

AP 1240: Most older adults cite travelling as their number one goal in retirement. Being in shape for these travels will result in a much better experience. With possible field trips and guest speakers, this course will introduce students to the exciting world of adventure tourism that many older adults are seeking in the present decades. Research will be prominent in the special needs of older adults in challenging activity and tourism settings.

CREDIT/CONTACT HOURS: 3 credits, 45 contact hours

DELIVERY MODE(S): Online

Online postings and Elluminate Participation:

Throughout the course there are many discussion forums that you must contribute to. Please refer to the **Program Information Page** “Older Adult Fitness & Wellness Program” and review the **Discussion Board Rubric** and **Netiquette: Appropriate Network Etiquette** prior to posting within a discussion board.

Participation in the Elluminate sessions is required of all students. If there is an unforeseen reason that you are not able to attend an Elluminate session, advanced notification to the course facilitator is requested. In the event that you miss an Elluminate session, you will be given access to a recorded copy of the Elluminate session that you missed.

Assignment Policy:

All assignments are requested to be digitally handed in on the day they are due. **Digital submissions will be accepted up until 11:59 pm on the due date.** Extensions on assignments may be granted and must be negotiated with the instructor **prior** to the due date and with a date specified for late submission. A penalty of 10% per day may be deducted from the final mark of a late assignment.

Student Rights and Responsibilities:

Please refer to the Student Rights and Responsibilities policy in the Grande Prairie Regional College Calendar or at <http://www.gprc.ab.ca/downloads/documents/StudentRightsandResponsibilities.pdf>

Plagiarism and Cheating:

We expect honesty from our students. Penalties will be given according to the degree of the plagiarism or cheating. **If you are unsure whether an action is plagiarism or not, please consult the GPRC Library Student Resource Center or your course instructor for assistance.** For additional

information, please refer to your GPRC Calendar or

<http://www.gprc.ab.ca/downloads/documents/Student%20Misconduct%20Plagiarism%20and%20Cheating.pdf>

OBJECTIVES:

For the students to:

- Present a suitable definition of Adventure Tourism.
- Discuss many concepts related to Adventure Tourism.
- Initiate a collection of related resources.
- Recognize important resources for pursuing and for obtaining important certifications in Adventure Tourism.
- List the possible issues and barriers that older adults might be facing as they pursue Adventure Tourism activities
- Initiate development of a repertoire of problem solving skills in relation to helping older adults safely and successfully participate in Adventure Tourism activities.
- Outline the attitudes and patterns of use of the outdoors for older adults.
- Describe the therapeutic benefits of the outdoors for the elderly (mental, physical & social benefits).
- State methods for using the outdoors in a number of different care facilities.
- Contribute ideas on how to incorporate and promote outdoor activities within a care facility. (outdoor circuit activity)

For the following adventure tourism activities you will cover 3 reoccurring objectives for each:

- Canoeing, sport fishing, whale watching, sailing, sea & river kayaking, white water rafting, scuba diving, snorkeling, downhill skiing and snowboarding, Nordic skiing (cross country skiing and telemarking), ice Climbing, dogsledding, snowshoeing, skijoring, cruise ship tours, safari/jungle tours, Elderhostels, intergenerational activities, golf, travel agencies, pole-walking, Trailrider, mountain biking & bicycle touring, trail (horseback) riding, nature watching (bird, bear, etc), orienteering, regaining, backpacking, climbing (indoor, outdoor & bouldering), mountaineering, hiking & heli-hiking, caving, exergaming, geocaching, GPS orienteering, sky diving, hang glider flying , zip-lining, ropes courses, bungee jumping.

Adventure Tourism Activity Objectives:

1. Define the activity and recognize the special attributes for each of the activities listed above.
2. Identify the safety considerations for participation in the outlined trail pursuits.
3. Contribute to a compilation of contacts of adventure tourism resources that service the older adult population.

TRANSFERABILITY: None

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATION:

Illuminate meetings.....5X 4 points each (20%)

5 of these options: (5 X 15%) Details and Rubrics will be made available. (75%)

1. Discussion Forums
2. Research paper on "The Big Picture"
3. Government and Education search
4. Module reports (4) including exercise focus
5. Exercise plans for plane/car/bus (write or video...)
6. Orienteering or Geo-caching plan
7. Design an outdoor space for a seniors' complex
8. Detailed fitness programs for a person planning on a particular adventure trip
9. Your idea???? Run it by me ☺.

Self Assessment (at end) (5%)

STATEMENT ON PLAGIARISM AND CHEATING:

Please refer to the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

COURSE SCHEDULE/TENTATIVE TIMELINE:

The course is structured into 7 modules over thirteen weeks. Each Module lasts approximate two weeks. You will complete a self-assessment in the thirteenth week. You are to proceed through the course by completing the modules in sequence as outlined below. This schedule is subject to change but I will give you notice well ahead of time when possible.

Module 1: Jan. 9 & Jan. 16, 2012	Week 1: What is Adventure Tourism and how can older adults participate in this type of physical activity in the best ways possible? Week 2: Concerns, Issues, Safety
Module 2: Jan. 23 & Jan. 30, 2012	Week 3: Water Pursuits Week 4: Water Pursuits
Module 3: Feb. 6 & Feb. 13, 2012	Week 5: Winter Pursuits Week 6: Destination Adventures (Note that Reading Week is February 20-24 so there will not be new assignments given for that week.)

<p>Module 4: Feb. 27 & March 5, 2012</p>	<p>Week 7: Trail Pursuits</p> <p>Week 8: Trail Pursuits</p>
<p>Module 5: Mar. 12 & Mar. 19, 2012</p>	<p>Week 9: Technology</p> <p>Week 10: Extreme Adventures</p>
<p>Module 6: Mar. 26 & April 2, 2012</p>	<p>Week 11: Therapeutic Benefits of the Outdoors</p> <p>Week 12: Promoting Outdoor Activities within Care Facilities</p>
<p>Module 7: Course Wrap-up April 9 & April 16, 2012</p>	<p>Week 13: TBA</p> <p>Week 14: Course Wrap-up and Self Assessment</p>