

# Mayville State University

## HPER 131, Outdoor Pursuits, 1373

FALL 2025

1 Semester Hour

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### Course and Instructor Information

**Instructor Name:** Elora Passa

**Contact Information:** FH 108 B, [elora.passa@mayvillestate.edu](mailto:elora.passa@mayvillestate.edu) (email is preferred), 701-261-3953

**Hours of Availability:** 9:00-3:00 M-F (also available via zoom and appointment)

**Instruction Mode:** on campus, face to face

**Course Dates:** August 25-December 19, 2025

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

**Meeting Time and Location:** Monday and Wednesday 12:00PM - 12:50PM

### 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, Hiking, Archery, Orienteering, and Geocaching, as well as others. This 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.

**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](#)):

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.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.

## Course Materials and Technologies

- Athletic clothing, athletic tennis shoes, sunscreen when outdoors.
- Water bottle for outdoor activities to stay hydrated
- Geocaching app
- Traveling off campus for a variety of outdoor activities.

## Use of Artificial Intelligence in this Course

- You may use AI programs e.g. ChatGPT to help generate ideas and brainstorm. However, you should note that the material generated by these programs may be inaccurate, incomplete, or otherwise problematic. Beware that use may also stifle your own independent thinking and creativity.
- You may not submit any work generated by an AI program as your own. If you include material generated by an AI program, it should be cited like any other reference material (with due consideration for the quality of the reference, which may be poor).
- Contributions from anyone or anything else- including AI sources, must be properly quoted and cited every time they are used. Failure to do so constitutes an academic integrity violation, and I will follow the institution's policy in those instances.

## Course Expectations

- Preparation – Read, view, or listen to all assigned content prior to completing assignments & / or attending the class session.
- Participation– Actively participate in cooperative learning activities and class discussions when it calls for it. If you can't be in class, please communicate that with me in a timely matter.
- Attendance – This is a participation course. If you aren't attending or participating, you will not be setting yourself up for success in the classroom.

### Instructor/Student Communication

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

## Evaluation and Grading

Attendance Policy– Grade will drop one letter grade after 3 absences

Missing any mandatory speaker will result in grade dropping one letter grade

- If you are ill or will be missing class for any personal reason, please email prior to our class start time. This will be considered an excused absence. Students will still be required to make up any materials covered in class.
- If there is persistent illness or personal reasons and over three class sessions have been missed, I will require documentation from our nurse/counselor on campus.
- Feedback and grading of any assignments will be completed weekly via BlackBoard with progress notes being completed in Starfish.

### Grading Scale

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

## Assignment Guide

Watch 2 total hours of wildlife livecams and journal your observation about the species that you observe. Link to live cams below.

*One of my favorites: Stony Point penguin colony- south Africa*

Link: <https://explore.org/livecams>

Over the duration of this course, we will be covering the following activities.

- Skiing
- Nordic Walking
- Cornhole
- Spikeball
- Scavenger Hunt
- Archery
- Frisbee Golf

### **Mandatory Outdoor Activity:**

You can do this from anywhere in the world, simply download the APP and follow the instructions. Spend 2 hours geocaching and journal your findings, including taking a photo of two geocaches that you find. Upload to the dropbox.

- **Geocaching**
  - APP- GEOCACHE



## **Enrollment Verification**

### **On-Campus Course Statement**

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.

### **Proctor Notification**

No proctors are required for this course.

### **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
- ✓ 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)

## Appendix

### Continuity of Academic Instruction for a Pandemic or Emergency item

The health and safety of our students, staff, and faculty is our top priority. Mayville State University is committed to continuing face-to-face instruction for on campus courses each semester while minimizing exposure risk and promote health and safety for students, faculty, and staff.

If there is a significant health or safety event that necessitates a change in course format, plans for remote options for this course include blackboard asynchronous, but you will still carry out the instructed activities, independently.

### 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:

- P.E. majors will know and apply discipline-specific scientific, technological, and theoretical concepts critical to the development of physically educated individuals.
- P.E. majors will be physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health enhancing fitness as delineated in the NASPE K-12 Standards.
- Utilize assessments and reflection to foster student learning and inform instructional decisions.

### Instructional Strategies

- Cooperative Learning Activities
- Class Discussions
- Micro-Teaching
- Written and Oral Communication Tasks

### 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.

### Course Materials and Technologies

Live streaming via web browser

Geocaching app

### Course Expectations

#### Instructor/Student Communication

Students are accountable for all academic communications sent to their Mayville State University e-mail address. If you contact me via text between the hours of 7:00 am and 3:00 pm, you can expect a response within 4 hours. Contact occurring via email may take longer. I will not respond to communication that occurs outside of the times mentioned until the next cycle of availability begins. Any exceptions to this will be posted in the Course Announcements.

### **Assignments and Assessments**

All assignments and assessments are required for the course. Students are to use 12 font, Times New Roman, double spaced, APA formatting for all assignments. Please follow all rubrics and directional cues regarding each assignment.