HIGHLANDER ADVENTURE PROGRAM
REC 109
August 13-24, 2018

Houghton College – Department of Sport, Recreation & Wellness
Instructor: Robert Smalley
Credit: 2 hours
Phone: 585-567-9389
Office: PEC 207

* Required Texts

Man's Search for Meaning - Frankl
Mark of a Christian - Schaffer
What is a Real Person – Fields [Password:HWAperson]
Loneliness – Skolund [Password:HWAloneliness]

Why the Highlander Wilderness Adventure?

"The mountain may well be a way of escape - from the cities and men, from the turmoil and doubt, from the perplexities and uncertainties and sorrow that thread our lives. But in the truest and most profound sense it is an escape not from but to reality."

(James Ramsey Ullman, "High Conquest," re-quoted in Everest: The West Ridge, p. 50.)

God used the wilderness to train His leaders - David, Elijah, John the Baptist and Paul. Jesus led His band of twelve along the rivers and up the mountains and Jesus began His ministry beside a wilderness river and gained His first victories on a wilderness mountain.

The wilderness experience as an educational process, used by God to train men and women for leadership, was rediscovered by Dr. Kurt Hahn, a German born Christian educator who implemented this principle into his schools and eventually into Outward Bound which he started in Wales in 1942.

One of the principle educational modalities used is stress. Stress is defined as: a state of the total person under hard and, many times, extenuating conditions which force a person to either respond positively or negatively. Theoretically, incremental stress allows for the development of coping mechanisms which, in turn, promote growth.

The Highlander Wilderness Adventure is patterned after the Outward Bound Program. We are providing you with a community under stress, in a “wilderness setting”. Challenges will be introduced gradually. You are likely to discover potentials you did not know that you had.

Program Goals:
• To experience joy after hardship
• To sense adventure and find satisfaction by meeting difficult situations and doing hard work
• To learn skills that build confidence.
• To learn to look inward to self, outward to others and upward to God
• To have lived and worked in community with strangers who become friends

Learning Outcomes: The student is to...

• Before the trip: Read the books and answer the questions that accompany the books –Print these off before coming on campus. The print center is not likely to be open when you arrive. (Expect answers to be checked by group leaders on the first day).
During the program: Be a part of a small group and assume certain duties.
- Hiking/canoeing duties - gathering wood, building fires, cooking and cleaning after meals.
- Sharing with one other person during daily couple times - pointing out strong and weak points, and discussing Scripture together.
- Keeping a written record of couple times, and a daily journal, noting thoughts and reactions to "everything" that happens. For example - the stress produced by food, by a slow hiker in the group, fear of the high elements on the course, by not being able to shower, etc.

Participate in all parts of the program – running (morning runs and the “marathon”), rock climbing, backpacking, canoeing, packing for the trip, initiatives, camping, praise and worship times and a solo experience.

Post Trip: Hand in your journal, along with your answers to the readings, and a two page typed paper summarizing your Highlander Wilderness Experience and its impact upon you. Due: 5pm, on the Monday following the end of the program.

Course Evaluation:
- answers to questions on reading 20%
- your journal 40%
- participation 40%

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<thead>
<tr>
<th>Grading scale</th>
<th>A 100-94</th>
<th>A- 93-90</th>
<th>B+ 89-87</th>
<th>B 86-83</th>
<th>B- 82-80</th>
<th>C+ 70-77</th>
<th>C 76-73</th>
<th>C- 72-70</th>
<th>D+69-67</th>
<th>D 66-63</th>
<th>D- 62-60</th>
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Estimated Time Requirement

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<thead>
<tr>
<th>Estimated Time Requirement</th>
<th>Typical Minimum Time</th>
<th>Total</th>
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<tbody>
<tr>
<td>Reading: Man’s Search</td>
<td>180 pages x 3min./page= 540min.</td>
<td>9 hrs.</td>
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<tr>
<td>Reading: Loneliness</td>
<td>30 pages x 3min./page= 90min.</td>
<td>1.5 hrs.</td>
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<tr>
<td>Reading: Mark of a Christian</td>
<td>60 pages x 3 min./page= 180min.</td>
<td>3 hrs.</td>
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<tr>
<td>Reading: Real Person</td>
<td>30 pages x 3 min./page= 90 min.</td>
<td>1.5 hrs.</td>
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<tr>
<td>Written answers</td>
<td>6 pages x 60min./page= 360min.</td>
<td>6 hrs.</td>
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<tr>
<td>Journals</td>
<td>20 pages x 60 min./page= 120min.</td>
<td>2 hrs.</td>
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<tr>
<td>Activities</td>
<td>10 days x 960min./day= 9,600min.</td>
<td>160 hrs.</td>
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Total 10,980 min. = 183 hrs.

*The Highlander experiences will stretch you physically, emotionally, socially and spiritually, but are well within the range of achievement of the average person.

○ (Ephesians 3:14-19)