

Adventure Activity/Adventure Theory Courses 2018/2019

ADAC 141. Fly-Fishing (P-1b)	1 hour
ADAC 142. Canoeing (P-1b)	1 hour
ADAC 145. Basic Rock Climbing (P-1b)	1 hour
ADAC 146. Whitewater Rafting Guide (P-1b)	1 hour
ADAC 148. Horsemanship (P-1b)	1 hour
ADAC 151. Scuba Diving (P-1b)	1 hour
ADAC 152. Caving (P-1b)	1 hour
ADAC 155. Basic Kayaking (P-1b)	1 hour
ADAC 156. Land Navigation (P-1b)	1 hour
ADAC 160. Snow Skiing/Boarding (P-1b)	1 hour
ADAC 161. Whitewater Kayaking (P-1b)	1 hour
ADAC 162. Wilderness Backpacking (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 215. CHA Horsemanship Certification (P-1b)	1 hour
ADAC 251. Advanced Scuba	2 hour
ADAC 248. Intermediate Horsemanship (P-1b)	1 hour
ADAC 262. Introduction to Camping (P-1b)	1 hour
ADAC 265. Topics in Activity (P-1b)	1 – 3 hours
ADAC 430. Back Country Skiing	1 hour
ADAC 435. Alpine Mountaineering	1 hour
ADTH 350. Adventure Activity Curriculum Applications	2 hours

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

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 outing will be part of this course. Minimal fees may be charged for transportation. **Lab Fee: 8 (\$150).**

Prerequisite(s): [PEAC 125](#).

WINTER

ADAC 142. Canoeing (P-1b) **1 hour**

This is a leadership skills course in flat and moving water canoeing. Students gain knowledge and skill in the areas of canoe handling, guiding, and packing over the course of a multi-day canoeing expedition over flat and moving water. Students also gain experience in primitive camping techniques and outdoor trip leadership. Leave No Trace methods of wilderness camping are emphasized. May include an American Canoe Association certificate. A multi-day expedition trip will be required over fall or spring break, respectively. **Lab Fee: 13 (\$325).**

Prerequisite(s): [PEAC 125](#).

FALL | WINTER

ADAC 145. Basic Rock Climbing (P-1b)**1 hour**

This course introduces students to the sport of rock climbing and provides the foundation for more advanced climbing courses as well as the ability to lead others climbing. During the class, students will gain an overview of the different types of climbing, rating systems, and equipment. Essential knots, safe belay and rappel techniques, and basic top-rope anchor building skills will be emphasized in this course. Students will also gain exposure to the array of world-class rock climbing and bouldering areas in the Southeast. Crack and face climbing techniques will be taught at a variety of on-and-off campus climbing venues. An off-campus field experience of up to four days may be required. **Lab Fee:** 9 (\$180).

Prerequisite(s): [PEAC 125](#).**FALL | WINTER****ADAC 146. Whitewater Rafting Guide (P-1b)****1 hour**

This course provides students with the technical and educational proficiencies necessary to be a safe and professional white water rafting guide. Students will work closely with their instructor and commercial rafting companies to learn skills such as participant safety, reading and understanding the river, and customer service. Course leads to certification as a local river rafting guide. An off-campus field experience of up to four days may be required. **Lab Fee:** 8 (\$150).

Prerequisite(s): [PEAC 125](#).**FALL | WINTER****ADAC 148. Horsemanship (P-1b)****1 hour**

This course is an introduction to horseback riding, designed for students with no or little previous horse handling experience. Ground instruction teaches proper, safe, and organized horse handling as well as horse care. Mounted instruction focuses on teaching the student a basic riding position and use of aids to effectively and efficiently communicate with the horse at the walk and trot. **Lab Fee:** 12 (\$300).

Prerequisite(s): [PEAC 125](#).**WINTER****ADAC 151. Scuba Diving (P-1b)****1 hour**

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 the class should be able to comfortably swim 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. This course cannot be added late. **Lab Fee:** 16 (\$500). Additional trip expenses charged after the check-out dive.

Prerequisite(s): [PEAC 125](#).**FALL | WINTER (even years only)****ADAC 152. Caving (P-1b)****1 hour**

Overview of sport caving as it applies to the outdoor classroom. Students will receive instruction in specialized equipment usage, cave selection, Leave No Trace ethics, conservation and cave ecology, group management, and participant and personal safety. An off-campus field experience of up to four days may be required. **Lab Fee:** 8 (\$150).

Prerequisite(s): [PEAC 125](#).**WINTER**

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

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 (\$90).

Prerequisite(s): [PEAC 125](#).

FALL

ADAC 156. Land Navigation (P-1b)**1 hour**

The use of map and compass is one of the most fundamental of outdoor skills. This class is designed to provide information and practical experience that students will use in their roles as outdoor educators and adventure leaders. Topics include map symbols, Universal Transverse Mercator Coordinate System, latitude and longitude, map scales, declination, resection and map and field bearings, and curriculum development.

Students will participate in several map and compass practica as well as a multiday cross country experience. An extended off-campus field experience of up to four days may be required. **Lab Fee:** 5 (\$60).

Prerequisite(s): [PEAC 125](#).

FALL (even years only)

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

A course that is designed to increase your appreciation for snow skiing or boarding as a lifelong pursuit. The 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. **Lab Fee:** 24 and additional expenses may be required (\$1300).

Prerequisite(s): [PEAC 125](#).

WINTER

ADAC 161. Whitewater Kayaking (P-1b)**1 hour**

Students will learn essential techniques and safety precautions necessary to competently navigate whitewater rivers. The course curriculum will follow the American Canoe Association (ACA) safety standards and teaching model and will include such topics as combat rolling, precise boat control in class I-III rapids, play-boating basics, river reading, and river rescue essentials. In addition, students will learn Leave No Trace river ethics and stewardship. Sound decision making, judgment, risk to kayak on classic Southeastern rivers under the guidance of certified ACA instructors. Successful course completion will lead to an industry recognized Level 3 ACA certification in river safety and rescue and certification in CPR/First Aid. An extended off-campus field experience of up to four days may be required. **Lab Fee:** 9 (\$180).

Prerequisite(s): [PEAC 125](#).

FALL

ADAC 162. Wilderness Backpacking (P-1b)**1 hour**

This fundamental course provides students with the knowledge and skills necessary to be safe, comfortable, and environmentally responsible while backpacking in a wilderness environment. Sound outdoor leadership principles coupled with Leave No Trace backcountry ethics provide the philosophical and practical foundations of this course. Topics include equipment use and selection, meal planning and preparation, orienteering and land navigation, as well as safety and risk management. An extended off-campus field experience of up to four days may be required. **Lab Fee:** 7 (\$120).

Prerequisite(s): [PEAC 125](#).

WINTER

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

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 (\$30).

Prerequisite(s): [PEAC 125](#).

FALL | WINTER

ADAC 212. Backpacking (P-1b)**1 hour**

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 (\$90).

Prerequisite(s): [PEAC 125](#).

FALL

ADAC 214. Mountain Biking (P-1b)**1 hour**

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 easy to challenging will be required. Students must provide their own bike. Minimal transportation fees may be required. **Lab Fee:** 7 (\$ 120).

Prerequisite(s): [PEAC 125](#).

FALL | WINTER

ADAC 215. CHA Horsemanship Certification (P-1b)**1 hour**

This For group riding instructors dealing with progressive skill building in all levels of riders, both in the arena and on the trail. Certification may be earned in English and/or Western disciplines; minimum age for assistant certification is sixteen (16), minimum age for instructor certification is eighteen (18). Eight levels of certification may be earned in both English and Western disciplines, ranging from assistant instructor to CHA clinician. Level of certification is the sole discretion of the clinic staff. Previous horse experience is required. **Lab Fee:** 18 (\$700).

Prerequisite(s): [PEAC 125](#); OLAC 148 or permission of instructor

WINTER

ADAC 248. Intermediate Horsemanship (P-1b)**1 hour**

This course continues to develop the student's basic understanding and application of universal horsemanship skills. Ground instruction includes basic horse health care and maintenance. Mounted instruction in the arena and cross country focuses on correct riding position for the rider and use of aids to effectively communicate with the horse at the trot and canter. Students will also be introduced to beginning jumping techniques. **Lab Fee:** 12 (\$300).

Prerequisite(s): [PEAC 125](#); OLAC 148 or permission of instructor.

WINTER

ADAC 251. Advanced Scuba (P-1b)**1 hour**

The course is a continuing education certification course for basic open water certified divers. The course certifies the participant as a NAUI ADVANCED DIVER & NAUI RESCUE SCUBA DIVER. RED CROSS FIRST AID/CPR/AED/OXYGEN ADMINISTRATION certifications are also obtained as requirements of this course. **Lab Fee:** 16 (\$500).

Prerequisite(s): [PEAC 125](#); and ADAC 151.

WINTER (odd years only)

ADAC 262. Introduction to Camping (P-1b)**1 hour**

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 (\$60).

Prerequisite(s): [PEAC 125](#).

WINTER

ADAC 265. Topics in Adventure Activity**1 – 3 hours**

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

Prerequisite(s): [PEAC 125](#).

FALL | WINTER

ADAC 430. Back Country Skiing**1 hour**

This course is a multi-day immersion in back country skiing and winter expeditionary travel. The focus is on technical skiing skills and traveling light, evaluating hazards, and moving through alpine terrain in the most efficient and enjoyable way possible. The course field experience will be conducted in the San Juan Mountains of Colorado during Spring Break or the January week prior to school starting. Back country huts will serve as the base camp for group safety and comfort. The lab fee includes all rental gear, transportation, and lodging. Students will have opportunity to obtain AIARE Level 1 Avalanche Safety Certification as part of this course. **Lab Fee:** 24 (\$1,300)

Prerequisite(s): [PEAC 125](#).

FALL

ADAC 435. Alpine Mountaineering**1 hour**

Alpine Mountaineering develops back country and climbing skills that enable the alpinist to ascend larger mountains in an expeditionary context which often involve winter-like conditions. This field-based course provides an introduction to mountaineering skills such as snow camping, ice and mixed rock and ice-climbing, crevasse rescue and glacier travel. Due to strenuous nature of this course, participants must be in excellent physical condition. Extended field experience required. Students will be given the opportunity to get certified in AIARE Level 1 Avalanche Safety. **Lab Fee:** 21 (\$1,000).

Prerequisite(s): [PEAC 125](#); and ADAC 145.

WINTER

ADTH 350. Adventure Activity Curriculum Applications**2 hours**

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 (\$150).

Prerequisite(s): Completion of two ADAC courses.

WINTER (even years only)