Outline of Instruction

Division: Health Sciences  Area: Health-Physical Education
Course Number: HPE 197  Course Name: Hiking and Backpacking
Prerequisite: None
Corequisite:

Hours Required: Class: 2  Lab: 30  Credits: 1

Course Description/Purpose

The purpose of this class is to introduce fundamental information related to hiking and backpacking. Content will include equipment and clothes needed, assessing physical status and planning hiking to challenge but not overwhelm, exercises to strengthen and stretch muscles, safety and prevention of injury, environmental responsibilities, packing tips, typical problems and solutions, emergency preparedness, route and food planning, and packing. Students will hike locally increasing distances throughout the term. Students need to be prepared for poor weather and strenuous activity.

Major Units

• Fundamentals of Hiking and Backpacking
• Preparation
  Equipment, Clothes and Supplies
  Packing
  Physical Conditioning
• Setting Realistic Goals
• Safety and Prevention of Injury
• Problem-Solving and Emergency Preparedness
• Environmental Responsibilities
• Hiking/Backpacking Experience
**Educational/Course Outcomes**

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive** Each student will be expected to *Identify/Recognize*. . .
- fundamental skills needed for hiking and backpacking;
- preparation necessary for successful excursions including physical conditioning, route and supply/food planning, and packing;
- safe practices to prevent common problems;
- typical concerns and remedies associated with backpacking and hiking;
- environmental responsibilities expected of backpackers and hikers;
- basic emergency preparedness procedures.

**Performance** Each student will be expected to *Demonstrate/Practice*. . .
- accurate self-assessment of abilities and limitations;
- conditioning exercises and pacing to promote safe hiking and eventual backpacking;
- safe practices and use of equipment while hiking and backpacking;
- environmental protection practices;
- an increase in distance during actual hiking and backpacking.

**Attitudinal** Each student will be expected to *Believe/Feel/Think*. . .
- the value of leisure and physical activities;
- the enjoyment of hiking/backpacking as an outdoor leisure activity.
I. Introduction (Week 1)
   A. Overview of Sport and Trends
   B. Basics Related to Hiking
   C. Why Backpack?
   D. Physical Demands
      1. physician release as needed
      2. waiver

II. Physical Conditioning (Week 1)
   A. Assessment of Physical Abilities
   B. Setting Goals for Physical Conditioning
   C. Strengthening Exercises
   D. Methods to Increase Stamina
   E. Relationship of Nutrition and Exercising

III. Preparation (Week 2)
   A. Clothing and Shoes Needed
   B. Equipment Needed
      1. various types of packs
      2. purchase considerations
   C. Supplies to Pack
      1. safety
      2. food
         a. food planning
         b. food preparation
            1. freeze-dried
            2. outdoor cooking
   D. Route Planning

IV. Safety (Week 3)
   A. Safety Preparation
      1. typical problems
      2. means of preventing injury
   B. Permits and Communicating Planned Course
   C. Emergency Preparedness

V. Typical Concerns Associated with Hiking/Backpacking (Weeks 3, 4)
   A. Bad Weather and Exposure
   B. Falling/Injury
   C. Over-Fatigue
   D. Hypothermia
   E. Getting Lost
   F. Insects, Snakes, Poison Plants and Other Varmints
G. Equipment Failures

VI. Environmental Responsibilities (Week 5)
A. Rules for Protecting Environment
B. Equipment/Supplies Needed
C. Methods of Conservation
D. Ethical Issues

VII. Emergency Preparedness (Week 5)
A. What to do in an Emergency
B. Basic First Aid
C. Seeking Shelter
D. Signaling for Help

VIII. Hiking and Backpacking (Weeks 2-6)
A. Hiking without a Pack
B. Hiking with a Pack
C. Overnight Excursions