San José State University  
Department of Kinesiology  
KIN 063A – Beginning Hiking and Backpacking  
Fall 2013

Instructor: Kristine 'kirky' Kirkendall
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Office Hours: By appointment
Class Days/Time: Arranged and varies
Classroom: SPX 77

Course Description
This is an introductory course designed to impart skills such as topographical map reading, navigation and hiking in front country and back country. The emphases will be on logistics and operations of adventure excursions and fitness in various wilderness environments. There will be class meetings, hiking excursions as well as one overnight backpacking excursion.

Course Goals and Student Learning Objectives
Upon completion of course, the student will be able to:

1. Demonstrate the acquisition and application of basic outdoor skills, to be able to safely navigate back country conditions

2. Evaluate the conditions necessary for safe wilderness preparedness, choose appropriate equipment, and plan a hiking trip

3. Minimize the impact on the natural environment while hiking and understand and articulate the concepts of sustainability

4. Demonstrate an understanding of the basic terminology, applicable history, etiquette, current research and practice, and applications of this cognitive knowledge of the outdoors
Activity Program Learning Outcomes

Students shall be able to:

• Demonstrate the acquisition and application of motor skills appropriate to the hiking and backpacking.
• Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the mountaineering.
• Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
• Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Required Texts/Readings

Course reader
Readings will be e-mailed to each student as needed.

Course notes

Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Students are expected to arrive at the trailhead of the activity within 15 minutes of the start time.

Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.

Course Requirements and Grading Policy -

Grading Plan
45% Participation on the overnight excursion and in class
30% Final Paper
25% Cumulative Final Exam

Grading Scale used to determine letter grade for each component above.
97-100% A+
93 - 96% A
90 – 92% A-
87 - 89% B+
83 - 86% B
80 – 82% B-
77 - 79% C+
73 - 76% C
70 - 72% C-
67 - 69% D+
63 - 66% D
60 – 69% D-
< 60% F

Paper:

Papers should be no more than 5 double-spaced pages with at least two references. APA style is required. After viewing one of the following movies/documentaries (or one approved by the instructor), write a critical analysis of one of the following films:

- 127 Hours
- 180 Degrees South
- Into the Wild

In this paper develop a connection of backpacking/hiking to individual development as well as a personal reflection of what you have learned about experiential education/experience in the natural environment.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Academic Integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you
have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at [http://www.drc.sjsu.edu/](http://www.drc.sjsu.edu/) to establish a record of their disability.
**Beginning Hiking and Backpacking 63A, Fall 2013**

**Course Schedule**

The schedule is subject to change with fair notice. You will be notified through e-mail of any changes to this schedule.

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<th>Table 1 Course Schedule</th>
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<td><strong>Week</strong></td>
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| 2 | 8/30 1300-1400 | Basics of Wilderness First Aid and Medicine (1 hour)  
Prerequisite assessment |
| 5 | 9/20 1300-1530 | Hiking skills: Hike at Mission Peak (2.5 hours) |
| 6 | 9/27 1300-1400 | History of Mountaineering, Conservation and Preservation (1 hour) (SPX 77) |
| 8 | 10/11 1300-1530 | Gear Orientation and the Wilderness: Hike at Quicksilver (2.5 hours)  
Paper Due |
| 9 | 10/25-4/26  
10/18: 1300-10/19: 1300 | Field Expedition: Backpacking Overnight (18.5 hours)  
Sunol Regional Wilderness |
| 12 | 11/8 1300-1400 | Orienteering and Compass use, Topography, Ecopsychology (1 hour) (SPX 77), Paper Due |
| 14 | 11/22 1300-1530 | Map reading and Topography: Hike at Rancho San Antonio (2.5 hours) |
| TBA | | Final Exam (SPX 77)  
Now GET OUT! |