

# KIN M92: HIKING AND BACKPACKING

**Originator**

tkephart

**Co-Contributor(s)**
**Name(s)**

Black, Adam (ablack)

**College**

Moorpark College

**Discipline (CB01A)**

KIN - Kinesiology

**Course Number (CB01B)**

M92

**Course Title (CB02)**

Hiking and Backpacking

**Banner/Short Title**

Hiking and Backpacking

**Credit Type**

Credit

**Start Term**

Fall 2021

**Formerly**

PE M13

**Catalog Course Description**

Introduces the adventure of hiking and backpacking. Includes conditioning, skills, information and resources for hiking and backpacking. Emphasizes safety procedures.

**Additional Catalog Notes**

Credit limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

**Taxonomy of Programs (TOP) Code (CB03)**

0835.00 - Physical Education

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

1 - Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

Will be required

**Faculty notes on field trips; include possible destinations or other pertinent information**

Hikes will take place at various hiking locations. Hikes will vary in distance, terrain and difficulty.

**Grading method**

Letter Graded

**Alternate grading methods**

Credit/No Credit Grading  
Student Option- Letter/Pass

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

No

**Is this course part of a family?**

No

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class**

Lecture

Activity

Laboratory

**Minimum Contact/In-Class Laboratory Hours**

52.5

**Maximum Contact/In-Class Laboratory Hours**

52.5

**Total in-Class**

**Total in-Class**

**Total Minimum Contact/In-Class Hours**

52.5

**Total Maximum Contact/In-Class Hours**

52.5

**Outside-of-Class**

**Internship/Cooperative Work Experience**

**Paid**

**Unpaid**

**Total Outside-of-Class**

**Total Outside-of-Class**

**Total Student Learning**

**Total Student Learning**

**Total Minimum Student Learning Hours**

52.5

**Total Maximum Student Learning Hours**

52.5

**Minimum Units (CB07)**

1

**Maximum Units (CB06)**

1

**Student Learning Outcomes (CSLOs)**

**Upon satisfactory completion of the course, students will be able to:**

- 1 demonstrate safety procedures of hiking and backpacking.
- 2 create a hiking and backpacking program to increase cardiorespiratory fitness.
- 3 explain and apply the fundamental skills of hiking and backpacking.

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

- 1 identify and define the core topics of kinesiology as they apply to hiking and backpacking.
- 2 explain the health and fitness benefits of a properly progressed cardiovascular fitness program.
- 3 demonstrate proper and effective hiking techniques.
- 4 interpret trail maps.
- 5 describe and implement trail safety and basic first aid and survival skills.
- 6 plan and prepare for a hiking or backpacking trip
- 7 demonstrate trail etiquette and respect for the natural environment.
- 8 select and demonstrate effective use of essential hiking equipment.
- 9 develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

## Course Content

### Lecture/Course Content

N/A

### Laboratory or Activity Content

1. (20%) Fundamentals of hiking and backpacking
  - a. Essential equipment (i.e. clothing, footwear, packs, etc)
  - b. Navigation (i.e., map reading, GPS skills, etc.)
  - c. Trail etiquette and environmental impact
2. (20%) Safety
  - a. Basic first-aid
  - b. Basic wilderness survival skills
3. (40%) Conditioning for hiking and backpacking
  - a. Cardiovascular endurance training
  - b. Muscular strength and endurance training
  - c. Flexibility training
4. (10%) Trip planning and preparation
5. (10%) Nutrition and hydration

## Methods of Evaluation

**Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):**

Problem solving exercises  
Skills demonstrations  
Written expression

**Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):**

Group projects  
Journals  
Laboratory activities  
Objective exams  
Research papers  
Skills demonstrations  
Skill tests or practical examinations

## Instructional Methodology

**Specify the methods of instruction that may be employed in this course**

Audio-visual presentations  
Collaborative group work  
Class activities  
Class discussions  
Distance Education  
Demonstrations  
Field trips  
Group discussions  
Internet research  
Laboratory activities  
Lecture  
Small group activities

**Describe specific examples of the methods the instructor will use:**

1. Demonstration of skills and exercises specific to hiking and backpacking.
2. Present fitness programs designed to enhance fitness specifically for hiking and backpacking.
3. Demonstrate safety techniques.

## Representative Course Assignments

### Writing Assignments

1. Write a review of a specific hiking trail
2. Write a paper on the environmental impact of humans on hiking trails and the surrounding environment.

### Critical Thinking Assignments

1. Explain problem solving solutions in hypothetical scenarios (i.e., lost, out of water, sprained ankle)
2. Create a location-specific preparation list that takes into consideration the hiking distance, possible weather, terrain, environmental safety concerns
3. Create a list of equipment, supplies, amounts of food and water, first-aid supplies, etc..

### Reading Assignments

1. Read articles regarding injury prevention and treatment techniques while in isolation.
2. Read articles on trail-erosion.

### Skills Demonstrations

1. Students will demonstrate the following skills
  - a. Demonstrate hiking strategies for various terrains and environments.
  - b. Demonstrate proper packing for short and long trips.
  - c. Demonstrate basic first aid.
  - d. Demonstrate navigation using a map, compass, landmarks, and global positioning system

## Outside Assignments

### Representative Outside Assignments

1. Research and present a summary of an article on tips to safe hiking and backpacking.
2. Write a historical report in the John Muir Trail.
3. Write a trail report on the Pacific Crest Trail.

## Articulation

### Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
USC	PHED 134	Hiking	1
CSU Monterey Bay	KIN 180/L	Backpacking and Hiking/Lab	1/1

### Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
College of the Redwoods	PE 9	Hiking	1
Cerro Coso Community College	KINS C140	Hiking	1

## District General Education

### A. Natural Sciences

### B. Social and Behavioral Sciences

### C. Humanities

### D. Language and Rationality

### E. Health and Physical Education/Kinesiology

#### E2. Physical Education

Proposed

**Date Proposed:**

11/10/2020

**F. Ethnic Studies/Gender Studies**

**Course is CSU transferable**

Yes

**CSU Baccalaureate List effective term:**

F2021

**CSU GE-Breadth**

**Area A: English Language Communication and Critical Thinking**

**Area B: Scientific Inquiry and Quantitative Reasoning**

**Area C: Arts and Humanities**

**Area D: Social Sciences**

**Area E: Lifelong Learning and Self-Development**

**E Lifelong Learning and Self-Development**

Proposed

**Date Proposed:**

12/15/2020

**Area F: Ethnic Studies**

**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:**

**UC TCA**

**UC TCA**

Proposed

**Date Proposed:**

6/15/2021

**IGETC**

**Area 1: English Communication**

**Area 2A: Mathematical Concepts & Quantitative Reasoning**

**Area 3: Arts and Humanities**

**Area 4: Social and Behavioral Sciences**

**Area 5: Physical and Biological Sciences**

**Area 6: Languages Other than English (LOTE)**

**Textbooks and Lab Manuals**

**Resource Type**

Textbook

**Classic Textbook**

No

**Description**Wilderness Education Association. *Hiking and Backpacking: Outdoor Adventures*. Human Kinetics, 2007.**Resource Type**

Other Resource Type

**Description**Stone, Robert. *Day Hikes Around Ventura County: 123 Great Hikes*. 4th ed., Day Hike Books, 2019.**Library Resources****Assignments requiring library resources**

Research peer-reviewed articles and textbooks using the library's print and online resources

**Sufficient Library Resources exist**

Yes

**Example of Assignments Requiring Library Resources**

Using the library's print and online resources, research the environmental impact of outdoor recreation activities.

**Distance Education Addendum****Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

**Faculty Certifications**

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

**Regular Effective/Substantive Contact****Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.

Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.

**Hybrid (51%–99% online) Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.

**100% online Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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## Examinations

### Hybrid (1%–50% online) Modality

Online  
On campus

### Hybrid (51%–99% online) Modality

Online  
On campus

## Primary Minimum Qualification

PHYSICAL EDUCATION

## Review and Approval Dates

### Department Chair

11/2/2020

### Dean

11/3/2020

### Technical Review

11/5/2020

### Curriculum Committee

11/15/2020

### DTRW-I

12/10/2020

### Curriculum Committee

MM/DD/YYYY

### Board

01/19/2021

### CCCCO

MM/DD/YYYY

### Control Number

CCC000433415

**DOE/accreditation approval date**

MM/DD/YYYY