I. Course Description: Adventure Games is designed to provide students with hands-on experience in a variety of challenges that require self-discipline, a willingness to try, and personal commitment. It involves regular and vigorous physical activity in the form of aerobic games and non-games, group initiatives and trust activities, and elements involving physical and psychological challenge and risk taking.

II. Prerequisites: None

III. Course Credit: 1 semester hour Pass/Fail

IV. Course Fee: $35 Please Note!! Students enrolled in the class at the end of the official drop period will be responsible for full payment of the course fee. Billed with your tuition. Pay the Treasurer’s office in Blow Hall.

V. Course Objectives: Throughout the course of the semester, each student will become actively involved in:
   A. group communication and problem solving
   B. interpersonal trust and cooperation activities
   C. physical activity in non-traditional settings
   D. elements of physical and/or psychological risk or challenge
   E. mutual support and enthusiasm

VI. Course Content: Movements and activities involving:
   A. Coordination and balance
   B. Strength and flexibility
   C. Cardiovascular endurance
   D. Low and high ropes elements
   E. Group dynamics, initiatives, and trust

VII. Evaluation:
   A. Attendance: Students are permitted no more than three (3) absences. Contact the instructor before missing class if at all possible. **You will be responsible for logging in your presence.**
   The attendance count starts once you are registered for the class. The full attendance policy can be located on Blackboard.
   Tardiness: Each class will start on time. Students who are not in attendance when the class begins will be considered tardy. Departmental policy states that three incidents of tardiness will result in one absence being attributed.
   B. Attitude: Though this is "challenge by choice", students are expected to give their best effort in all activities.
   C. Practical:
      1. Each student will be required to demonstrate proficiency in each of the following:
         a. static belay
         b. dynamic belay
         c. rappelling
         d. prussiking
         e. double figure 8 knot
2. Each student must complete each of the following experiences:
   a. trust fall
   b. commitment jump (trapeze, zip line, etc.)
   c. three group initiatives
   d. six low ropes elements
   e. three trust games
   f. 3 high elements

D. Written Requirement: Each student should self-evaluate on a regular basis throughout the course using a journal to identify changes in their personal attitude, physical abilities, and willingness to accept challenge.

VIII. Text: None required

IX. Dressing for class: Vigorous activity is associated with this class, so be sure to wear suitable clothing that will not restrict your movement. Athletic shoes are a must! Only shoes that do not leave marks on the gym will be allowed. Street shoes, sandals, open-toed shoes and flip-flops are NOT permitted. During events that require helmets, you must bring a bandanna or other suitable liner to serve as a helmet liner. You may sweat, but we prefer that you kept it to yourself.

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Office hours: Note: I can typically be found in my office on Mon, Wed and Fri between 12:00 & 12:45 AND BY APPOINTMENT. I am most easily reached via email.