

Adventure Activity/Adventure Theory Courses 2013/2014

ADAC 141. Fly-Fishing (P-1b)	1 hour
ADAC 151. Scuba Diving (P-1b)	1 hour
ADAC 155. Basic Kayaking (P-1b)	1 hour
ADAC 160. Snow Skiing/Boarding (P-1b)	1 hour
ADAC 200. Gym Climbing (P-1b)	1 hour
ADAC 212. Backpacking (P-1b)	1 hour
ADAC 214. Mountain Biking (P-1b)	1 hour
ADAC 262. Introduction to Camping (P-1b)	1 hour
ADAC 265. Topics in Activity (P-1b)	1 – 3 hours
ADTH 350. Adventure Activity Curriculum Applications	2 hours

ADAC 141. Fly-Fishing (P-1b) **1 hour**

Prerequisite: PEAC 125.

This course is designed to teach the fundamentals of fly-fishing. The course will include but not be limited to: casting, rods & reels, knots, lines, leaders, flies, insectology, fish, equipment, wilderness ecology and where to go. This is a great family oriented, lifetime activity that will be about catch and release in the great out-of-doors. Several outings will be part of this course. Minimal fees may be charged for transportation. Lab fee 8 will be assessed for this course. Offered on a rotating basis.

ADAC 151. Scuba Diving (P-1b) **1 hour**

Prerequisite: PEAC 125.

This eight-week course leads to open water certification by the National Association of Underwater Instructors (NAUI) upon satisfactory completion of written exam, pool skills and check-out dives. All students at the beginning of class should be able to comfortably swim a combination of strokes for 225 yards with minimal stops for rest. Style and speed are not required. Lab fees and check-out dive expenses will be charged in addition to tuition. Lab fee 16 will be assessed for this course with additional trip expenses charged after the check-out dive. This course cannot be added late.

ADAC 155. Basic Kayaking (P-1b) **1 hour**

Prerequisite: PEAC 125.

Students will safely learn the mechanics for flat, moving, and whitewater kayaking. The course will include but not be limited to: basic strokes for propulsion, combat roll techniques, eddy turns, peel outs, upstream and downstream ferrying, surfing, and basic river rescue. Lab fee 6 will be assessed for this course.

ADAC 160. Snow Skiing/Boarding (P-1b) **1 hour**

Prerequisite: PEAC 125.

A course that is designed to increase your appreciation of snow skiing or boarding as a lifelong pursuit. This course topics will include but not be limited to: equipment, clothing, resort navigation, safety, basic to advanced skills, and physical preparation. A spring break trip to Colorado and additional class activities prior to spring break are required. Tuition does not cover trip expenses. Possible trip expenses charged after the trip. Lab fee 21 will be assessed for this course.

ADAC 200. Gym Climbing (P-1b) **1 hour**

Prerequisite: PEAC 125.

A fun and exciting introductory course to the sport of Gym Climbing. This course will introduce several climbing skills including: climbing safety, essential knots, belaying techniques, climbing techniques, top roping, and lead climbing. These skills can be used in climbing gyms and is a foundation for outdoor climbing. Lab fee 4 will be assessed for this course.

ADAC 212. Backpacking (P-1b)**1 hour****Prerequisite:** PEAC 125.

This course is designed to increase your appreciation of hiking and camping as a lifelong pursuit. This course will include but not be limited to: equipment, clothing, menu planning, basic cooking skills, map and compass navigation, on-trail hiking techniques, safety, and minimum impact camping. Lab fee 6 will be assessed for this course. Offered on a rotating basis.

ADAC 214. Mountain Biking (P-1b)**1 hour****Prerequisite:** PEAC 125.

This course is designed to acquaint students with the basics of mountain biking. The course will include but not be limited to: choosing a mountain bike, bike maintenance, choosing places to ride, safety, and equipment. A variety of rides from each to challenging will be required. Students must provide their own bike. Minimal transportation fees may be required. Lab fee 7 will be assessed for this course.

ADAC 262. Introduction to Camping (P-1b)**1 hour****Prerequisite:** PEAC 125.

A course designed to promote outdoor recreation and provide experience for those interested in preparing for different phases of camp life, outdoor living, and activities. A weekend camping trip with a hike is required. Lab fee 5 will be assessed for this course.

ADAC 265. Topics in Adventure Activity**1 – 3 hours****Prerequisite:** PEAC 125.

Topics selected from activities not covered in other courses. This course may be repeated for credit.

ADTH 350. Adventure Activity Curriculum Applications**2 hours****Prerequisite:** Any two ADAC courses

This course is designed to provide students who have a variety of basic adventure skills with the philosophy, leadership skills and the knowledge to teach adventure activities. Content will include but not be limited to the importance of safety, skill development, curriculum development, leadership, environmental awareness, protection, conservation, and the implementation process of adventure programs. Lab fee 8 will be assessed for this course.