

FLORIDA STATE COLLEGE AT JACKSONVILLE
COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER:	LEI 1262
COURSE TITLE:	Outdoor Adventure Initiatives
PREREQUISITE(S):	None
COREQUISITE(S):	None
CREDIT HOURS:	2
CONTACT HOURS/WEEK:	2
CONTACT HOUR BREAKDOWN:	
Lecture/Discussion:	1
Laboratory:	
Other _____:	1 (Activity)
FACULTY WORKLOAD POINTS:	1.75
STANDARDIZED CLASS SIZE ALLOCATION:	20
CATALOG COURSE DESCRIPTION:	
<p>This outdoor adventure course provides students with personal growth opportunities through a series of initiative challenges. It is designed to develop self knowledge, self esteem, and the social skills required for positive group interaction. It will also provide students with the experience of functioning as members of a highly supportive group.</p>	
SUGGESTED TEXT(S):	None
IMPLEMENTATION DATE:	Winter Term, 1992 (922)
REVIEW OR MODIFICATION DATE:	Fall Term, 2002 (20031)

COURSE TOPICS	CONTACT HOURS <u>PER TOPIC</u>
I. Introductory Activities	.5
II. Goals and Expectations	1.5
<ul style="list-style-type: none"> A. Students develop and share personal goals and expectations for the course. B. Instructors share expectations/standards. C. Students develop Full Value Contract stipulating their guidelines for group behavior during the course and committing to full participation in all activities. 	
III. Safety Training	2.0
<ul style="list-style-type: none"> A. Review general safety issues related to the course and personal health (e.g. heat, cold, fatigue). B. Spotter training to control possible falls. C. Spotter practice using Trust Circles, Human Ladder, Trust Fall. 	
IV. Building Trust and Cooperation	4.0
<ul style="list-style-type: none"> A. Blind Trust Walk B. Trolley C. Hang Ten D. Wild Woosey E. Maze F. All Aboard 	
V. Journal Writing for Personal Growth	5.0
VI. Developing Increased Levels of Physical Agility Balance and Coordination	4.0
<ul style="list-style-type: none"> A. Swinging Log B. Heebie Jeebie C. Nitro Crossing D. Wagon Wheel Traverse E. Multivine Traverse 	

COURSE TOPICS (continued)	CONTACT HOURS <u>PER TOPIC</u>
VII. Communication	4.0
A. Traffic Jam B. Blind Polygon C. T.P. Shuffle D. Seven Pieces Puzzle E. Moon Walk	
VIII. Problem Solving and Decision Making	4.0
A. Spider Web B. Acid River Crossing C. Tripod D. Hole-in-One E. Amazon River	
IX. Leadership and Team Building	4.0
A. Electric Fence (low) B. Beam C. Prouty's Landing D. Swinging Tires E. Seminole Walk F. Wall	
X. Final of Element Essentials	1.0