

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

**PF 2240 A3  
Adventure Tourism for Older Adults**

3-0-0

**Winter 2010  
Course Outline**

INSTRUCTOR: Bethe Goldie

OFFICE: K214

OFFICE PHONE: 780-539-2972

EMAIL: bgoldie@gprc.ab.ca

HOME PHONE: 780-532-6348

**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, 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.

#### REQUIRED TEXT:

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](mailto:moodle@gprc.ab.ca) for orientation.

#### 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.

<p><b>Module 1:</b> Jan. 6 &amp; Jan. 13, 2010</p>	<p><b>Week 1: What is Adventure Tourism and how can older adults participate in this type of physical activity in the best ways possible?</b> ** <i>Week 1 Report - Due: Jan. 10, 2010 (midnight)</i></p> <p><b>Week 2: Concerns, Issues, Safety</b> ** <i>Assignment 1 – The Big Picture – Due Jan. 17, 2010 (midnight)</i></p>
--	--

<p><b>Module 2:</b> Jan. 20 &amp; Jan. 27, 2010</p>	<p><b>Week 3: Water Pursuits</b> <b>** Week 3 Report - Due: Jan. 24, 2010 (midnight)</b></p> <p><b>Week 4: Water Pursuits</b> <b>** Week 4 Report - Due: Jan. 31, 2010 (midnight)</b></p>
<p><b>Module 3:</b> Feb. 3 &amp; Feb. 10, 2010</p>	<p><b>Week 5: Winter Pursuits</b> <b>** Week 5 Report - Due: Feb. 7, 2010 (midnight)</b></p> <p><b>Week 6: Destination Adventures</b> <b>** Week 6 Report - Due: Feb. 14, 2010 (midnight)</b></p>
<p><b>Module 4:</b> Feb. 17 &amp; Feb. 24, 2010</p>	<p><b>Week 7: Trail Pursuits</b> <b>** Week 7 Report - Due: Feb. 21, 2010 (midnight)</b></p> <p><b>Week 8: Trail Pursuits</b> <b>** Week 8 Report - Due: Feb. 28, 2010 (midnight)</b> <b>** Assignment 2 – Develop your own Orienteering Course – Due Mar. 5, 2010 (midnight)</b></p>
<p><b>Module 5:</b> Mar. 3 &amp; Mar. 17 , 2010 (Note that Reading Week is March 8-12 so there will not be a class on March 10.)</p>	<p><b>Week 9: Technology</b> <b>** Week 9 Report - Due: Mar. 7, 2010 (midnight)</b></p> <p><b>Week 10: Extreme Adventures</b> <b>** Week 10 Report - Due: Mar. 21, 2010 (midnight)</b></p>
<p><b>Module 6:</b> Mar. 24 &amp; Mar. 31, 2010</p>	<p><b>Week 11: Therapeutic Benefits of the Outdoors</b></p> <p><b>Week 12: Promoting Outdoor Activities within Care Facilities</b> <b>** Assignment 3 –Design an Outdoor Space for a Seniors Complex– Due April 4, 2010 (midnight)</b></p>
<p><b>Course Wrap-up</b> April 7 &amp; April 14 2010</p>	<p><b>Week 13: TBA</b></p> <p><b>Week 14: Course Wrap-up and Self Assessment</b> <b>** Self Assessment-Due: April 18, 2010 (midnight)</b></p>

## ASSESSMENT:

### 1. **Class Participation – 20%**

Throughout the course there are many discussion opportunities that you must contribute to as this sharing will enrich everyone's learning in the class. We will be using Moodle to post discussion comments each week.

### 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?

These assignments will be shared by all members of class in a way that will be explained in the first class.

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%
<b>Total</b>	<b>45%</b>

Please refer to details of this assignment within each weekly report description within Moodle. All reports must be submitted electronically.

### 3. **Assignment 1- The Big Picture – 10% (Due Date-Jan. 17<sup>th</sup>)**

This assignment is worth 10% of your final grade and must be submitted at the end of week 2. 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. Be sure to include an APA Reference List.

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% (Due Date-Mar. 5<sup>th</sup>)**

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). To help you get started watch this video on "Orienteering for the Beginner" - <http://www.youtube.com/watch?v=OZOI9kKuA4I>. 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 will use a pencil and 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](http://gsc.nrcan.gc.ca/geomag/field/compass_e.php).

5. **Assignment 3- Design an Outdoor Space for a Seniors' Complex - 10% (Due Date-April 4<sup>th</sup>)**

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% (Due Date-April 18<sup>th</sup>)**

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>Designation</u>
A+	4.0	Excellent
A	4.0	Excellent
A-	3.7	First Class Standing
B+	3.3	First Class Standing
B	3.0	Good
B-	2.7	Good
C+	2.3	Satisfactory
C	2.0	Satisfactory
C-	1.7	Satisfactory
D+	1.3	Poor
D	1.0	Minimal Pass
F	0.0	Fail

