Adventure Games
Kin 130

Instructor: Randy Drake

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Office Hours: T, R 12:00-1:00

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 “new games,” group initiatives, trust activities, and elements involving physical and psychological challenge and risk taking.

II. Prerequisites: None

III. Course Credit: 1 semester hour

IV. Course Fee: $35 This fee is used for equipment, ropes course maintenance and repair, and administrative services. 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.

V. Required clothing: Since each class tends to involve vigorous activity, students are encouraged to wear appropriate attire. Athletic footwear (running shoes, court shoes, cross trainers, sneakers) is a must. Sandals, flip flops, and street shoes are inappropriate and, therefore, forbidden for safety reasons. A bandanna (or other helmet liner) must be worn under climbing helmets to absorb perspiration and must be provided by each student.

VI. 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

VII. 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
VIII. Evaluation:
A. Attendance: Students are permitted no more than three (3) absences. Contact the instructor before missing class if at all possible.
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. figure 8 follow through knot
2. Each student must complete each of the following experiences:
   a. trust fall
   b. commitment jump (trapeze, bell, giant swing, etc.) plus 1 other high ropes element
   c. three group initiatives
   d. six low ropes elements
   e. three trust activities
D. Written Requirement: Each student is encouraged to 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.

IX. Text: None required