

COURSE OBJECTIVES:

- 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.

COURSE STRUCTURE:

You will proceed through the course by completing the content in sequence as outlined below. Refer to Moodle for all course readings and activities.

MODULE 1	
Week 0: Jan 7-13, 2013	* Contact your course facilitator at knilsson@gprc.ab.ca to obtain the course materials package. *Visit & become familiar with Moodle and the Program Information Page " Older Adult Fitness & Wellness Program " *Post within the "Introductions" forum, and learn about your classmates.
Week 1: Jan 14-20, 2013	TOPICS: What is Adventure Tourism
Week 2: Jan 21-27, 2013	TOPICS: Concerns, Issues and Safety
MODULE 2	
Week 3 & 4: Jan 28-Feb 10, 2013	TOPICS: Water Pursuits
MODULE 3	
Week 5: Feb 11-17, 2013	TOPICS: Winter Pursuits
<i>Reading Week Break February 18-24, 2013</i>	
Week 6: Feb 25-Mar 3, 2013	TOPICS: Destination Adventures
MODULE 4	
Week 7 & 8: Mar 4-17, 2013	TOPICS: Trail Pursuits
MODULE 5	
Week 9: Mar 18-24, 2013	TOPICS: Technology
Week 10: Mar 25-31, 2013	TOPICS: Extreme Adventures
MODULE 6	
Week 11: Apr 1-7, 2013	TOPICS: Therapeutic Benefits of the Outdoors
Week 12: Apr 8-14, 2013	TOPICS: Promoting Outdoor Activities within the Care Facilities
Week 13: Apr 15-21, 2013	Course Wrap-up & Self-Assessment

COURSE ASSESSMENT:

Online forum postings, Elluminate & online participation (20%)	Due: Continuous
<p>Five of these options: (5 X 15%) Details and Rubrics will be made available. (75%)</p> <ol style="list-style-type: none"> 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 ☺. 	<p>No set deadline for each assignment option, however it is encouraged that you submit each of your 5 assignments throughout the course term and not all 5 on the final submission date.</p> <p>Final due date: April 11, 2013</p>
Self-Assessment (5%)	Due: April 23, 2013

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 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 on the day they are due. **Digital submissions will be accepted up until 11:59pm 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 will be deducted from the final mark of a late assignment. **All submissions are to contain a title page (where applicable) including; student name, course number and assignment title.**

Student Rights and Responsibilities:

Please use your GPRC student email address, all correspondence regarding this course will be communicated through this webmail address. When sending emails to the course instructor, be sure to highlight which course you are corresponding about in the subject matter box.

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 Library student resource center or refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

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