## courses

### ER 63 Class Schedule – Summer 2014

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### AM 1st 5 weeks
- **For the Birds**
  - EKB
  - Janet, Sara
- **Where the Wild Things Are**
  - EC
  - Katie, Rebecca
- **Dragon Fly Citizen Science**
  - CHLC
  - Jan
- **Lifeguarding**
  - CHLC
  - Lindsey
- **Physics of Mountain Biking (A)**
  - CHLC
  - Clay, Beth (Jesse)
- **People & Places of Colorado (A)**
  - EGC
  - Berta, Calvin
- **Run for your Life (Part A)**
  - CHLC PS
  - Jonna, Anna
- **Sustainable Literacy (Part A)**
  - EGC, LFJ PS
  - Jake, John

### PM 1st 5 weeks
- **Lifeskills**
  - CHLC
  - Rebecca
- **Earth, Fire, Love (Part A)**
  - EC PS
  - Katie, Cindy
- **Vagina Monologues**
  - EC PS
  - Brighid
- **Healthy Human Habitats**
  - EGC
  - Lindsey
- **Physics of Mountain Biking (B)**
  - CHLC
  - Clay, Beth (Jesse)
- **People & Places of Colorado (B)**
  - EGC
  - Berta, Calvin
- **Run for your Life (Part B)**
  - CHLC PS
  - Jonna, Anna
- **Sustainable Literacy (Part B)**
  - EGC, LFJ PS
  - Jake, John

### AM 2nd 5 weeks
- **Total Fitness**
  - CHLC PS
  - Lindsey, Anna
- **Human Canvas**
  - EC
  - Katie, Cindy
- **Math & Social Justice**
  - EGC PS
  - Calvin, Clay
- **Art of Observation**
  - EKB
  - Janet, Beth
- **Lead This!**
  - LFJ
  - Jennifer (John)
- **Colorado Rocks (Part A)**
  - EKB, EC
  - Jesse, Karen, Sara
- **Outdoor Leadership (Part A)**
  - LFJ PS
  - Matt, Brian
- **RMNP Internships (Part A)**
  - EKB (possible LFJ)
  - Jon, Denise

### PM 2nd 5 weeks
- **You Going to College, Essay?**
  - EC
  - Rebecca
- **Earth, Fire, Love (Part B)**
  - EC PS
  - Katie, Cindy
- **Improv Theatre**
  - EC
  - Brighid
- **Baker’s Choice**
  - EKB
  - Clay
- **Intro to Karate**
  - CHLC
  - Jennifer (John)
- **Colorado Rocks (Part B)**
  - EKB, EC
  - Jesse, Karen, Sara
- **Outdoor Leadership (Part B)**
  - LFJ PS
  - Matt, Brian
- **RMNP Internships (Part B)**
  - EKB (possible LFJ)
  - Jon, Denise
- **Debate**
  - EC
  - Calvin, Jake
### Explore Week ER 63 Rock Climbing

**Instructor(s):** Jesse Beightol

- **Power Standard Course:**
- **Distribution Requirement:**
- **Required Experience(s):**
- **Traditional Disciplines:**

### For the Birds

**Instructor(s):** Janet Johnson  
Sara Benge

Throughout this course we will be researching bird behavior in Rocky Mountain National Park as part of our ongoing citizen science partnership with the park. The research we conduct, along with the study of bird biology and behavior, and how humans impact birds and their habitats, will make up the science portion of this course. Most of this class will be spent outside watching and learning about birds, with visits to RMNP twice each week. Please be aware that some class days will require you to get KP covers, leave campus early, and return to campus later than the usual class schedule.

- **Power Standard Course:** No
- **Distribution Requirement:** Expanding Knowledge Base  
Credit(s): 1
- **Required Experience(s):**
- **Traditional Disciplines:** Science: Biology

### Human Canvas

**Instructor(s):** Cindy Elkins  
Katie Funk

In this class, you will learn about the cultural and geographical ideas behind varying forms of body modification across the globe. Some body modifications we will explore are tattoos, piercings, scarification, gauging, and implantations. We will also discuss symbolism, hygienic practices, training and artistic skills that are involved with body modification. Through the knowledge collected throughout this course, students will be able to make educated decisions about what body modifications communicate to others.

- **Power Standard Course:** No
- **Distribution Requirement:** Effective Communication  
Credit(s): 1
- **Required Experience(s):** Public Service Presentation
- **Traditional Disciplines:** Visual Art  Geography
Dragon Fly Citizen Science

**Instructor(s):** Jon Anderson

Mercury is a global pollutant that threatens both humans and animals world wide. As a citizen scientist you have the exciting opportunity to be involved in a national project by investigating the risk and transfer of mercury around food webs. Food webs that include the beautiful dragonfly. We’ll discuss what mercury is, where it comes from, and why National Parks around the country care about this. We’ll also become experts on identifying dragonfly larvae (and other bugs or macroinvertebrates), taking water samples, and using protocols. You will be outside 2-3 mornings a week, touching bugs, hauling gear/equipment, hiking to some locations, and getting wet. If you want a real world hands on science based class then this opportunity is for you!

**Power Standard Course:** No
**Distribution Requirement:** Creating Healthy Life Choices  
**Credit(s):** 1
**Required Experience(s):**
**Traditional Disciplines:** Science: Biology  
Physical Education

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Lifeguarding

**Instructor(s):** Lindsey Rodkey

Have you been looking for an opportunity to become a stronger swimmer? Do you already consider yourself a strong swimmer and want to apply those skills in a meaningful way? In this class you’ll have an opportunity to strengthen your skills and ability in the water while also exploring the knowledge required for preventing injuries and rescuing someone in danger. Opportunities exist for everyone in the class to work towards certification by the American Red Cross in Lifeguarding, First Aid, and CPR. There is NO previous swimming experience required to be in the class; no matter what you perceive your ability to be right now, you CAN become a lifeguard!

**Power Standard Course:** No
**Distribution Requirement:** Creating Healthy Life Choices  
**Credit(s):** 1
**Required Experience(s):**
**Traditional Disciplines:** Physical Education

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Physics of Mountain Biking

**Instructor(s):** Clay Elkin  
Beth Ellis

How does a mountain bike work? What physical forces are at play while biking? In this course you will gain experience riding a mountain bike and learn about the mechanics of cycling through math and physics. Half of the class time will be spent completing labs that investigate forces, motion, and the laws of physics as applied to the sport of mountain biking. The other half of the class will be spent riding the trails of the front range. Even if you have never ridden a mountain bike, this course can be for you if you have a curious mind and desire to challenge yourself physically and mentally.

**Power Standard Course:** No
**Distribution Requirement:** Creating Healthy Life Choices  
**Credit(s):** 2
**Required Experience(s):**
**Traditional Disciplines:** Science: Physics  
Physical Education
People & Places of Colorado

Instructor(s): Berta Guillen
Calvin King

In this course you will learn how geographic location shapes culture and how as people physically change the landscape, they can also change the culture to meet their needs. This class will help you build spatial perspective and various cultural perspectives by travelling the state of Colorado. We will take three expeditions to three different locations in Colorado. We will spend up to three days in each location: listening, volunteering, eating, talking and interviewing people, while also documenting the experience. You will also explore how social issues can be tied to space and place. Come prepared to explore both your own culture, those in various locations in Colorado and think broadly about the world we live in.

Power Standard Course: No
Distribution Requirement: Engaged Global Citizen Credit(s): 2
Required Experience(s):

Traditional Disciplines: Geography

Run for Your Life

Instructor(s): Jonna Book
Anna Magle-Haberek

Is running a passion of yours or do you hate running? If it hurts when you run or you wish you could run faster and more efficiently this is the class for you. In this class you will learn how your lungs work, track changes in your running on a daily basis, and analyze your running form. In this 5 week course, we will be running everyday, rain or shine, on or off trail, with the end goal being that you will run a 10 K. You will use data from your own running experiences to make predictions about your running performance and future health. If this sounds AMAZING to you, Run For Your Life!

Power Standard Course: Yes Creating Healthy Life Choices
Distribution Requirement: Creating Healthy Life Choices Credit(s): 2
Required Experience(s):

Traditional Disciplines: Math: Statistics  Science: Biology  Physical Education

Sustainable Literacy

Instructor(s): John Guffey
Jake Sund

Through this course you will be exposed to various big picture issues challenging the sustainability of the Earth. Apart from engaging in an analysis of the problems challenging contemporary societies, you will also explore current solutions to these problems and gain understanding of how to generate your own solution-oriented approaches to unhealthy societal structures and practices. In short, you will leave with the knowledge and leadership skills to directly contribute to your capacity to lead yourself and others toward a more just, equitable, and sustainable existence.

Power Standard Course: Yes Leadership For Justice
Distribution Requirement: Leadership For Justice Credit(s): 1
Required Experience(s):

Traditional Disciplines: English  History: World
### Lifeskills

**Instructor(s):** Rebecca Fenn  
Denise Lord

After graduating from Eagle Rock, where will you be living? What will you be doing? And, more importantly, how will you pay for everything? In this class you will imagine what your life might be like in the near future, and learn how to successfully and responsibly plan for that life. Topics covered will include: how to save money, manage bank accounts, create a budget and file a tax return. Come prepared to put in a high level of time and effort that will help set you up for success in your Life After Eagle Rock!

**Power Standard Course:** No  
**Distribution Requirement:** Creating Healthy Life Choices  
**Credit(s):** 1

**Required Experience(s):**

- **Traditional Disciplines:** Economics

Successful completion of the simulation is required to earn credit and will be completed outside of class during the 2nd 5 weeks of the trimester.

### Earth, Fire, Love

**Instructor(s):** Cindy Elkins  
Katie Funk

Experience different methods of how to use clay and glass. Combine these art mediums in unique ways while learning both the chemistry and the aesthetic expression related to your interests as a mixed media artist. Explore how clay and glass share earth elements and are affected by fire to create great reflections of your love of art. This is a studio art class with a power standard available. Legacy credit and service work will be offered.

**Power Standard Course:** Yes  
**Effective Communication**

**Distribution Requirement:** Effective Communication  
**Credit(s):** 2

**Required Experience(s):**

- **Legacy Project and Reflection**  
- **Service Project and Reflection**

- **Traditional Disciplines:** Visual Art  
- **History:** US  
- **Science:** Chemistry

### The Vagina Monologues

**Instructor(s):** Brighid Scanlon

This class is for females only. In this class, we will study and perform The Vagina Monologues, a powerful play highlighting women’s issues around the world. We will use the script of the play as a lens for focused discussions on female identity, sexuality, health, and more. We will also plan and host a women’s retreat for all females on campus to share what we’ve learned to empower our female community here at Eagle Rock.

**Power Standard Course:** Yes  
**Effective Communication**

**Distribution Requirement:** Effective Communication  
**Credit(s):** 1

**Required Experience(s):**

- **Traditional Disciplines:** Performance  
- **Government/Civics**
### Healthy Human Habitats

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<th>Instructor(s):</th>
<th>Lindsey Rodkey</th>
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How does the built environment in which you live affect your health? The percentage of adults who get enough physical activity is 15% higher in neighborhoods that have sidewalks than it is in those that don’t. Parks with paved trails are 26 times more likely to be used for physical activity than those without.

Socio-ecological factors such as the individual, the community, and public policy all influence our ability to access space for physical activity. In this class we will explore the reasons for health disparities and what components promote healthy living lifestyles in various communities. We will compare public health to the medical system and how Public Health has evolved over time. Students will use what they have learned to assess parks in various neighborhoods in Colorado as well as their hometown and compare them to demographics of that region.

**Power Standard Course:** No  
**Distribution Requirement:** Engaged Global Citizen  
**Credit(s):** 1  
**Required Experience(s):**

**Traditional Disciplines:** Government/Civics  Geography

### Dreaming of Dissection

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<th>Instructor(s):</th>
<th>Sara Benge</th>
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You will learn about the structure and function of various organisms through the process of dissection, which will include making observations/inferences and asking questions to pursue the answer through research. You will develop your skills to “think like a scientist.” Dissection organisms will include a worm, grasshopper, frog, squid and fetal pig. You will compare and contrast body systems and discover how the animals adapt to their environment.

**Power Standard Course:** No  
**Distribution Requirement:** Expanding Knowledge Base  
**Credit(s):** 1  
**Required Experience(s):**

**Traditional Disciplines:** Science: Biology

### Total Fitness

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<th>Instructor(s):</th>
<th>Anna Magle-Haberek  Lindsey Rodkey</th>
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What defines fitness? Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition are all components of fitness, but being “fit” can come in all different shapes and sizes. In this class we will be applying components of fitness to exercise activities such as swimming, weight training, and yoga, so be prepared to get active in class! We will test our own bodies for various levels of fitness, including an analysis of body composition. These results will help us make predictions about our future health and how to improve or maintain our fitness.

**Power Standard Course:** Yes  Creating Healthy Life Choices  
**Distribution Requirement:** Creating Healthy Life Choices  
**Credit(s):** 1  
**Required Experience(s):**

**Traditional Disciplines:** Physical Education
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<td>Legacy Project and Reflection</td>
<td>Visual Art, English</td>
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<td>Intro to Karate</td>
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<td>Afternoon 2nd 5 Weeks</td>
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<td><strong>Colorado Rocks</strong></td>
<td>ER63</td>
<td>All Day</td>
<td>Jesse Beightol, Sara Benge, Karen Ikekami</td>
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<td>Matt Bynum, Brian Rudd</td>
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<td>Leadership For Justice</td>
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<td>Jon Anderson</td>
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Imagine... climbing high above the ground entirely focused on your movement, reading the stories that others have told and writing your own, all the while looking deep into the rocks for the stories they have to tell. This class is a combination of climbing, reading, writing, and studying geology. We will use each of these as a lens to examine both the geological world and ourselves. We will rock climb two to three times each week as well as take a five day climbing road trip. You should be prepared to push your limits physically and mentally.

Are you interested in both the outdoors and what it means to be a leader? Do you have interest in possibly pursuing a career in the outdoors? In the Outdoor Leadership class you will plan a five-day class trip to Lost Creek. You will also have the opportunity to earn the Leadership for Justice power standard by examining your individual strengths, learning about different leadership styles, and creating an equitable and just action plan that addresses a need in the community.

Students accepted into this program will have the opportunity to do an internship with Rocky Mountain National Park. We are seeking motivated, self directed, responsible, and hard working students that will volunteer in the National Park this summer for 2 days a week. Not only can this internship turn into a paycheck for you over your August/September break, but it can open up all kinds of career opportunities in the Park Service. This all day class will occur during the 2nd five weeks of the trimester. Students who are selected for the class will also be on an Explore Week trip that will have us visiting Yellowstone National Park.

LFJ Distribution is also offered individually with Jen’s approval.
Intro to Journalism  ER63  • Morning 2nd 5 Weeks  Kinnikinnick
Instructor(s): Jake Sund

In this class you will be exposed to a variety of journalistic elements, skills, and approaches that will empower you to explore and engage in different avenues of writing and capturing news stories (photography, interviews, lead stories, profile pieces, opinion pieces, etc.) from within the Eagle Rock community and the surrounding town of Estes Park. You will have the opportunity to design and fully implement a website through Wordpress, practice the art of journalistic photography, and work to understand how to write lead stories. The culminating experience and assessment will be the production and publication of an online Eagle Rock news magazine.

- Power Standard Course: No
- Distribution Requirement: Effective Communication
- Required Experience(s):
- Traditional Disciplines: English

You Going to College, Essay?  ER63  • Afternoon 2nd 5 Weeks  Kinnikinnick
Instructor(s): Rebecca Fenn
Denise Lord

Interested in attending college after Eagle Rock? You Going to College, Essay? will give you the tools you need to create a competitive college essay and application. Students will develop a holistic understanding of how the college admissions process works, and use this information to begin preparing their essays and applications for college. During class you will focus a significant amount of time on writing and the application essay, and complete at least one college application by the end of the 5 weeks. Although our focus will be on crafting the ideal college essay, students will also learn about admissions committees, standardized testing, transcripts, interviews, and the common application. If applying to college is your goal, and you are ready to put some time and energy into your future, then taking You Going to College, Essay? will help you get off to a strong start.

- Power Standard Course: No
- Distribution Requirement: Effective Communication
- Required Experience(s):
- Traditional Disciplines: English

Improv Theatre  ER63  • Afternoon 2nd 5 Weeks  Schoolhouse
Instructor(s): Brighid Scanlon

Have you ever wondered what it takes to be funny and creative on the spot? Through this improv class, you will learn about the fundamentals of acting, character work, and storytelling in order to start an on-campus improv group. At the end of the class, we will do an improv performance on campus and plan practices for other Eagle Rock students in order to get a student-run improv group going on campus.

- Power Standard Course: No
- Distribution Requirement: Effective Communication
- Required Experience(s):
- Traditional Disciplines: Performance
### Baker’s Choice

**Instructor(s):** Clay Elkin

In life, we make difficult choices everyday that are driven by limited resources. Many of these choices can be represented by algebra and math can help us to make the most efficient choice! This class will focus on limited resources in the kitchen while baking. We will get to experience math through working in the kitchen and producing baked goods for our community. We will look at linear inequalities that represent the limited resources and use math to decide how to produce goods in the most efficient way. If you want to work hard in the kitchen and the classroom, learning new skills you can use to make choices everyday, this class is for you!

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<td><strong>Required Experience(s):</strong></td>
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<td><strong>Traditional Disciplines:</strong></td>
<td>Math: Algebra</td>
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### Lead This!

**Instructor(s):** Jennifer Pearsall

You will apply the 5 Practices for Exemplary Leadership to a leadership role you are currently in or create. You will learn the practices through reading "The Student Leadership Challenge" book and engage with them in TED Talks, News Articles, Podcasts, Activities and discussions. You will connect all of this to your personal leadership through a leadership journal and trying new techniques out in your leadership roles.

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<td><strong>Distribution Requirement:</strong></td>
<td>Leadership For Justice</td>
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<td><strong>Traditional Disciplines:</strong></td>
<td>Government/Civics</td>
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### Debate

**Instructor(s):** Calvin King, Jake Sund

In this class you will learn the necessary skills required to engage in a proactive dialogue and debate meant to target solutions rather than highlight existing problems or barriers. Apart from the skills needed in communicating your opinions and knowledge of particular topics, you will learn how to support your arguments and add credibility to your specific perspectives by targeting and incorporating published information and evidence into your arguments. Content of arguments will incorporate historical events, current events, sustainable issues, Eagle Rock issues, and social justice topics.

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<td><strong>Distribution Requirement:</strong></td>
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<td><strong>Traditional Disciplines:</strong></td>
<td>English, Government/Civics</td>
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### Wilderness ER 63

**Instructor(s):** Jesse Beightol  
Matt Bynum  
Brian Rudd

**Power Standard Course:** No  
**Distribution Requirement:** Creating Healthy Life Choices  
**Credit(s):** 1  
**Engaged Global Citizen**  
**Required Experience(s):** New Student Wilderness Experience  
**Wilderness POL**  
**Traditional Disciplines:** Physical Education  
English

### Graduate Wilderness ER 63

**Instructor(s):** Jesse Beightol  
Matt Bynum  
Brian Rudd

**Power Standard Course:**  
**Distribution Requirement:**  
**Credit(s):**  
**Required Experience(s):**  
**Traditional Disciplines:**

### Art of Observation

**Instructor(s):** Janet Johnson  
Beth Ellis

This is a biology and art class in which we will study flowering plants. We will learn about the relationship between the parts of the plants and how they function by observing and drawing them. In addition, we will analyze this relationship by exploring and applying the idea of biological evolution to how form and function are related in plants. For the final project you will get to create a piece of biological art which demonstrates your ability to draw what you see, as well as your understanding of how form and function are related in plants.

**Power Standard Course:** No  
**Distribution Requirement:** Expanding Knowledge Base  
**Credit(s):** 1  
**Required Experience(s):**  
**Traditional Disciplines:** Science: Biology
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