

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS, AND KINESIOLOGY**

**PF 2240
Adventure Tourism for Older Adults
45 hours; 3-0-0**

**Winter 2010
Course Outline**

INSTRUCTOR: Beth Goldie

OFFICE: K218

VIRTUAL OFFICE HOURS: By Appointment via Elluminate - TBD

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COURSE DESCRIPTION:

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.

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, cruiseship 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.

REQUIRED TEXTS:

Wagstaff, M. & Attarian, A. (2009). *Technical skills for adventure programming*. Windsor, ON: Human Kinetics.

WEB BASED SOFTWARE:

This course will use *Moodle*, <http://moodle.gprc.ab.ca>, a computer-mediated communication (CMC) web-based software system. Learners who are new to Moodle should contact the Moodle Help Desk at: moodle@gprc.ab.ca for orientation.

This course also uses *Elluminate*, <http://elluminate.gprc.ab.ca>, a real-time web-conferencing system. You will be provided with log-in information and instructions in the course information section of this course.

COURSE STRUCTURE:

The course is structured into 6 modules over twelve 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.

Module 1:	Week 1: What is Adventure Tourism and how can older adults participate in this type of physical activity in the best ways possible? <i>Week 1 Report Due</i> Week 2: Concerns, Issues, Safety <i>Assignment 1 'The Big Picture' Due</i>
Module 2:	Week 3: Water Pursuits <i>Week 3 Report Due</i> Week 4: Water Pursuits <i>Week 4 Report Due</i>
Module 3:	Week 5: Winter Pursuits <i>Week 5 Report Due</i> Week 6: Destination Adventures <i>Week 6 Report Due</i>
Module 4:	Week 7: Trail Pursuits <i>Week 7 Report Due</i> Week 8: Trail Pursuits <i>Week 8 Report Due</i> <i>Assignment 2 'Develop your own Orienteering Course' Due</i>
Module 5:	Week 9: Technology <i>Week 9 Report Due</i> Week 10: Extreme Adventures <i>Week 10 Report Due</i>

Module 6:	Week 11: Therapeutic Benefits of the Outdoors Week 12: Promoting Outdoor Activities within Care Facilities <i>Assignment 3 'Design an Outdoor Space for a Seniors Complex' Due</i>
Course Wrap-up	Week 13: Self Assessment <i>Self Assessment Due</i>

ASSESSMENT:

1. **Class and Elluminate Participation – 20%**

Throughout the course there are many discussion forums that you must contribute to. Please refer to the **Program Information Page** 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.

2. **Weekly Reports - 45%**

You will be required to report on each adventure tourism activity presented in the Modules by filling out a provided template to a maximum length of 3 pages. These must be submitted by the end of each week by the deadline indicated. You are also invited to submit extra reports on activities not listed in the course. There are so many Adventure Tourism activities out there and there will be many more as the years go on! What about the Pilgrim hiking concept or snowmobiling trips or motorbike touring?

The 9 reports worth 5% each are assigned in the following weeks:

Week 1 Report	5 %
Week 3 Report	5 %

Week 4 Report	5 %
Week 5 Report	5 %
Week 6 Report	5 %
Week 7 Report	5 %
Week 8 Report	5%
Week 9 Report	5%
Week 10 Report	5%
Total	45%

Please refer to details of this assignment within each weekly report description within Moodle.

3. **Assignment 1- The Big Picture – 10%**

This assignment is worth 10% of your final grade. Your 4 to 6 page research paper will focus on 2 basic areas related to topics discussed during weeks 1 and 2 of this course.

Firstly, what is the "Big Picture" of what types of adventures older adults might be interested in this year and in future years? What are the trends and how will adventure tourism related businesses need to change their offerings to meet the changing demands of the aging population? What role will new concepts such as Eco-tourism play in this big picture?

Secondly, what will the needs of older adults be in their pursuits of these activities? There will be an expansive continuum of needs for adaptations and special considerations as participants are guided to follow the "challenge by choice" philosophy proposed in the Wagstaff & Attarian text (Pages 24, 414, and 812, for example). What risk management considerations will be priority?

4. **Assignment 2- Develop your own Orienteering Course - 10%**

For this assignment you will develop your own orienteering course.

The course that you develop will be designed with the older adult in mind. Consider using a local park or trail system in your vicinity and as you design this orienteering course give yourself a time-line of 1 hour for the completion from the start to finish. The course you design will need to reference a map, feel free to develop your own map or to utilize a resource already developed (be sure to reference your sources though). To help you get started watch this video on "Orienteering for the Beginner" - <http://www.youtube.com/watch?v=OZO19kKuA4I> Here is another resource to visit to help you get started.

<http://ezproxy.agpc.talonline.ca/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=21381663&loginpage=login.asp&site=ehost-live&scope=site>

You most likely do not have a dibber or electronic boxes to place at each station but you may want to make some boxes that contains some indicator that your participants need to collect as they go to each station. Another method is to have a specialized "hard-top" marker at each station that the participant with use a pencil & paper to "emboss" the marker onto the paper.

You will need to have a compass and know how to use it, here is another source to get you started http://gsc.nrcan.gc.ca/geomag/field/compass_e.php.

5. Assignment 3- Design an Outdoor Space for a Seniors Complex - 10%

For this assignment, you will develop a "garden" plan proposal that outlines the benefits of a well planned outdoor space for a local senior care facility. You could develop this assignment based on the facility you visited and posted your thoughts about within Task 12.3: Discussion forum on current outdoor programming at care facilities. Not only will you outline the benefits of outdoor spaces, you will propose a landscape plan that would encourage more utilization of the outdoor space by the seniors residing within the facility. Be sure to justify the design aspects of your landscape plan within your proposal.

6. Self Assessment – 5%

Typically, a learner knows where his/her learning occurred/did not occur and whether or not this was attributable to the learner, the situation, or method of delivery. You will be expected to submit a 1-2 page self-assessment summarizing the learning that occurred or did not occur and what attributed to the learning or lack thereof. Conclude your assessment by submitting what you think your overall letter grade should be for this course.

Grading will follow these GPRC approved guidelines as closely as possible:

<u>Alpha Grade</u>	<u>4-pt Equivalent</u>	<u>Percentage Guidelines</u>	<u>Designation</u>
A+	4.0	90-100	Excellent
A	4.0	85-89	Excellent
A-	3.7	80-84	First Class Standing
B+	3.3	76-79	First Class Standing
B	3.0	73-75	Good
B-	2.7	70-72	Good
C+	2.3	67-69	Satisfactory
C	2.0	64-66	Satisfactory
C-	1.7	60-63	Satisfactory
D+	1.3	55-59	Poor
D	1.0	50-54	Minimal Pass
F	0.0	0-49	Fail



ASSIGNMENT POLICY:

All assignments are expected to be digitally handed in at the time they are due. 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 submissions. A penalty of one letter grade per day will be deducted from the final mark of a late assignment. For example, a paper graded at a C would receive an adjusted grade of C- if handed in one day late. Late assignments are due by 1600 hours.

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 your program advisor.** For additional information, please refer to your GPRC Calendar or <http://www.gprc.ab.ca/downloads/documents/Student%20Misconduct%20Plagiarism%20and%20Cheating.pdf>

PROGRAM INFORMATION:

Please view your Moodle Program Information site, <http://moodle.gprc.ab.ca>, for additional information including Technical Requirements, additional Elluminate information, and Netiquette. A link to your Program Information site is provided in the course information section of each course.