

**FOR 125: Lumberjack/jill Sports as a Path to Wellness Spring 2019**  
(1 credit, 1-hour lecture, outside of class practice expectations also exist)

**INSTRUCTOR:** Dr. Paul Doruska  
**OFFICE:** TNR 269 (west end of the second floor)  
**PHONE:** 346-3988  
**EMAIL:** pdoruska@uwsp.edu (or through Canvas)

**Class Time:** Lecture: Thursday 4:00-4:50pm TNR 255

**Final Exam Period:** Tuesday May 14, 2019 5:00pm-7:00pm TNR 255

**Office Hours:** Wednesday 1:00-1:50pm, Thursday 11:00-11:50am

I am generally available to answer quick questions anytime I am in my office and the door is ajar. Larger, more time-consuming questions require meeting during office hours or an appointment. Questions can be posed via Canvas as well.

**Prerequisites:** None

**Text:** None

**Learning Outcomes:**

At the completion of this course, students will be able to (a.) identify the various disciplines that comprise the world of lumberjack/jill sports both at the collegiate and professional levels, (b.) identify the equipment and safety gear commonly used therein, (c.) participate in least one of those disciplines, and (d.) link lumberjack/jill sports as a profession or hobby with the seven dimensions of wellness and a commitment to healthy living. In completing the above, students will also be able to:

- (1.) Identify the seven dimensions of wellness,
- (2.) Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness

The outcomes listed above will be accomplished via instructor lectures, guest speakers, in person or via Skype/Facetime, by lumberjack/jill professionals or those who organize events, documented practice and/or training in at least one lumberjack/jill discipline, and development of an individual plan for healthy living that both includes lumberjack/jill sports and demonstrates an understanding of the principles of wellness.

**A note about the instructor:** The instructor has been around lumberjack/jill sports at the collegiate level for over 16 years and is the faculty advisor to the UW-Stevens Point Woodland Sports Team. The Woodland sports team is a seven-time champion of the Midwest region, and the team has produced three STIHL® TIMBERSPORTS® Series collegiate national champions in the last 10 years and the victor of women's novice division events at the Hayward World Lumberjack Championships in 2013 and 2014. The instructor has been a judge/timer at the Hayward World Lumberjack Championships held every summer, and has been program coordinator of a regional lumberjack/jill team competition event encompassing 19 events, with 150 student competitors from eleven universities/colleges.

**Grading:**

There will be four unannounced pop quizzes (5 POINTS each) during the semester:	20 POINTS
A pre- and post-course dimensions of wellness survey will be utilized (10 POINTS each):	20 POINTS
A documented activity log of sport practice/participation (8 hours of time minimum):	100 POINTS
Detailed explanation of rules and techniques of selected lumberjack/jill sport:	30 POINTS
Short Final Exam and participation in final course discussion	30 POINTS
Development of an individual plan for healthy living combining sport with principles of wellness and maintenance of a reflection journal:	100 POINTS

COURSE TOTAL POINTS: 300 points.

Normally, the cumulative percentage of course points earned will be rounded to the nearest tenth and course grades will be assigned as follows (instructor reserves the right to curve):

91.6% or higher	A	77.6% to 79.5%	C+
89.6% to 91.5%	A-	71.6% to 77.5%	C
87.6% to 89.5%	B+	69.6% to 71.5%	C-
81.6% to 87.5%	B	67.6% to 69.5%	D+
79.6% to 81.5%	B-	61.6% to 67.5%	D
		59.6% to 61.5%	D-
		Less than 59.6%	F

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**Instructor’s tips:**

- (1.) Come to class willing to learn and have fun, I certainly plan to do so.
- (2.) Keep up with any readings, assignments, activities, and the required activity logs.

**Instructor’s rules:**

- (1.) Discussion of assignments between students is encouraged, however all work (unless part of any group projects) must be done independently.
- (2.) Cheating and/or plagiarism will not be tolerated (see also the Professionalism Statement)
- (3.) Posting instructor-created course material onto course-sharing websites directly violates the instructor’s copyright on his academic materials; permission to post instructor-created material on any such site is unequivocally denied.
- (3.) If you need to miss a quiz or exam, you must let me know ahead of time, serious emergencies excepted, and explain why you will be unable to take the quiz or exam at the scheduled time. I will work within university guidelines as to what is and is not allowed as an excused absence. Unexcused absences from quizzes/exams result in zeroes. If a serious emergency has occurred, please let me know as soon as it is physically safe and possible to do so.
- (4.) Assignments are due at the start of class on the respective due dates. Late assignments will receive a score of zero.
- (5.) All written work is expected to be grammatically correct, neat, and well organized. Work that is sloppy, hard to read, does not follow prescribed format, and/or contains many spelling and/or grammatical errors will be graded with a 0.

**Students with Disabilities:** The university has a legal responsibility to provide accommodations and program access as mandated by Section 504 and the Americans with Disabilities Act (ADA). The university’s philosophy is to not only provide what is mandated, but also convey its genuine concern for one’s total well-being. If accommodations are needed, please contact the instructor as well as the Disability and Assistive Technology Center, Room 609 Learning Resource Center, voice (715) 346-3365 or TDD (715) 346-3362

**Attendance Policy**

Missing class HABITUALLY almost always results in lower grades! You are strongly encouraged to attend all lectures. Attendance will be taken sporadically during the semester. The instructor reserves the right to administratively remove a student from the course based on non-attendance.

## Lecture Outline

Day	Sports Topic(s)	7 Dimensions Topic(s)
1/24	Course Intro/Overview	Course Intro/Overview
1/31	Pulp Toss/Bolt Throw/Log Roll (1)	Emotional
2/7	Axe Throw/Boom Run	Intellectual
2/14	Crosscut Sawing	Occupational
2/21	Underhand Chop/Standing Block Chop	Environmental
2/28	Saw and Axe Maintenance	Spiritual
3/7	Springboard Chop/Log Roll (2)	Physical
3/14	Stock and Hot Saw	Social
3/21	Spring Break	Spring Break
3/28	TBD	Plan for Healthy Living
4/4	Guest speaker	
4/11	Guest speaker	
4/18	Guest speaker	
4/25	Guest speaker	
5/2	Guest speaker	
5/9	Guest speaker	
	Final Exam week meeting	

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## Task Outline

Week	Task Assigned	Task due
1/24	Pre-course Wellness Assessment	1/31
1/31	Think about selecting a sport/discipline	
2/7	Think about selecting a sport/discipline	
2/14	Think about selecting a sport/discipline	
2/21	Think about selecting a sport/discipline	
2/28	Think about selecting a sport/discipline	
3/7	Detailed explanation of chosen sport	3/14
3/14	Possible practice	
3/21	Spring Break	Spring Break
3/28	Healthy Living Plan	5/9
4/4	Practice	
4/11	Practice	
4/18	Practice	
4/25	Practice	
5/2	Practice	
5/9	Post-Course Wellness Assessment	Time of final
5/14 5pm	In Class Short Exam and Discussion	

An overarching, electronic, reflection journal will be kept and submitted periodically during the semester.

## Professionalism Statement

Students at UW-Stevens Point are pursuing courses of study that prepare them for a diverse and sustainable world as written directly into the mission statement of the university. As such, UW-Stevens Point students enrolled in courses offered through the College of Natural Resources, as well as College of Natural Resources faculty and staff, are expected to conduct themselves professionally at all times in and outside of class, especially when interacting with others, whether they be students, faculty, staff, university partners, or the public in general. Doing so is indicative of those who are prepared for a diverse and sustainable world.

Professional behavior includes, but is not limited to:

1. Adherence to the UW-Stevens Point Student Rights and Responsibilities:

<http://www.uwsp.edu/dos/Documents/CommunityRights.pdf>

2. Attitudes appropriate for our 21<sup>st</sup> century society,

- a. Respect for others and for their ideas,
- b. Appreciation of ethnic, gender, lifestyle, and other diversity,
- c. Sensitivity to environmental quality, and
- d. ethical behavior.

### Academic misconduct will not be tolerated.

Note the following as per the Univ. of Wisc.-Stevens Point Community Bill of Rights and Responsibilities:

#### **UWSP 14.03 ACADEMIC MISCONDUCT SUBJECT TO DISCIPLINARY ACTION.**

(1.) Academic misconduct is an act in which a student:

- (a) Seeks to claim credit for the work or efforts of another without authorization or citation;
- (b) Uses unauthorized materials or fabricated data in any academic exercise;
- (c) Forges or falsifies academic documents or records;
- (d) Intentionally impedes or damages the academic work of others;
- (e) Engages in conduct aimed at making false representation of a student's academic performance; *or*
- (f) Assists other students in any of these acts.
- (g) Violates electronic communication policies or standards as agreed upon when logging on initially (See [uwsp.edu/it/policy](http://uwsp.edu/it/policy)).

(2) Examples of academic misconduct include, but are not limited to: cheating on an examination; collaborating with others in work to be presented, contrary to the stated rules of the course; submitting a paper or assignment as one's own work when a part or all of the paper or assignment is the work of another; submitting a paper or assignment that contains ideas or research of others without appropriately identifying the sources of those ideas; stealing examinations or course materials; submitting, if contrary to the rules of a course, work previously presented in another course; tampering with the laboratory experiment or computer program of another student; knowingly and intentionally assisting another student in any of the above, including assistance in an arrangement whereby any work, classroom performance, examination or other activity is submitted or performed by a person other than the student under whose name the work is submitted or performed.

#### **UWSP 14.04 DISCIPLINARY SANCTIONS.**

(1) The following are the disciplinary sanctions that may be imposed for academic misconduct in accordance with the procedures of s. UWSP 14.05, 14.06 or 14.07:

- (a) An oral reprimand;
- (b) A written reprimand presented only to the student;
- (c) An assignment to repeat the work, to be graded on its merits;
- (d) A lower or failing grade on the particular assignment or test;
- (e) A lower grade in the course;
- (f) A failing grade in the course;
- (g) Removal of the student from the course in progress;
- (h) A written reprimand to be included in the student's disciplinary file;
- (i) Disciplinary probation; or
- (j) Suspension or expulsion from the university.

(2) One or more of the disciplinary sanctions listed in sub. (1) may be imposed for an incident of academic misconduct.

Additionally the College of Natural Resources has adopted the following compact regarding professionalism:

## University of Wisconsin Stevens Point College of Natural Resources-Principles of Professionalism

**The College of Natural Resources at the University of Wisconsin – Stevens Point prepares students for success as professionals in many fields. As a professional, there are expectations of attainment of several personal characteristics. These include:**

### **Integrity**

**Integrity refers to adherence to consistent moral and ethical principles. A person with integrity is honest and treats others fairly.**

### **Collegiality**

**Collegiality is a cooperative relationship. By being collegial you are respecting our shared commitment to student education through cooperative interaction. This applies to all involved in the process: students, staff, faculty, administration and involved community members. You take collective responsibility for the work performed together, helping the group attain its goals.**

### **Civility**

**Civility refers to politeness and courtesy in your interactions with others. Being civil requires that you consider the thoughts and conclusions of others and engage in thoughtful, constructive discussion to express your own thoughts and opinions.**

### **Inclusivity**

**Inclusivity requires you to be aware that perspective and culture will control how communication is understood by others. While many values are shared, some are quite different. These differences in values should be both considered and respected.**

### **Timeliness**

**Timeliness is the habit of performance of tasks and activities, planned in a way that allows you to meet deadlines. This increases workplace efficiency and demonstrates respect for others' time.**

### **Respect for Property**

**Respect for property is the appreciation of the economic or personal value an item maintains. Maintaining this respect can both reduce costs (increase the operable life of supplies and equipment) as well as demonstrate respect for others rights.**

### **Communication**

**Professional norms in communication require that you demonstrate the value of your colleagues, students, professors or others. The use of appropriate tone and vocabulary is expected across all forms of communication, whether that communication takes place face to face, in writing or electronically.**

## Commitment to Quality

**Quality is the ability to meet or exceed expectations. By having a commitment to quality, we intend to provide a learning environment that is conducive to learning. Intrinsic to this commitment to quality is defining expectation (committed to in a syllabus through learning outcomes), implementation (with quality control in place) and assessment (where meeting of learning outcomes is determined).**

## Commitment to Learning

**Learning is a lifelong process. By being committed to learning you are providing a model for all to follow. This model is not only professor to student but involves all combinations of people within our university and broader community**

Adherence to this compact is required of the faculty and staff of the college of Natural Resources and of all students enrolled in College of Natural Resources courses.

***Required Statement on Emergency Preparedness:***

*"In the event of a medical emergency, call 911 or use red emergency phone located outside Rm151 or 172 on the first floor; 2<sup>nd</sup> floor between Rms 252 and 255 or between Rms 219 and 221 (on other side of hall); 3<sup>rd</sup> floor by Rms 320 or 358. Offer assistance if trained and willing to do so. Guide emergency responders to victim.*

*In the event of a tornado warning and on the 3<sup>rd</sup> floor proceed to the southern hallways on the 1<sup>st</sup> or 2<sup>nd</sup> floors, away from the windows. Those are appropriate shelters.*

*In the event of a fire alarm, evacuate the building in a calm manner. Meet at the northwest corner of parking lot E. Notify instructor or emergency command personnel of any missing individuals.*

*Active Shooter – Run/Escape, Hide, Fight. If trapped hide, lock doors, turn off lights, spread out and remain quiet. Follow instructions of emergency responders.*

*See UW-Stevens Point Emergency Management Plan at [www.uwsp.edu/rmqf](http://www.uwsp.edu/rmqf) for details on all emergency response at UW-Stevens Point."*

## Agreement for Assumption of Risk, Indemnification, Release, and Consent for Emergency Treatment

I, \_\_\_\_\_ (print name), age \_\_\_\_\_,  
desire to participate voluntarily in \_\_\_\_\_ the FOR 125 Course during the Spring Semester 2019 at the University of Wisconsin–Stevens  
Point.

I UNDERSTAND THAT I AM BEING ASKED TO READ EACH OF THE FOLLOWING PARAGRAPHS CAREFULLY. I  
UNDERSTAND THAT IF I WISH TO DISCUSS ANY OF THE TERMS CONTAINED IN THIS AGREEMENT, I MAY CONTACT  
\_\_\_\_\_, Dr. Paul Doruska, \_\_\_\_\_ Professor of Forestry, AT TELEPHONE NUMBER \_\_\_\_\_ 715-346 - 3988

### **Assumption of Risks:**

I understand that physical activity related to **FOR 125 course**, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. Some of these involve strenuous exertions of strength using various muscle groups, some involve quick movement involving speed and change of direction, and others involve sustained physical activity, which places stress on the cardiovascular system. The specific risks vary from one activity to another, but in each activity the risks range from: 1) minor injuries such as scratches, bruises, poison ivy, and sprains to 2) major injuries such as fractures, lacerations, internal injuries, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death. I understand that the University has advised me to seek the advice of my physician before participating in this activity. I understand that I have been advised to have health and accident insurance in effect and that no such coverage is provided for me by the University or the State of Wisconsin. **I know, understand, and appreciate the risks that are inherent in the above-listed programs and activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian  
(if Participant is Under 18): \_\_\_\_\_

Date: \_\_\_\_\_

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