Outline of Instruction

Division: Health Sciences  Area: Health-Physical Education

Course Number: HPE 297  Course Name: Intermediate Hiking and Backpacking

Prerequisite: HPE 197
Corequisite:

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

Course Description/Purpose

The purpose of this class is to continue to develop skills related to hiking and backpacking. Content will include a review of equipment and clothes needed, assessment of physical status, application of safety measures, environmental responsibilities, actual packing and planning for an extended trip, and the actual hiking and overnight camping in a wilderness area. Students need to be prepared for poor weather and strenuous activity.

Major Units

- Advanced Concepts of Hiking and Backpacking
- Actual Preparation and Participation
  - Equipment, Food, Clothes and Supplies
  - Packing
- Setting Realistic Goals
- Safety and Prevention of Injury while in the Field
- Applied Problem-Solving and Emergency Preparedness
- Applied Environmental Responsibilities
- Hiking/Backpacking Experience -- One Week Experience for Entire Class
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* . . .

- 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;
- pacing to promote safe hiking and backpacking;
- safe practices and use of equipment while hiking and backpacking;
- environmental protection practices;
- skills, preparation, and conditioning needed for extended 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.