

Mayville State University

HPER 130, Spring Outdoor Pursuits, 35057

Spring 2025

1 Credits

Course and Instructor Information

Instructor Name: Austin Monson

Contact Information: FH 124, a.monson@mayvillestate.edu

Hours of Availability: M-F 10-12: may arrange meeting by email.

Instruction Mode: Face to Face

Time Zone: All times indicated throughout this syllabus reflect Central Time (CT).

Meeting Times and/or Location: 12-12:50 MW Classroom 111

Course Materials and Technologies

Clothing appropriate for outdoor activity pending weather.

Course Description

A course that combines the skills used when participating in outdoor activities such as any of the following: Cross-country skiing, Snowshoeing, Broomball, Virtual Hiking, Orienteering, Snow Olympics, as well as others. The course will be divided up to allow for a minimum of three activities to be covered. Students in this class will be introduced to teaching methodology for each of the activities. Spring.

Pre-/Co-requisites: No Pre-/Co-requisites are required.

Course Objectives

To successfully complete this course, the learner will be expected to meet the following objectives, as aligned to Physical Education Program Approval Standards through North Dakota's Education Standards and Practices Board ([ND ESPB](#)). Upon completion of this course, the student should:

1. Learn, understand, and demonstrate the benefits of outdoor activities as a lifelong physical activity as well as an increased cardiovascular endurance and muscular endurance.
2. Identify safety rules and state the importance of hydration.
3. Develop a basic understanding, terminology, and equipment techniques of several outdoor activities.
4. Properly understand clothing to be worn during activities in various temperatures.

Standards Alignment (Physical Education Program Approval Standards-ND ESPB):

- 1.b Describe and apply specialized content knowledge for teaching preK-12 physical education.
- 1.c Describe and apply physiological and biomechanical concepts related to skillful movement, physical activity and fitness for preK-12 students.
- 2.a Plan and implement appropriate (e.g., measurable, developmentally appropriate, performance-based) short- and long-term plan objectives that are aligned with local, state and/or SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education.
- 2.b Plan and implement progressive and sequential content that aligns with short- and long-term plan objectives and that addresses the diverse needs of all students.
- 2.c Plan for and manage resources to provide active, fair and equitable learning experiences.

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Course Expectations

- The due dates are set to help the student keep pace with the course work. If something comes up, it is the responsibility of the student to communicate with the instructor about the circumstances. If the problems were unforeseeable we will attempt to work something out.
- The language in class discussion should be professional at all times.
- Late work will not be accepted! It is the students' responsibility to contact me before the due date if you are having a problem finishing work or making it to class. If you let me know early, there will be a solution.
- The student can expect the scores of papers, quizzes, and tests to be put up within 1 week of the assignment being due.

Instructor/Student Communication

Students are accountable for all academic communications sent to their Mayville State University email address.

- Students are accountable for all academic communications sent to their **Mayville State University email address**. It is expected that you **check it daily** and respond to messages accordingly. **Monitor junk mail**; Blackboard-generated messages may appear there.
- I will occasionally send messages via **Blackboard announcements**; you can either view these in your email or in the designated forum.
- You may ask questions in person, via phone, email (private), or designated Blackboard Q&A forums (visible by everyone in the class), or through Starfish (varied levels of privacy).
- I loosely monitor my email outside of my hours of availability, but you should generally expect a 24 hour/1 business day turnaround time for response. Any exceptions to this will be announced in class or through Blackboard. You may visit with me face to face during hours of availability or make an appointment.

Evaluation and Grading

- Points and/or grades may be awarded for any/all work assigned and submitted.
- Late work will not be accepted. It is your responsibility to contact me before class if you are having a problem finishing work or making it to class. If you let me know early, there will be a solution.
- Your participation in class (attendance) will affect your grade either negatively or positively.
- The percentages will be taken from total points given for the class

Attendance/Participation Policies

Participation in class discussion is expected.

Grading Scale

A	90 – 100%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	0 – 59%

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Breakdown of Grade

In Class Participation- 10 PTS per day

Assignments 15 PTS per assignment = 60 Total Points

Enrollment Verification

On-Campus Course Statement

Fieldhouse classroom 111 we will have our attendance question assignment on 1/23 at 12:00PM.

The U.S. Department of Education requires instructors to conduct an activity which will validate student enrollment in this course. Class attendance will be used to verify enrollment in on-campus courses. If you do not attend, your enrollment in this course will be at risk.

Important Student Information

In the Announcements section of the Blackboard Institution Page, you can view and download the Important Student Information document for the current academic year. It includes information about:

- ✓ Land Acknowledgement Statement
- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ NetTutor - Online Tutoring Program
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Student Learning Outcomes / Essential Learning Outcomes
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement (Title IX)

Course Timeline/Schedule

The course schedule/timeline is subject to change based on teacher discretion. All work will be turned in on blackboard, so make sure you are keeping up with the weekly timeline from there.

Program Student Learning Outcomes (SLOs) Addressed in This Course

As part of Mayville State's effort to demonstrate continuous improvement in achieving student learning outcomes, this course will address the following SLOs:

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- **SLO 1: Through demonstration and application of discipline specific concepts, HPER students will serve as advocates for fitness.**
- **SLO 2: Students will effectively communicate through a variety of methods with a discipline-specific population**
- **SLO 3: Students will utilize a variety of technological resources and equipment to enhance discipline-specific population engagement and learning**
- **SLO 4: Students will assess individual understanding of discipline-specific concepts and utilize that assessment toward overall improvement**

Late Arrivals

The grading system for students adding this course after the first day of instruction will be modified. The student will be graded only on the activities that transpired while the student is enrolled. Students will not be penalized for missed assignments, but the student is still responsible for learning the course material that was covered during their initial absence.