e) preparing and recovering from exercise (5%), (f) nutrition (5%), and (g) outdoor adventure (10%).

### Grade Assessment

You will earn either a satisfactory grade (S), an unsatisfactory grade (U), or an incomplete (I) based on your performance. 70% is required to obtain a grade of (S). Students must accumulate 70 points to receive a (S) in the class. Below 70 points will receive a (U). It is highly recommended that you complete the on-line Fitness Component prior to departure. Access to computers in-country will limit available time to complete this portion during the study abroad experience. If you choose to wait until you return to the US you need to have this portion completed within 4 weeks of the completion of the program, otherwise a final grade may not be submitted.

Completing the instructor course evaluation is highly recommended and appreciated for valuable feedback to make future course improvements: <https://ssl.coe.uga.edu/apps/authorize/login.cfm>

### Course Itinerary

Refer to the sample itineraries available online. Final itineraries will be distributed on arrival in-country or contact the office for the most recent version.