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# NRRT 608 – NATURE, OUTDOOR RECREATION AND HUMAN WELL-BEING

## INSTRUCTOR INFORMATION

*Instructor:* Dr. Sarah Walker

*Email:* sewalker@colostate.edu

*Phone:* 970-889-5405

*Communication Policy:* Responses to emails will be provided within 36 hours (weekends exempt), office hours available on request.

## COURSE MEETING TIMES

Thursdays at 10:30 – 11:45am

The Conservation House, Rm 113

224 W Laurel St, Fort Collins, CO 80521

*This class takes place the 1st 8 weeks of the semester, August 21<sup>st</sup> – October 15<sup>th</sup> 2023*

## PREREQUISITES FOR COURSE

Enrolled in Master of Tourism Management Program

## COURSE DESCRIPTION & OBJECTIVES

This course investigates the importance of spending time outdoors in nature for human well-being. This course is designed to help students understand the scientifically proven physical, cognitive, emotional, and social benefits that result from time spent in nature, as well as the variety of ways people can spend time in nature to achieve these benefits. Additionally, this course seeks to provide students with the skills to develop nature-based tourism programs that support human-well-being and build a conservation ethic, ultimately protecting the health of both communities and their natural environment for generations to come.

Upon the completion of this course, students will be able to:

- Explain multiple ways of conceptualizing and defining human well-being
- Describe and discuss the physical well-being benefits of nature immersion and the types of tourism and outdoor recreation activities and strategies that lead to such benefits



- Describe and discuss the emotional and cognitive benefits of nature immersion for human well-being and the types of tourism and outdoor recreation activities and strategies that lead to such benefits
- Describe and discuss the social benefits of nature immersion for human well-being and the types of tourism and outdoor recreation activities and strategies that lead to such benefits and outdoor recreation activities and strategies that lead to such benefits
- Evaluate and design tourism and outdoor recreation programs that promote human well-being
- Critically discuss the connection between nature and human well-being in the context of tourism and conservation using an environmental justice lens
- Describe and discuss the critical role that the connection between nature and human well-being can play in building a societal level conservation ethic.
- Use community-building skills to support an inclusive and collaborative learning environment

## COURSE MATERIALS & RESOURCES

All resources including access to readings, instructor videos, and supplemental material will be provided on canvas in the modules section

## COURSE POLICIES

### **Communication Policy:**

I believe strongly in open and honest communication, if you're struggling with the material or expectations in this course, please let me know. Getting to know students is easily the most enjoyable part of teaching; feel free to reach out and set up an appointment to meet with me.

In addition to open and honest communication, I also believe strongly in the necessity of respectful communication. Let's all treat each other like the smart, curious, and kind human-beings we all have the potential to be.

### **Academic Integrity:**

This course will adhere to the CSU Academic Integrity Policy as found in the General Catalog (<http://www.catalog.colostate.edu/FrontPDF/1.6POLICIES1112f.pdf>) and the Student Conduct Code (<http://www.conflictresolution.colostate.edu/conduct-code> ). At a minimum, violations will result in a grading penalty in this course and a report to the Office of Conflict Resolution and Student Conduct Services. We take academic integrity seriously. At minimum, academic



integrity means that no one will use another's work as their own. The CSU writing center defines plagiarism this way:

“Plagiarism is the unauthorized or unacknowledged use of another person's academic or scholarly work. Done on purpose, it is cheating. Done accidentally, it is no less serious. Regardless of how it occurs, plagiarism is a theft of intellectual property and a violation of an ironclad rule demanding "credit be given where credit is due." (CSU Writing Center, <https://writing.colostate.edu/guides/page.cfm?pageid=311&guideid=17>)

If you plagiarize in your work, you could lose credit for the plagiarized work, fail the assignment, or fail the course. Plagiarism could result in expulsion from the university. Each instance of plagiarism, classroom cheating, and other types of academic dishonesty will be addressed according to the principles published in the CSU General Catalog (see page seven, column two: <http://www.catalog.colostate.edu/FrontPDF/1.6POLICIES1112f.pdf> (Links to an external site.)).

Of course, academic integrity means more than just avoiding plagiarism. It also involves doing your own reading and studying. It includes regular class attendance, careful consideration of all class materials, and engagement with the class and your fellow students. Academic integrity lies at the core of our common goal: to create an intellectually honest and rigorous community. For more information on practicing academic integrity see: <http://learning.colostate.edu/integrity/index.cfm> (Links to an external site.)

### **Requests for Assignment Extensions:**

In fairness to your fellow classmates, extensions on due dates for assignments will not be granted except in cases where extenuating circumstances arise. If this is the case, please let me know at the earliest possible opportunity to request an extension. In the absence of being granted an extension, the policy below applies for late submissions.

### **Policy on Late Assignments:**

Late assignments (those not turned in or uploaded by the date/time published on Canvas) will be subject to loss of 5% per calendar day (including weekends).

### **COVID-19 Contingency Plan:**



If I am required to move class online temporarily (due to a COVID-19 exposure or need to quarantine), I will communicate with you the night before class and send you the link you'll need to attend class virtually.

**Universal Design for Learning/Accommodation of Needs:**

I am committed to the principle of universal learning. This means that our classroom, our virtual spaces, our practices, and our interactions be as inclusive as possible. Mutual respect, civility, and the ability to listen and observe others carefully are crucial to universal learning.

If you are a student who will need accommodations in this class, please contact me to discuss your individual needs. A verifying memo from [The Student Disability Center](#) may be required before any accommodation is provided.

The Student Disability Center (SDC) has the authority to verify and confirm the eligibility of students with disabilities for the majority of accommodations. While some accommodations may be provided by other departments, a student is not automatically eligible for those accommodations unless their disability can be verified and the need for the accommodation confirmed, either through SDC or through acceptable means defined by the particular department. Faculty and staff may consult with the SDC staff whenever there is doubt as to the appropriateness of an accommodative request by a student with a disability.

The goal of SDC is to normalize disability as part of the culture of diversity at Colorado State University. The characteristic of having a disability simply provides the basis of the support that is available to students. The goal is to ensure students with disabilities have the opportunity to be successful.

**GRADING POLICY**

Grades will be distributed as follows:

| Grade | Range             |
|-------|-------------------|
| A+    | 100% to 96.67%    |
| A     | <96.67% to 93.33% |
| A-    | <93.33% to 90.0%  |
| B+    | <90.0% to 86.67%  |
| B     | <86.67% to 83.33% |
| B-    | <83.33% to 80.0%  |



|    |                  |
|----|------------------|
| C+ | <80.0% to 76.67% |
| C  | <76.67% to 70.0% |
| D  | <70.0% to 60.0%  |
| F  | <60.0% to 0.0%   |

As a student enrolled in this course, one of your responsibilities is to submit course work by the due dates listed in Canvas. With that said, I take my role as your instructor very seriously, and I care about how well you do in this course and that you have a satisfying, rewarding experience. To that end, it is my commitment to you to respond individually to the work you submit in this class and to return your work in a timely manner. Smaller, weekly assignments and quizzes will be returned within 7 (week) days and major assignments, exams, and essays will be returned within 10 (week) days. If, however, due to unforeseeable circumstances, the grading of your work takes longer than the times I have listed here, I will keep you informed of my progress and make every effort to return your work with feedback as soon as I can.

## ASSIGNMENTS

See Canvas for assignment descriptions, grading rubrics and specific due dates.

| ASSIGNMENT   | GRADE POINTS       | GRADE PERCENTAGE |
|--|--------------------|------------------|
| Learning Activities (Occur in scheduled class throughout the modules). <i>There will be 4 graded activities, your best 3 out of will count towards your grade.</i> | 10 points x 3 = 30 | 15%              |
| Reflection Journal – Module 1  | 30                 | 15%              |
| Research Paper – Module 3  | 60                 | 30%              |
| Program Design Case Study – Module 4   | 80                 | 40%              |
| <b>Total:</b>  | <b>200</b>         | <b>100 %</b>     |

## CANVAS INFORMATION & TECHNICAL SUPPORT

Canvas is where course content, schedule, grades, and communication will reside for this course.

- [Login for Canvas](#)
- [Canvas Support](#)

- For passwords or any other computer-related technical support, contact the [Central IT Technical Support Help Desk](#).
  - (970) 491-7276
  - [help@colostate.edu](mailto:help@colostate.edu)

## DIVERSITY AND INCLUSION

The [Mission, Vision, and Focus](#) webpage of the Vice President for Diversity includes a comprehensive statement of CSU's commitment to diversity and inclusion. This is something that I take very seriously in my course and I commit to learning and working with you to create a learning community that prioritizes the academic growth of all students.

## UNDOCUMENTED STUDENT SUPPORT

Any CSU student who faces challenges or hardships due to their legal status in the United States and believes that it may impact their academic performance in this course is encouraged to visit [Student Support Services for Undocumented, DACA & ASSET](#) for resources and support. Additionally, **only if you feel comfortable**, feel free to reach out to me so that I can pass along any additional resources they may possess.

## TITLE IX/INTERPERSONAL VIOLENCE

For the full statement regarding role and responsibilities about reporting harassment, sexual harassment, sexual misconduct, domestic violence, dating violence, stalking, and the retaliation policy please go to: [Title IX – Sexual Assault, Sexual Violence, Sexual Harassment](#).

If you feel that your rights have been compromised at CSU, several resources are available to assist:

- Student Resolution Center, 200 Lory Student Center, 491-7165
- Office of Equal Opportunity, 101 Student Services, 491-5836

A note about interpersonal violence: If you or someone you know has experienced sexual assault, relationship violence and/or stalking, know that you are not alone. As instructors, we are required by law to notify university officials about disclosures related to interpersonal violence. Confidential victim advocates are available 24 hours a day, 365 days a year to provide support related to the emotional, physical, physiological and legal aftermath of interpersonal violence. Contact the Victim Assistance Team at: 970-492-4242.



## RELIGIOUS OBSERVANCES

CSU does not discriminate on the basis of religion. Reasonable accommodation should be made to allow individuals to observe their established religious holidays. Students seeking an exemption from attending class or completing assigned course work for a religious holiday will need to fill out the [Religious Accommodation Request Form](#) and turn it in to the Division of Student Affairs, located on the second level of the Administration building.

Once turned in, the Division of Student Affairs will review the request and contact the student accordingly. If approved, the student will receive a memo from the Dean of Students to give to their professor or course instructor.

Students are asked to turn in the request forms as soon as the conflict is noticed. Similarly, unanticipated conflicts requiring a religious observance, such as a death in the family, can also be reviewed.

## CSU PRINCIPLES OF COMMUNITY

**Inclusion:** We create and nurture inclusive environments and welcome, value and affirm all members of our community, including their various identities, skills, ideas, talents and contributions.

**Integrity:** We are accountable for our actions and will act ethically and honestly in all our interactions.

**Respect:** We honor the inherent dignity of all people within an environment where we are committed to freedom of expression, critical discourse, and the advancement of knowledge.

**Service:** We are responsible, individually and collectively, to give of our time, talents, and resources to promote the well-being of each other and the development of our local, regional, and global communities.

**Social Justice:** We have the right to be treated and the responsibility to treat others with fairness and equity, the duty to challenge prejudice, and to uphold the laws, policies and procedures that promote justice in all respects.