EXPERIENTIAL EDUCATION (EE)

EE 5105 Risk Management for Experiential Education (3 Credits)
This online course reviews principles and current practices in experiential education program risk management for public and private schools, profit and not for profit organizations. Topics explored in the course include incident theories, risk management strategies, risk management tools, risk evaluation, risk analysis, emergency action plan, crisis management, liability coverage, and the law related to experiential education. Students will gain a practical understanding of risk management through examinations, risk analysis exercises, online group discussion, case studies, and individual projects.

EE 5110 Adventure Basics (3 Credits)
The Adventure Basics workshop is designed to model the delivery of a condensed but carefully sequenced challenge course curriculum. Participants will learn both the basic technical skills of operating a challenge course as well as the facilitation skills essential to sequencing a program to maximize outcomes with participants. Adventure Basics provides an important first step for both understanding the flow and interplay of a group experience and for learning the skills to run an effective challenge course education program.

EE 5120 Advanced Technical Challenge Course (2 Credits)
Beyond Basics is an advanced workshop designed to help the adventure practitioner acquire the requisite skills to effectively facilitate a low and high challenge course program. Emphasis will be on developing a deeper understanding of challenge course systems and cultivating a critical eye for safety. Some of the specific skills covered in this workshop are as follows: knot tying, proper use of equipment, belay techniques, leading edge climbing, and basic rescue procedures.

EE 5130 Building Your Repertoire (2 Credits)
Participants will complete 3 one-day workshops and complete a resource book of activities and facilitation tools that fit their professional practice. High 5 Adventure's one-day workshops present a variety of experiential-based activities focused on problem solving, communication skills development, asset building and reflection. Participants also gain an understanding of the foundations of experiential education and the philosophy of learning and community building through adventure initiatives.

EE 5150 Facilitation Skills Intensive (2 Credits)
This workshop offers educators and group facilitators from diverse settings an opportunity to gain practical skills in group facilitation and develop and refine their facilitation style. In a co-creative environment, facilitators will explore the art of facilitation and practice their facilitation skills. Participants will leave with a variety of practical activities, strategies, and tools that will enhance their practice as a facilitator. Through hands on program design and implementation practice, reflection and input from peers, facilitators will gain new insights, resources and tap into their strengths as an educator. Participants will leave with practical tools to enhance their practice as facilitators.

EE 5170 Introduction to Low Challenge Course Elements (2 Credits)
The course is designed as an introductory experience intended to model a condensed but carefully sequenced challenge course curriculum. Participants will learn both the technical skills of operating a low challenge course as well as facilitator skills essential to the operation of an experiential education program. Introduction to Low Challenge Course Elements provides an important first step for both understanding the flow and interplay of a group experience and for learning the skills to run an effective adventure learning and challenge course program.

EE 5180 Managing an Adventure Program (2 Credits)
Managing an Adventure Program is designed to help adventure professionals manage an adventure education program and its many facets and details. The course is intended for anyone who has primary responsibility for the management of a challenge course site and/or adventure education programs at their school, camp or business setting. In addition to helping the challenge course professional learn essential management skills, the workshop also focuses upon improving one's analysis and judgment capabilities.

EE 5190 Independent Study (1-3 Credits)
Enrichment of the background of students in education through the pursuit of a special topic in the area of experiential education theory, research, inquiry, or implementation pertinent to their interests and abilities. A chance for an in-depth study of a problem in the field of Experiential Education. Consent of a faculty supervisor and department chair is required.

EE 5195 Guided Project in Adventure Learning (1-2 Credits)
Provides students with an opportunity to expand on the topics of other EE courses through the development of an applied project or research paper, with the guidance of PSU faculty. An expectation of 15 hours of student work per credit. May be repeated upon approval of PSU faculty.

EE 5200 Adventure Programming (2 Credits)
A comprehensive foundational workshop designed for any individual to learn all the techniques needed to begin adventure programming using games, initiatives, low and high elements. Topics include sequencing, framing and debriefing, basic knot tying and belay and safety skills for high elements.

EE 5205 Adventure Based Counseling (2 Credits)
An introductory workshop for those new to adventure. Introduces foundational concepts and skills, with an emphasis on group process and debriefing. Technical skills are covered, but with less time for mastery than other introductory workshops.

EE 5210 Adventure Curriculum for Physical Education (2 Credits)
A specialized workshop developing the skills and knowledge necessary to implement Project Adventure's Adventure Curriculum for Physical Education (ACPE) into school, municipal recreation and camp settings. Topics include connecting adventure activities to specific learning outcomes, state and national standards, conducting age-appropriate assessment of student outcomes, integration of the ACPE curriculum into existing programs.

EE 5215 Creating Healthy Habits through Adventure (2 Credits)
A specialized workshop developing the skills needed to experientialize health-related educational content. Topics include the use of experiential and adventure activities to address: nutrition, fitness, diversity and cultural awareness, substance abuse and prevention, violence prevention, stress management, and community building. Additional focus on using an adventure approach in school-based health and wellness curricula.
EE 5220  Achieving Fitness: An Adventure Approach (2 Credits)
A specialized workshop for physical educators, fitness trainers, health educators, camp counselors, after-school personnel, and those interested in supporting clients’ health-related fitness. Topics include basic principles of health and fitness, the combination of fitness principles with adventure philosophy, student self-efficacy and its role in improving health-related fitness, the use of fitness journals. Also provides practice in using specific experiential activities for supporting students’ achievement of health-related fitness including cardiovascular, muscular strength/endurance, flexibility, and body composition.

EE 5225  Adventures in Building Community and Diversity (2 Credits)
A specialized, experiential workshop that uses the adventure group process to explore the topics of diversity, multiculturalism, and prejudice reduction. Topics include the development of self-awareness in regard to issues of multiculturalism and prejudice, the use of metaphor to highlight intra- and inter-group diversity, the facilitation of dialogue during conflict/confrontation, the use of adventure activities to promote a more accessible cross-cultural dialogue.

EE 5230  Adventures in Low Elements (2 Credits)
A foundational workshop focusing exclusively on adventure education using low challenge course elements. Does not cover the use high challenge course elements. Topics include the facilitation of warm up activities, problem-solving initiatives, trust activities, and specific low elements; sequencing, framing and debriefing techniques, safety guidelines and creative variations for low element facilitation.

EE 5235  Portable Adventure (2 Credits)
A foundational workshop focusing exclusively on adventure education using portable props. Does not cover the use of low or high challenge courses. Topics include facilitation of icebreakers, community-building games, and problem-solving initiatives, sequencing, framing and debriefing skills.

EE 5240  Debriefing Tools: Expanding your Repertoire (2 Credits)
This workshop that develops the critical skills of promoting student outcomes by directing reflection with debriefing techniques. Topics include the value of debriefing, skills and techniques for promoting group and individual reflection and learning, the Adventure Wave Model, the use of props and tools for promoting reflection.

EE 5245  Tech Skills Intensive (2 Credits)
This workshop that develops the critical skills of promoting student outcomes by directing reflection with debriefing techniques. Topics include the value of debriefing, skills and techniques for promoting group and individual reflection and learning, the Adventure Wave Model, the use of props and tools for promoting reflection.

EE 5250  Advanced Skills and Standards (2 Credits)
An advanced workshop that develops expert-level technical skills for challenge course operators. In addition to a review of basic technical skills, topics include high course rescue techniques, self-belayed climbing, descending and lowering techniques for self and participants, new technical developments in the challenge course industry, basic course inspection skills, and operation of complex high elements. Students will spend a significant amount of time at height. Best suited for students who have completed Technical Skills Intensive, and can demonstrate intermediate technical skill competency.

EE 5255  Adventure with Youth at Risk (2 Credits)
A specialized workshop developing the skills needed to implement the Behavior Management through Adventure program in work with youth at risk in schools, treatment centers, detention centers and other specialized programs. Focuses on the development of an empowered group process to succeed with students who often present a significant challenge to traditional group management. Additional topics include increasing prosocial behaviors and social-emotional learning outcomes, framing and utilizing adventure activities for therapeutic outcomes, the use of natural and logical consequences, and case effective implementation of these strategies.

EE 5260  Adventures in the Classroom (2 Credits)
Introduces the use of adventure programming in academic settings without an open field or a gymnasium to promote community building, accelerated learning outcomes, and the growth of social and emotional competencies. Topics include promoting trust, respect, and constructive risk taking in a classroom setting, adapting adventure to multiple learning styles, and creating experiential lesson plans for classroom settings.

EE 5265  Advanced Facilitation Skills (2 Credits)
An advanced workshop focused on advanced theory and technique of leadership and facilitation in an adventure setting. Topics include emerging experiential facilitation techniques, tolls for group and individual assessment, self-assessment of facilitation skills, flexible facilitation styles and methods based upon identified goals.

EE 5270  Developing Social Skills through Adventure (2 Credits)
A specialized workshop introducing the use of adventure learning to develop the social and emotional competencies of school-aged students. Topics include the implementation of Social Emotional Learning (SEL) strategies, integration of SEL with content-based learning, current research and theory of SEL programming, instructional skills for specific SEL content areas such as Goal Setting, Decision Making, Managing Emotions, and Engaging in Social Relationships, development of a relationship-centered school or community agency.

EE 5275  Institute: Physical Education, Health and Wellness (4 Credits)
An extended workshop designed to immerse students in the modality of adventure for teaching physical education, health, and fitness. Combines content of three workshops: Adventure Curriculum for PE, Achieving Fitness, and Creating Healthy Habits.

EE 5280  Adventure Program Management (2 Credits)
An advanced, content-oriented workshop focused on various competencies of the challenge course manager. Topics include the role of intentional program design in program and risk management, safety and risk management information and tools, introduction to accident and incident analysis and documentation, utilization of Standard Operating Procedures (SOPs) and Local Operating Procedures (LOPs), staff hiring, training, and retention.

EE 5285  Adventure in Business (2 Credits)
A specialized workshop focused on the use of adventure for team development in the corporate or workplace setting. Topics include assessment strategies for intentional program designs, the design of programs in team building, debriefing strategies and techniques to promote transfer of learning back to the workplace, program evaluation and follow-up strategies to use with clients.
EE 5300  Advanced Technical Skills  (2 Credits)
This course gives the skilled practitioner an opportunity to review and add to his or her repertoire of technical skills. Emphasis is placed on practicing all aspects of one’s technical skills and developing a quiet competence as an adventure practitioner. Some of the specific skills in this workshop are: advanced knot-typing, proper use of specialized equipment, self-belay and self rescue techniques, risk management, critical evaluation of scenarios, and advanced rescue procedures.

EE 5310  Edge of Leadership  (2 Credits)
This course empowers motivated students and their teachers to explore the important resource and significant role that student leaders play in school culture. Through new partnerships and collaboration, these students and teachers develop sustainable leadership teams within their school in an effort to effect positive change in school culture. Through shared adventure experiences on a challenge course, students and teacher teams develop great effectiveness and confidence.