

READING ASSIGNMENT FOR SECOND CLASS

Read pages 1 -71 in *Quicksilver* by Rohnke and Butler

Read [Chapter 11](#) provided to you on Challenge Course Programming taken from *Outdoor Leadership: Theory and Practice*.

Review *The Guide for Challenge Course Operations* by Bob Ryan

Review emergency procedures in RU ABLE manual

MATERIAL TO STUDY FOR QUIZ

Quicksilver:

1. What are the elements of a successful program?
2. What is the APPLE facilitation model?
3. What are the elements of a good debrief?
4. What is sequencing?
5. What is DDADA model for presenting activities?
6. What can cause a bad challenge course experience?

The Chapter provided on Challenge Course Programming (link in syllabus), and

1. Review the history of challenge course development.
2. What is the full value contract?
3. What is challenge by choice?
4. What is the ACCT?
5. What are the four basic programming components?
6. What are the three classic goal orientations used by challenge course facilitators?

The Guide for Challenge Course Operations: (Chapters 6,7,8)

1. What is belaying? (static and dynamic belays?)
2. What is a Just-Rite-Descender?
3. What are the classic climbing signals?
4. What's a LEAP anchor?
5. What's a cable grab?
6. Are gloves needed for a rappel?

RU ABLE Manual

1. Outline RU ABLE emergency procedures

(You may bring typed up notes to class to use when taking this quiz. These notes should be integrated into your facilitation notebooks)