

**RAFTING
WHITE WATER**



Whitewater Rafting | Chattooga River, Georgia
\$420 | May 9-14

You will love exploring Section III of the Chattooga, surrounded by wilderness and far removed from the everyday world. This section of the Southeast's most treasured whitewater offers Class II-III drop-pool rapids and ends with Class IV Bull Sluice. Develop skills in whitewater hydrology, piloting paddle rafts, assessing whitewater safety, conducting river trip logistics, and performing equipment repair and maintenance are also an integral part of the curriculum. As the course progresses, students learn to embrace a holistic approach to wilderness river leadership through experiential education theory. Open to Faculty, staff, students, and community members.

*PER 445/545 C71 Outdoor Recreation Education | CRN 17607

**ROCK
CLIMBING**



Intro to Rock Climbing | Jamestown, Arkansas
\$110 | April 19-23

This course is designed for beginners. Course will involve activities to teach basic climbing terms, knots, techniques, equipment, and safety practices, for top rope belay climbing and rappelling. We will build on communication, skill and trust using the rappel tower on campus as our training platform. No experience is necessary and course is open to faculty, staff, student, and community members.

*PER 190 C01 Rock Climbing | CRN 15641

**CANOE
& KAYAK**



Intro to Canoe/Kayak | Buffalo River, Arkansas
\$125 | April 5-9

Learn to paddle both a canoe and a kayak during introduction to paddle sport. During the course you will be introduced to the basics of paddling a canoe and a multi-purpose kayak, including basic strokes with a single and double blade so that you can maneuver both craft in a variety of situations. The course will take place in the DSU Natatorium, with a journey on either the Buffalo River in Arkansas or the Suwannee River in Florida as the course highlight which will develop your confidence on the water. No experience is necessary, and the course is open to faculty, staff, student, and community members.

*PER 445/545 C70 Outdoor Recreation Education | CRN 17369

SKYDIVE



**Intro to Skydiving | Gold Coast Skydive Center
Lumberton Mississippi**

\$320 | April 26-30

Experience the adrenaline pumping action of skydiving from an airplane high in the Mississippi sky! Learn about gear, risk, and training associated with skydiving from professionals in the field. Must be less than 250lbs. Actual skydiving is not necessary to attain credit. Weekend trip is required.

*PER 190 C03 Recreation Activity | CRN 17735

MOUNTAIN BIKING



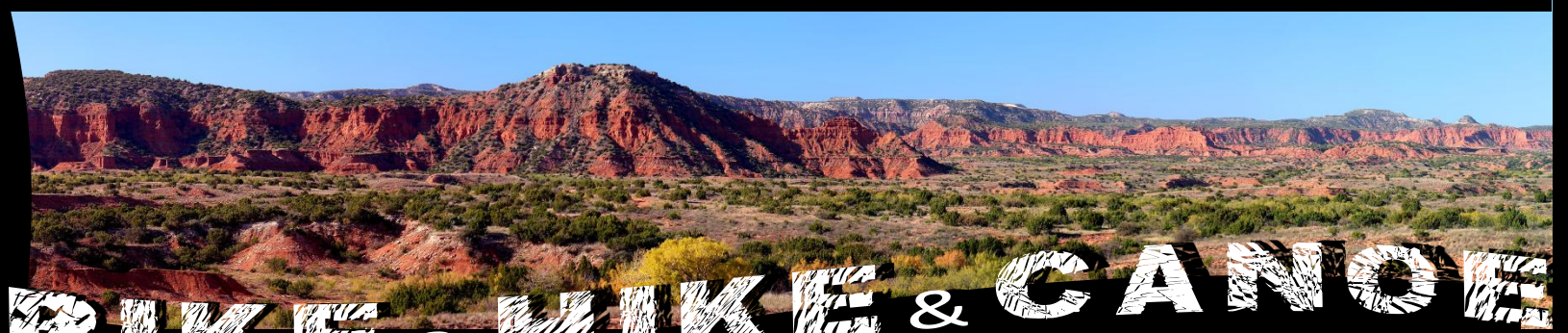
Intro to Mountain Biking | Homochitto National Forest

\$110 | April 19-23

Test endurance and core strength with off-road, trail-terrain mountain biking. Mountain bikes are designed for enhanced durability and performance on rough surfaces. A range of skills will be taught in mountain biking. Trails are found in Mississippi. Must be in adequate shape. Prior bicycle riding experience required. Weekend trip required.

*PER 190 C03 Recreation Activity | CRN 17735

SPRING BREAK



BIKE & HIKE & CANOE

Outdoor Recreation Education | Caprock Canyon State Park and Trailway

\$450 | March 8 - 19

Caprock Canyons State Park and Trail way is the home of the official Texas State Bison Herd. African aoudad sheep (Barbary sheep), mule deer, white-tailed deer, coyotes, opossums, raccoons, bobcats, foxes, porcupines, numerous species of snakes and lizards, and over 175 species of birds including Golden Eagles are found within the park. In 1993, a hiking, biking, and equestrian rail trail opened that stretches through the Texas Parks and Wildlife Department acquired 64.25 miles of right-of-way from the abandoned Fort Worth and Denver Railroad's lines between Estelline and the South Plains. After a day of rock climbing in Arkansas, participants will travel to Texas and spend 4 days and 3 nights in Caprock State Park, hiking, biking, and observing the wildlife in their natural habitat. Participants will ride mountain bikes with attached single-axel min-trailers hauling survival and camping gear. After 4 days in the park, participants will then travel to the historic and scenic Atchafalaya Swamp, which is the largest swamp in the United States. Once here, participants will spend an afternoon canoeing and observing wilderness, containing nationally significant expanses of bottomland hardwoods, swamplands, bayous, and back-water lakes. The Basin's thousands of acres of forest and farmland are home to the Louisiana black bear, which has been on the United States Fish and Wildlife Service threatened list since 1992.

*PER 492 / 689 Outdoor Recreation Education | CRN 16737

For information about Outdoor Recreation Courses, contact:

Todd M. Davis | 'Dave Heflin Professorship' | Division for HPER | 662.846.4570 | tdavis@deltastate.edu

OUTDOOR RECREATION

Division for Health, Physical Education, and Recreation



- Kaitlan French
Moab, Utah
Courthouse Wall

© Todd Davis Photo

(?) What is the Outdoor Recreation Program ?

The College of Education's Division for Health, Physical Education, and Recreation at Delta State University is the only 4-yr university in Mississippi with an extensive, multifaceted outdoor recreation education program which offers college credit for outdoor recreation education courses, such as kayaking, canoeing, rock climbing, skydiving, and whitewater rafting. At Delta State, we believe in highly educating students for their profession and their life long pursuit for adventure, recreation, and active lifestyles. Each semester, students can register for courses which may lead them to Utah, Texas, Alabama, or other destinations to learn & participate in recreational skills, as well as conservation and preservation education.

(!) Mission

The Outdoor Recreation Program is an inclusive and extensive outdoor recreation education program, striving to develop, support, and promote life-long recreation for Delta State students, faculty, staff and community members of the Mississippi delta area.

(!) Courses

Courses for the outdoor recreation program can be found in the DSU Undergraduate Catalog under PER 190, 445, 492, and in the Graduate Catalog under PER 545 & 689. Upon successful completion of each course, students will receive 1 or 3 credits depending on the course content. Courses meet in the evenings on campus at scheduled times with mandatory field trips scheduled over weekends and holidays. Every course has a materials fee which covers all travel expenses, most food, rental gear, camping equipment, and fees associated with federal, state, and private land use. Specific details for each course are covered in classes and workshops.



Rory Doyle -
Moab, Utah
Amasa Back Trail

(!) Outdoor Recreation Course Descriptions

-Introduction to Kayaking and Canoeing (1cr)

There are similarities and differences between canoes and kayaks. Learn the dynamics of each and how to maneuver correctly. Course is taught in aquatic center with an outdoor field experience.

-Introduction to Rock Climbing (1cr)

Climb up or across natural rock formations. The goal is reach the summit of a formation or the endpoint of a route without falling. Physically and mentally challenging, demanding a person's strength, endurance, agility, balance, and mental control. Must be in adequate shape. Weekend trip required.

-Introduction to Skydiving (1cr)

Experience the adrenaline pumping action of skydiving from an airplane high in the Mississippi sky! Learn about gear, risk, and training associated with skydiving from professionals in the field. Must be less than 250lbs. Actual skydiving is not necessary to attain credit. Weekend trip is required.

-Introduction to Mountain Biking (1-3cr)

Test endurance and core strength with off-road, trail-terrain mountain biking. Mountain bikes are designed for enhanced durability and performance on rough surfaces. A range of skills will be taught in mountain biking. Trails are found in Mississippi. Must be in adequate shape. Prior bicycle riding experience required. Weekend trip required.

-Introduction to Backpacking (1-3cr)

Learn to pack and hike the trails of the south. Designed for beginners wanting to learn outdoor safety, cooking techniques, and basics for hiking outdoors. Must be in adequate shape. Weekend field trip required.

-Introduction to White Water Rafting (3cr)

Navigate a river using an inflatable raft. White water rafting is done in different degrees of rough water. This extreme sport is for thrill seekers looking for excitement and may be considered dangerous. Weekend trip required.

-Outdoor Recreation Education (3cr)

Want an extended adventure? This course combines multiple recreational activities with a destination travel experience. From the canoeing the Rio Grande River to Mountain biking Moab, Utah, this course has it all. Typically this course takes place over spring break and fall break.



Dave Heflin Professorship

In 2008, the Heflin and Ockerbloom family established the Dave Heflin Professorship. The intent of the professorship is to ensure there will be a director at Delta State University to organize outdoor recreation courses such as rafting, canoeing, rock climbing, and kayaking. This vision has been fulfilled and will continue forward with the existence of the Outdoor Recreation Program through the College of Education. A reunion

was held at Delta State University in April of 2011, as a special event to honor Dave Heflin for his outstanding contributions to outdoor recreation through his many years of expeditions, trips, and adventures. Participants had the opportunity to visit with Dave, hear stories from faculty and former students, and watch a special tribute slide show of past "legendary" trips. In order to continue outdoor recreation for DSU

students, donations, sponsorships, and gifts, are welcomed. For more information concerning how you can help this program or assist in keeping adventure and outdoor recreation available for students at Delta State University, contact the HPER Division at 662.846.4555.

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-Chrisa Doss
14,500 feet
Lumberton, Mississippi

