

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: PE1521- Hiking & Backpacking

II. COURSE DESCRIPTION: 1 credit hours
0 credit hours of lecture and 1 credit hours of lab per week.

One credit hour meeting one hour per week. This course introduces students to actual field experiences. It provides both a challenge and opportunity for the student to live comfortably in a wilderness environment. Instruction is provided in trip planning, gear selection (packs, boots, etc.), technique in basic hiking and some minor rock climbing, general rules for environmental friendliness, outdoor-living techniques, etc. The student is challenged to assess, analyze and solve a variety of situations with limited resources. The student must also be able to hike at altitude with a pack for up to 10 miles per day. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: Co-Requisites: PE 1511-Camping and BI 1113-Field Biology.

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The SCCC physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

Camping equipment, backpacks, appropriate hiking gear, appropriate clothing.

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

- 1: Read with comprehension, be critical of what they read, and apply knowledge gained to real life
- 2: Communicate ideas clearly and proficiently in writing, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.
- 3: Communicate their ideas clearly and proficiently in speaking, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.
- 5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information
- 6: Exhibit skills in information and technological literacy
- 7: Understand each other, moving beyond simple acceptance to embracing and celebrating the rich dimensions of diversity by working as a team to learn, engaging with community, exhibiting cultural awareness, and creating equity.
- 8: Show the ability to contribute to political, civic, and community responsibilities as an informed member of society
- 9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

VI. COURSE OUTCOMES:

1. To determine appropriate gear for the environment to be encountered.
2. To choose a campsite considering location and space.
3. To work with others in cooking, cleaning, tent pitching and other camp duties.
4. To hike safely and knowledgeably in a wilderness area.
5. To live comfortably in a wilderness setting.
6. Demonstrate proper travel in a wilderness environment.
7. Demonstrate and perform proper trail etiquette.
8. Understand hazards in a wilderness environment.
9. Understand and demonstrate good group dynamics.

VII. COURSE OUTLINE:

1. Gear and supplies (for camping, hiking, eating, etc.)
2. Outdoor cooking, sanitation, and living skills
3. Shelters (pitching tents)
4. Location of camp
5. Appropriate behavior on trails and minimum impact ethics
6. Pack balance and weight. (Supplies for day hike vs. overnight)

VIII. INSTRUCTIONAL METHODS:

1. Lecture
2. Demonstration
3. Discussion
4. Practice

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Films
2. Handouts
3. Diagrams

X. METHODS OF ASSESSMENT:

Methods of assessing the general course outcomes and the specific course competencies include demonstration of accurate knowledge of camping skills and completion of the planned trip.

SCCC Outcome #1 will be assessed and measured by testing.

SCCC Outcome #2 will be assessed and measured by testing, projects, and reflection papers

SCCC Outcome #3 will be assessed and measured by group discussions.

SCCC Outcome #4 will be assessed and measured by analysis of camping sites, trails, and pack supplies and the actions following analysis.

SCCC Outcome #5 will be assessed and measured by the student successfully navigating the 60-mile trip down the Current River.

SCCC Outcome #6 will be assessed and measured by participation in travel through areas with other cultural influences, and meeting with other trail users, boarding, cast off, and completion of the planned trip in a safe manner.

SCCC Outcome #7 will be assessed and measured by interpersonal interactions with students, instructors and local community members in the areas of travel for this class.

SCCC Outcome #8 will be assessed and measured by discussions.

SCCC Outcome #9 will be assessed and measured by instructor evaluation.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 11/28/2018 14:49:18