

OUT 107: Orienteering and Routefinding

Spring 2019 Hybrid 2 Credit Hours
March 17, April 14, May 11 & 12

Sally Cirincione, PhD Office: 3717
Office Phone: (303) 914-6238 email: sally.cirincione@rrcc.edu
Cell Phone: (970) 596-5543 (Please only use to text/call if you are lost getting to a trailhead)
Office Hours: In addition to the hours below, I am usually available via phone or skype on any weekday.

- Mondays 1-1:30 & 4:30-5:30
- Tuesdays 1:30-3:30
- Wednesdays 1:30-3:00

TA: Terence Copeland

- tcopeland3@student.cccs.edu
- Campus Hours
 - Tuesdays 10-11am
 - Location: Near EMS Conference Room (3rd floor near Sally's office)

Required Texts & Materials:

Seidman, D. (2000). The Essential Wilderness Navigator [2nd Edition]. International Marine/Ragged Mountain Press.

Compass

Morrison Quad Topographic Map from the US Geological Survey

Berthound Pass Topographic Map from the US Geological Survey

Course Description

Combines the topics of using different topographical maps and compasses in order to safely plan a route in the wilderness with Orienteering (organized competitive cross-country land navigation). Orienteering rules, symbols, clues, and clubs are covered. Field trips may include student participation in a scheduled Orienteering meet.

Course Objectives

- Identify the differences between standard topographical maps and Orienteering Maps.
- Know and apply the USOF rules, symbols, clues, and regulations.
- Employ basic techniques and strategies to successfully complete at least two sanctioned orienteering meets at the advanced\intermediate level. (note: we will only complete one event)
- Know and apply the steps to orient various maps with different types of compasses.
- Recall the skills to manually plot and follow a route in the wilderness, and how to profile routes.
- Know the appropriate gear and equipment to bring for a safe, comfortable day of land navigation in the wilderness.
- Apply the techniques of LNT outdoor ethics during Orienteering exercises.

Summary of Assignments & Grading

Attendance/Participation (4 Field classes X 75 points each)
RMOC or Geocaching Project
Weekly Assignments (7 @ 30 points each)
Orienteering Project
Route Plan & Presentation (75 route plan & 25 presentation)
Final Exam

Points

300
115
210
125
100
150

TOTAL POINTS POSSIBLE

1000

Note: Traditional grading will apply: 90-100% = A 80- 89% = B 70- 79% = C 60- 69% = D below 60% = F . +/- may be used at the discretion of the instructor
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Academic Guidelines

Academic Integrity

Everyone associated with the college's academic community has a responsibility for establishing, maintaining, and fostering understanding and respect for academic integrity. The following principles are associated with academic integrity:

- Cite (give credit for) words and/or ideas in an academic exercise that are not expressly your own.
- Use information, computer programs, another person's work, study aids and/or other materials only when allowed by the instructor.
- Remove materials from the library, labs, and other college facilities only when an official representative of the college grants permission.
- Use copyrighted materials only with permission.
- Refuse to help another commit an act of academic dishonesty.
- Use only the resources specifically allowed when completing a test or other assignment.

Academic dishonesty is the intentional act of fraud when an individual claims credit for the work of another, uses unauthorized materials, or fabricates information in any scholarly exercise. Academic dishonesty also includes, but is not limited to:

- Forging educational documents
- Damaging or destroying the works of another; or
- Assisting others in acts of academic deception.

If you are aware of an incident of academic dishonesty, please report the occurrence to a faculty member, department chair, or administrator. Those committing academic dishonesty will be subject to disciplinary action, such as failing the assignment or course and/or expulsion from the course or college.

Disabilities

ADAAA (Americans with Disabilities Act Amendments Act of 2008) and Section 504 of the Rehabilitation Act of 1973: Red Rocks Community College is committed to access for students with disabilities. If you are a student with a disability and need assistance or are interested in requesting accommodations, please contact Accessibility Services. Faculty are not obligated to provide accommodations without proper notification by Accessibility Services and accommodations are not retroactive. Students may contact the Access staff by telephone or email to make an intake appointment at 303-914-6733, 720-336-3893(VP) or access@rrcc.edu. Accessibility Services is located in Suite 1182 at the Lakewood campus. More information is available at www.rrcc.edu/accessibility-services.

Affirmative Action/Equal Opportunity

RRCC is committed to diversity in its people and programs. The college is an equal opportunity educational institution and does not discriminate based on race, color, religion, national origin, sex, sexual orientation, gender expression, age, veteran status, or disability. It also does not tolerate acts of ethnic intimidation, which are any unlawful acts against persons or groups because of race, color, ancestry, religion, or national origin for the purpose of inciting and provoking bodily injury or damage to property. The State Board for Community Colleges and Occupational Education has approved the RRCC Affirmative Action/Equal Opportunity Program Plan (available for individual, public, and agency review in the Personnel Office). The college has designated the Director of Personnel as its affirmative action officer.

Course Workload Expectations

It is expected that students will spend two hours on out of class work for every hour spent in the classroom for lecture-based classes.

Professionalism

Courtesy and Behavior

Because this class requires that students develop an academic community, we must all work to develop good working relationships. Students can undermine that community through disruptive behavior or

through speech that is offensive or disrespectful in the classroom, faculty office or in email communications. If a student undermines the academic community in these ways, the course instructor will remove the disruptive person from the class and the student will receive a "W" or "F."

Group discussion is a large part of this class and I want you to feel as though you can speak your mind (within respectful reason) and ask questions. When doing so, make sure you are not interrupting or disrespecting other students or the professor. Carrying on conversations while someone else is talking and attacking opinions that differ from your own will not be tolerated and will negatively affect your participation grade.

Please do not use cell phones or MP3 players during the class and have the courtesy to turn them off before you enter the classroom. **I will not tolerate the use of cell phones in class.** Make sure you turn them off before you enter the room. It is very distracting to everyone when they ring, especially if we are doing an activity. I am aware of your actions in class. Even if I do not say anything, I notice when you are reading in class, sleeping, texting, or talking to others. Students who use their cell phones, listen to iPods/MP3 players, work on assignments for other classes or in any other way engage in activities not part of the class, will be asked to leave and will not be given credit for being present for class.

Email communication

Email will be used to communicate with the students in this course. All emails will be sent to your College-assigned email address (e.g. joe.smith@cccs.edu), which may be accessed through The Portal. You may opt to have copies of the email messages sent to your campus address automatically forwarded to another email address (e.g. @hotmail.com, @yahoo.com), but you do so at your own risk. The college's SPAM identification software often tags emails from public accounts as JUNK and I never receive them. You must take responsibility for the consequences that may arise because of missed or delayed messages and e-mails being sent to my trash due to use of non-CCCS email services.

Laptop/Web Browsing Device Use

No laptops or other web-browsing devices may be used during class unless specifically approved ahead of time for student accommodation by the disabilities services coordinator or myself. If a student is found to be using a laptop for non-course related activities during class time, they will be no longer allowed to use their laptop in class, may be asked to leave the class and/or the instructor may remove the student from the class and the student will receive a "W" or "F".

Course Expectations

Turning in Assignments

- Students must abide by the following writing guidelines for assignments: typed; double spacing; number pages; print on both sides of a page (unless already reusing paper); use correct grammar and spelling; correct American Psychological Association (APA) format; stapled; name, date and class # on the first page; no cover page. Failure to abide by these guidelines will result in a reduction of points or a 0 for the assignment.
- Assignments are as noted on the schedule or on rubrics, those turned in after this time will be considered late. For each day assignments are late (including weekends), a ten percent (10%) deduction of points will accrue, unless prior arrangements are made at least five days prior, or extenuating circumstances arise (e.g., family crisis, injury, or illness).

Attendance Policy

- In this course you will be an equal and active partner in your education. A portion of the grade will be based on your attendance, ability to ask questions, share observations, and listen respectfully to

your colleague's questions and observations. Therefore, there will be no opportunities to "make-up" classes.

- If you miss two classes or more classes may be withdrawn from the course or receive an "F."
- Excused absences are those verified for death in the family, major illness, car wreck or other extenuating circumstances.
- Arrive in class on time. Tardy students disrupt the rest of the class. If you are late, slip in as quietly as possible and join in on the class activity. Tardiness will affect your participation grade.

Sponge Question Guidelines

- Sponge questions will be written on the board before class starts. You will have until 3 minutes after class starts to have your completed card on the desk in the classroom. If you do not get your card handed in on time, turn it in at the end of class.
- 4" X 6" index cards should be used. You may use the backside of a previous question.
- Please write name, date and class on the top left hand of the card.
- If you have a question for me about the course or anything else, feel free to write it on the bottom of the card. I will answer your question when I review the answers.

Learning Opportunities:

Attendance/Participation: Active attendance in class is expected. Please e-mail at least 24 hours prior if you might miss class. Come to class having done the appropriate readings, homework completed, and ready to engage with students, the instructors, and the material. Attendance is mandatory for students to receive credit for this course.

Fieldwork: Students will participate in several field days throughout the semester to practice skills learned in the classroom in various environments. Students are responsible for appropriate transportation to/from campus to the field locations. Students must come prepared with clothing and footwear appropriate for the weather. The class will formally meet for 3 days of field work on March 17, April 14, May 11 & 12. Students will also be required to complete one additional field day outside of these times participating in one of two activities of their choice. The choice fieldwork day includes:

1. trip to a Rocky Mountain Orienteering Meet, or
2. One day (of the students choice) to complete the geocaching assignment (see information about this assignment below).

For the Rocky Mountain Orienteering Meet students will participate in the intermediate category. Students should bring appropriate equipment and a compass. *No open toed shoes will be permitted on field trips.* Visit RMOC.org for more information about the orienteering meet.

Weekly Assignments: Each week students must complete assignments based on the course content for the week. Homework is available online at the D2L website and should be completed weekly by **Sunday night** at midnight so we can review questions that are commonly missed during class. You can take the homework assignment up to three times in order to try to get the best grade possible. However, keep in mind that I cannot promise to grade the first one before Sunday. Additionally, since many correct answers to homework questions include a fairly wide range of responses, please wait until I have graded the assignment and you have seen it is "published" to view your final score. The score that D2L gives you right after you complete the assignment will be incorrect (and likely much lower than you earned) since I need to personally review each answer to ensure it is within the correct response range, which D2L is unable to do automatically.

Choice Assignment: You have the choice of either participating in the Geocaching project or the Rocky Mountain Orienteering Event project. If you decide to complete more than one of the projects you will receive 20 extra credit points. See below for a description of each project.

Geocaching Assignment: In small groups (2-4) students will participate in a geocaching project – finding several geocaches in a broad location using GPS units. **Do not underestimate the time this project takes – most groups take 4-6 hours to complete the assignment. Although the assignment is due before the last field day of class, I highly recommend that you complete it a week or two earlier. There will be no excused submissions due to bad weather on the last week of the semester – so please plan ahead!** Make sure to bring appropriate equipment, water, food, etc. The general location of the geocaching will be announced in class and available on D2L. In order to receive full credit for this assignment groups must take a photo (with all group members) at each geocaching location and send all of them to the instructor. *Photo requirements: All students' faces need to be in each photo of the geocache. Photos of the geocache alone, of peoples' feet or anything other than the faces of the participants with each geocache will not be accepted. This is the time to practice your selfie skills! If you are certain you are in the correct area, but cannot find the geocache, take a photo in the location you believe to be correct.* More information and directions will be given out in class and on D2L.

Rocky Mountain Orienteering Club Events – Students will participate in at least one Rocky Mountain Orienteering Meet at the intermediate level. These events help students to hone in on their map and compass skills in a fun environment. **Please make sure to e-mail me with the day you'd like to participate so I can sign you up and pay for it. In order to receive full credit you should send me a photo of you at the event (with your face in the picture) as well as take a picture of your final score printout and submit it to dropbox.** Students can participate in groups of 2 if they wish or can participate independently. Either way, I need to know who is participating in which events 4-5 days prior to the event.

Route Plan: Individually, each student will create a multi-day route plan for a location of their interest. The route plan will include a route planning sheet, map and other supporting information. More specific detail will be discussed in class. Each student should create a 5 minute presentation outlining their route plan.

Orienteering Project: Students will complete a practical orienteering project on one of our last field class days. This project will include planning and implementing routes in local parks to practice skills you have learned throughout the semester. More information will be given out in class.

Final Examination: The cumulative final examination will be on the last day of class and will cover all of the topics throughout the semester. The final examination may include short answer, fill in the blank, scenario questions, multiple choice, true/false, and other types of questions. There is a TIMED practical portion of the exam. You will have one class period to complete the exam – no makeups will be given.

Course Schedule

**Subject to Change*

	<u>Topics</u>	<u>Readings</u> <i>Readings are due on Sunday of each week</i>	<u>Assignments Due</u>
Week 1 (March 14-17)	Introduction to the Course, Syllabus	Review the Syllabus and D2L	Homework Assignment #1 - Syllabus Acknowledgement Quiz
FIELD DAY - March 17 - Classroom & Matthews/Winters Park	Skills: Reading topographic maps, finding elevation, elevation gain/loss, calculating mileage, declination, compass basics, taking a bearing, plotting a bearing, following a course, going around obstacles, triangulation.		
Week 2 (March 18-24)	Reading Topographic Maps, Finding Elevation, Elevation Gain/Loss, Calculating Mileage	Read Chapters 1 & 2	Homework Assignment #2
Spring Break - No Class (March 25-31)			
Week 3 (April 1-7)	Compass Basics, Declination, Taking a Bearing, Following a Course	Chapter 3	Homework Assignment #3
Week 4 (April 8-14)	Plotting Bearings on Map, Map and Compass Combined, triangulation	Chapter 4	Homework Assignment #4
FIELD DAY - April 14 - Classroom & Apex Park	UTM's, Latitude & Longitude, Routeplans, Geocaching, GPS Use		
Week 5 (April 15-21)	UTM's, Latitude & Longitude	Read Latitude & Longitude section in Ch2; Resources on D2L	Homework Assignment #5
Week 6 (April 22-28)	Routeplanning	Chapter 5	Homework Assignment #6; orienteering project docs
Week 7 (April 29-May5)	Geocaching, GPS Use, Nature & Alternate Environments	Chapters 6, 7 & 8	Homework Assignment #7
Week 8 (May 6-12)	Topic Review		Homework Assignment #8 (Optional); Personal Route Plans
FIELD DAY - May 11 - Location TBD	Review of Topics and Skills, Complete Orienteering Project		
FIELD DAY - May 12 - Classroom	Route Plan Presentations, Additional Practice or Content, Final Exam		Personal Route Plan Presentations; Geocaching or RMOC Projects due